

## ADULT ASSESSMENT

### For what reasons are you seeking treatment (Please check all that apply)

- Family problems and conflict
- Marital issues
- Sexual dissatisfaction
- Intimacy concerns
- Pornography addiction
- Coping with another's addiction
- Communication problems
- Dissatisfaction with life
- Past abuse
- Low self-esteem or self-confidence
- Depression
- Substance abuse / addiction
- Other addiction (\_\_\_\_\_)
- Parenting concerns
- Education issues
- Stress and anxiety
- Anger management
- Social relationship concerns
- Spirituality concerns
- Life out of balance
- Time management
- Financial stress
- Skills development
- Codependency

### Treatment Goals - Adults (Things you would like to accomplish as a result of treatment)

- Get along better with my spouse
- Get along better with my children
- Have more trust and freedom
- Listen to my kids and stop interrupting
- Feel respected by my children
- Feel respected by my spouse
- Trust my spouse
- Take care of myself better
- Be able to not take things so personally, but be able to let it go instead.
- Feel more fulfilled with life
- Not give into peer pressure as much
- Break my addiction cycle(specify: Drugs, alcohol, pornography, cutting, Eating Disorder, Other)
- Make better friends
- Feel better about myself
- Be more upbeat and happy
- Be more confident and secure about myself
- Live by my values or better understand my values
- Be able to stand up to people with class and style
- Overcome my insecurities about my past mistakes
- Forgive myself for my past
- Let go of my guilt and shame
- Overcome my feelings regarding my abuse
- Make better use of my time (time management skills)
- Stop procrastinating
- Develop healthy eating patterns
- Develop a healthy exercise or fitness routine
- Face my fears in life and take healthy and productive risks
- Be more relaxed
- Respond rather than react to situations
- Accept myself
- Know that I am worthwhile
- Feel loved and accepted by others
- Improve my job satisfaction
- Clarify my spiritual beliefs
- Become more financially secure
- Improve my sexual relationship
- Be able to be more confident in my decision making skills
- Other:  
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