

Self-Assessment Questions:

Presenting Problem:

- How satisfied am I with my life right now?
 - What thoughts, emotions, or behaviours am I struggling with most?
 - How are these difficulties affecting my daily life?
 - What situations or triggers make my emotions stronger?
 - What do I need or want help with?
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Personal Factors:

- How do I usually cope when I'm stressed, anxious, or low?
 - What thinking patterns do I notice in myself (supportive or self-critical)?
 - What aspects of my identity (values, culture, spirituality) feel important?
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Relationships:

- How would I describe my relationships with family, friends, or partners?
 - Who supports me the most, and are there any relationship stressors?
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Social & Environmental Factors:

- What is my current living, school, or work environment like?
 - Am I facing financial, legal, or community-related stressors?
 - What barriers do I have to seek help?
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Psychiatric Factors

- Have I had previous mental health diagnoses, treatments, or medications?
 - Have I experienced trauma or major life stressors?
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Family History

- What was my upbringing like, and how did my family handle stress?
 - Is there a family history of mental health or substance-use issues?
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Physical Health

- Do I have any current or past medical conditions or hospitalizations?
- What medications or supplements do I take?

- How are my sleep, appetite, and energy levels?
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Substance Use

- Do I use alcohol, cannabis, nicotine, or other substances? How often?
 - Has substance use ever caused problems or felt hard to cut back?
 - What purpose does it serve for me (relief, coping, social)?
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Risk Assessment

- Have I had thoughts of harming myself or others?
 - Do I have a plan, intent, or history of self-harm or risky behaviors?
 - What helps me stay safe during difficult moments?
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Strengths & Abilities

- What personal strengths or positive habits help me cope?
 - What achievements or qualities am I proud of?
 - What resources or skills do I already have that can support my healing?
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Mental Status (Self-Reflection)

- How would I describe my current mood and thinking?
- Have I noticed changes in concentration, memory, or perception?
- How do I make sense of what I'm experiencing?

SELF-ASSESSMENT DISCOVERY FORM:

Presenting Problem:

Personal Factors:

Relationships:

Social and Environmental Factors:

Psychiatric Factors:

Family History:

Physical Health:

Substance Use:

Risk Assessment:

Strengths and Abilities:

Mental Status: