

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?

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?

Relationships:

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

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?

Psychiatric Factors

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

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?

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?

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)?

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?

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?

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: