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Psychotherapy Interpersonal Information Questions *v1*

Over the years, new patients have found the following questions helpful to think about either prior to our first meeting or after we have decided to work together. Please read the questions. Do some thinking. Then, respond to each with as much specificity and detail as you feel comfortable sharing with me in writing at this juncture. *Please click the grayed area to type.*

1.	What problems, issues, or concerns prompted you to reach out to me, and how come ***now***?
2.	Who referred you to me (or, how did you find out about me)?
3.	What are ***three*** aspects (relationships, accomplishments, etc.) of your life about which you feel currently most satisfied or proud?
	1. 2. 3.
4.	Relevant to your reasons for seeing me, what ***three*** aspects of your life do you ***want most to change*** right now, as a result of working with a psychologist-psychotherapist? Put another way, what do you want to get from our relationship that you think could help address and resolve the problems, issues, or concerns which have brought you here?
	1. 2. 3.
5.	Regarding the three aspects of your life that you want most to change right now (above), please tell me how you will know that you have made each of those changes?
6.	What have you attempted in the past to address these problems, issues, or concerns, and with whom?

7.	What approaches or people (e.g., professionals, teachers, relatives, friends, etc.) – if any – have helped you with these problems, issues, or concerns in the past?
8.	What ***strengths*** do you think you bring to our relationship that are most likely to help us help you right now?
9.	What do you think would be ***most*** helpful, right now that ***I*** could bring to our relationship?
10.	What do you think would be ***least*** helpful in this regard?
11.	Please rank order and describe ***three*** "positive" events in your life, events that ***you*** judged to be particularly significant to you, and briefly explain how come they were so positively impactful.
	1. (MOST "POSITIVE" OF THE POSITIVE) 2. 3.
12.	Please rank order and describe ***three*** "negative" events in your life, events that ***you*** judged to be particularly significant to you, and briefly explain how come they were so negatively impactful.
	1. (MOST "NEGATIVE" OF THE NEGATIVE) 2. 3.

13. In the table below, please list in decreasing order of impact, the 10 people in your life who have been – **_for better or worse_** – most influential in forming the person you have become:

1st, list Person's Name, relationship type (e.g. parent, spouse etc.) in decreasing order of impact.	2nd, for each of these persons, use **_three_** words to describe what you have **_wished for most_** in your relationship with them:	3rd, for each of these persons, use **_three_** words to describe what you have **_feared most_** in your relationship with them:	4th, for each of these persons, estimate **_overall_** the proportion of time (%) you have gotten what you wished for in relationship with them:	Lastly, for each of these persons, describe **_one lesson_** you have learned about yourself or yourself-in-relationships-with-others from them:
1.	1. 2. 3.	1. 2. 3.	%	
2.	1. 2. 3.	1. 2. 3.	%	
3.	1. 2. 3.	1. 2. 3.	%	
4.	1. 2. 3.	1. 2. 3.	%	
5.	1. 2. 3.	1. 2. 3.	%	

1st, list Person's Name, relationship type (e.g. parent, spouse etc.) in decreasing order of impact.	2nd, for each of these persons, use *three* words to describe what you have *wished for most* in your relationship with them:	3rd, for each of these persons, use *three* words to describe what you have *feared most* in your relationship with them:	4th, for each of these persons, estimate overall the proportion of time (%) you have gotten what you wished for in relationship with them:	Lastly, for each of these persons, describe *one lesson* you have learned about yourself or yourself-in-relationships-with-others from them:
6.	1. 2. 3.	1. 2. 3.	%	
7.	1. 2. 3.	1. 2. 3.	%	
8.	1. 2. 3.	1. 2. 3.	%	
9.	1. 2. 3.	1. 2. 3.	%	
10.	1. 2. 3.	1. 2. 3.	%	