

Pre-session Description

Date: _____

Who will be attending our meeting?

Name/age and relationship to each other

1. _____
2. _____
3. _____
4. _____

What is the situation or concern that you would like us to try to sort out together?

Who would you say is most affected by this situation?

How is the situation changing things?

At Home:

At Work:

At School:

In personal time:

Other:

On a scale of 1 to 10, with 1 being not bothered, and 10 being as bothered as you could possibly be, how would you score your concern about this situation?

1 2 3 4 5 6 7 8 9 10

People usually try many things before they come to meet with me. What things have you tried to do to deal with this situation? What has been the result of these actions?

People have many skills and abilities that they use in life. What skills or abilities would be important for me to know about before we meet?

Situations of concern often influence a person's thoughts and actions. What thoughts and actions would you like to see **less** of, in relation to this situation?

What thoughts and actions would you like to see **more** of?

What is one small sign that will tell you that changes in the situation are taking place?

Is there anything else that you think would be important for me to know, before we begin working together?

Thank you for filling this in before our meeting.