

Counseling Self-Assessment Survey

Please review each statement in each of the following categories and place a checkmark in front of any that accurately describe you. If there is a particular word or phrase within a statement that, if modified, would cause that statement to be applicable to you, please change that word or phrase and place a checkmark in front of that statement.

Fear

- I worry about what other people think of me.
- I frequently think about the bad things that could happen to my loved ones.
- I often feel anxious and don't know why.
- I worry about money problems.
- I'm afraid that if I don't do what others want, they will dislike or reject me.
- It's hard for me to express my opinion openly if it differs from other people's opinions.
- It's not unusual for me to be awake during the night and spend an hour or more worrying about my problems.
- I hate confrontation and would rather give in or suppress my feelings than have a fight.
- I am currently worried about problems in my spouse's or children's lives.
- I can't stand to have other people mad at me.

Guilt

- I often feel that I am in trouble with someone.
- I still have painful memories from my childhood about things that I did wrong.
- I feel very bad about my failures as a parent.
- I often say things that I later regret and wish I could take back.
- When things go wrong, I usually feel it was my fault.
- I have a very sensitive conscience.
- I often feel that I fail to set the kind of example for others that God expects of me.
- I make a lot of mistakes.
- I often pray for forgiveness, then do the same things again.

Questionnaire modified from "One-Way Relationships Workbook" by Alfred Ells (out of print)

Shame

- There are a lot of things in my past that I don't want anyone to know about.
- If people knew the real me they wouldn't like me.
- I'm not as good as other people in many ways.
- I don't deserve to be loved.
- I am damaged goods.
- I am a failure as a _____ (mother, father, friend, spouse, professional).
- It is very difficult for me to be honest with others about my inner self.
- I can't remember a time when I really liked myself.
- My parents were often ashamed of me.
- Sometimes I feel as if the world would be better off without me.
- I can never make up for my past.

Anger

- I frequently lose my temper.
- No one appreciates the things I do for others.
- I resent being the only one in my relationships to give in.
- If others would just shape up, things would go a lot better in my life.
- Other people's driving habits often infuriate me.
- I am not treated fairly at work.
- I am often in a bad mood.
- I sometimes have to express my anger physically (punching a wall, breaking something, hitting someone).
- Other people's stupidity is a source of frustration to me.
- When I am angry, I say things to others that I later regret.

Loss and Disappointment

- My parents divorced when I was a child.
- I lost an important loved one to death.
- I have had a significant physical loss through disease or accident (such as disfigurement or disability).
- I have been fired or laid off from a job
- My sexual innocence was given up or taken from me in a distressing way.
- I was never truly loved or valued in my childhood.
- I never got the opportunity to develop my abilities.
- I had very few friends in childhood. I have few friends now.
- My life hasn't turned out the way I hoped it would.
- I'll probably never realize my dreams and expectations.

Assert Control

- Things won't get done if I don't do them myself.
- If my family would do things my way they would be much happier.
- I always have to go the extra mile to make my relationships work.
- I am honest enough to tell people the truth about what they need to change.
- I'm good about giving people reminders of what they need to do, just in case they forget.
- I try to save people from the consequences of their mistakes.
- I like to know the details of what's going on in the lives of my family and friends.
- It's important for me to insist on a course of action when I know I'm right.
- Other people's immoral behavior really bothers me.
- I worry about the harm that other people do to themselves by their bad choices.

Resist Control

- I don't like being told what to do.
- I have strong opinions about most things.
- Other people's problems are not my concern.
- I mind my own business and expect other people to do the same.
- People usually deserve what they get.
- I have been told that I am too rigid.
- If I don't want to do something, I don't do it, no matter who asks me to.
- I rarely compromise.
- My needs and the needs of my family come first.
- I like a job where I can be independent and set my own schedule.

Crave Intimacy

- I often feel lonely and isolated.
- I wish I could pour out my heart to just one other person.
- I have never had a best friend.
- No one would be interested in my opinions.
- No one really listens to me.
- I am frequently misunderstood by others.
- I wish there were just one person who really knows me inside out.
- I hate being alone.
- I need the constant love and affirmation of others.
- Perhaps I tell other people intimate details about my life too quickly.

Flee Intimacy

- I have difficulty expressing my innermost feelings.
 - I don't like people who try to get too close or pry into my personal life.
 - I'm good at hiding my fears.
 - When I'm upset I can fake it and no one will ever know.
 - Few people know the real me.
 - I am a very private person.
 - I do not discuss my personal problems with other people.
 - There is a great deal that my spouse doesn't know about me.
 - I need to have time to myself quite often.
 - If I let others know my inner self, they might use it against me.
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Total the number of checkmarks in each category and list them below:

Fear ___ **Assert Control** ___
Guilt ___ **Resist Control** ___
Shame ___ **Crave Intimacy** ___
Anger ___ **Flee Intimacy** ___
Loss ___

List the areas of your four highest scores.

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

What have you learned about yourself from your responses on this questionnaire?

From the results on this questionnaire, what area in your life do you feel needs to be addressed most urgently and why?