

## Your Personal Self-Assessment

Please read the following statements and indicate the fields that relate most closely to your personal experience.

### Low Mood/Loss of motivation

- I have lost interest in things that I used to enjoy
- I have achieved most things that I have wanted to do
- I find difficulty in completing routine tasks
- I have been interested in doing things most of the time

### Low self-esteem/Feelings of despair

- think positively about myself most of the time
- feel that life is hopeless and have thoughts of harming myself
- think badly of myself and feel that I disappoint people that matter to me
- have felt positive about the future


### Relationships issues/social Isolation

- have difficulty expressing my concerns to others
- feel that I have a good support network
- feel isolated and find difficulty connecting with others
- I feel able to express my thoughts and feelings most of the time

### Anxiety


- have regular and unbroken sleep patterns
- often feel tense or agitated
- have difficulty concentrating on the task in hand
- have felt able to make my own decisions

This Personal self-assessment can be used as a record of your thoughts and feelings and when combined with counselling support, can enhance your understanding of issues that cause emotional distress.

Your answers given with this symbol  indicate you experience issues that you may find challenging, that affects positivity and your enjoyment of life.

- Where you have identified experiences of **low mood/motivation** you recognise your optimism and personal drive has lessened.
- Responses to the statements relating to **Low self-esteem/ feelings of despair** indicate that your self-image and levels of happiness is an issue for you
- Where **relationship issues/social isolation** have been selected this would suggest that you feel cut off from others and that this is a cause of some concern.
- Answers relating to **anxiety** indicate that you are responding with apprehension to current or previous life stressors.

Your experience of any combination of these factors can affect your day to day functioning. However we believe that positive changes to thoughts, feelings, relationships and overall wellbeing, are possible.

Your answers with this symbol  suggest levels of

- Self-motivation
- positive self-image
- strength in relationships
- Awareness /effective decision-making

Within therapy our aim will be to support you to talk about your experiences and help you to recognise thought patterns that may inhibit you from fulfilling your real potential. Once this process is under way you will become a vital part of the process of resolving difficulties by developing key skills; identifying and drawing on your areas of strength.

If you would like further help and advice you can contact us here using our contact us page.

If you prefer, you can receive a free 10 minute telephone to discuss the opportunity for counselling. Or you can call for a free initial 10 minute discussion by calling Sue on 0115 9864 990.