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1. Please (briefly) explain any and all previous psychotherapy history:

2. Are you currently seeking care from a psychiatrist/psychologist/other therapist?

3. Please list current medications for mental health: _____

4. Are you suicidal? _____. If yes, please briefly explain intensity/duration:

5. Do you currently self-harm? _____ If yes, how?

6. Circle one: I tend to think more in the past, present, future Briefly explain your answer:

7. Please (briefly) list all or any past trauma or significant distressing events:

8. Who/what is your support system:

9. Do you tend to avoid talking out loud about your problems: _____ If yes, briefly explain how I would notice this:

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10. **What are your issues and when did they start? Briefly explain:**

11. Current Coping Skills: _____

12. Do you use drugs and/or alcohol? _____ If yes, which and for how long?

13. What would you like to achieve in therapy? Briefly explain:

14. What do you feel you are needing most from therapy?
