

PRE-SESSION QUESTIONNAIRE

Here are some questions to ask yourself which can help you clarify and communicate your experience to your counselor so that s/he will be able to understand the full nature of the problem and decide what kind of help you need:

— **What is the problem?** Don't worry about technical language, just describe it in your own words.

— **How long have you been aware of the problem ?** Is it new or longstanding ? If it is a chronic issue, have you sought treatment before ?

— **How serious do you think the problem is?** Put your immediate issue in the context of other emotional problems that you've had. What is the worst-case scenario that you fear ?

— **How does your problem interfere with your life ?** Does it affect your mood or your physical health, your relationships, your work-performance or your ability to relax, sleep or have fun?

— **How have you been traumatized and/or discriminated against** in the past ? Apart from your own present emotional distress, are you aware of past trauma or events outside your control which complicate or interfere with dealing with your issues ?

— **What do you think has caused the problem ?**

— **What else have you tried** before making a counseling appointment ? Have you avoided making an appointment ? If so, why ?

— **How would you describe your previous experience with doctors** or therapists ? Have they been positive or not so good? Are you confident that things will get better as a result of counseling?

— **Who are your supportive personal resources ?** Do you have an adequate support network, e.g. a partner, friends or family)

— **Is there anything else you wish to add ?** In going over these questions, has anything else occurred to you that you think might be important or that you just wanted to mention ?
