

CBT Assessment

Environment/life changes/situations:

What recent changes have there been in your life (positive as well as negative)?

What have been the most stressful events for you in the past year?

- Three years?
- Five years?
- In childhood?

Do you experience any long-term or ongoing challenges (e.g., discrimination or harassment by others, physical/health challenges for you or family members, ongoing financial problems)?

Physical reactions:

What physical symptoms are having, if any? (Consider general changes in energy level, appetite, pain levels, and sleep, as well as occasional symptoms such as muscle tension, tiredness, rapid heartbeat, stomachaches, sweating, dizziness, and breathing difficulties.)

Moods:

What single words describe your most frequent or troubling moods (sad, nervous, angry, guilty, ashamed)?

Behaviours:

What behaviours are connected to your moods? At work? At home? With friends? By yourself? (Behaviours are the things we do or avoid doing. For example avoiding flying, trying to be perfect, stopping doing things.)

Thoughts:

When you have strong moods, what thoughts do you have about yourself? Other people? Your future? What thoughts interfere with doing the things you would like to do or think you should do?

What images or memories come into your mind, if any?