

Self-assessment

Research shows that setting goals is important for changing our behaviors. We'd like you to take a few minutes to answer a few questions and then set your 3-month behavioral health goals.

- 1) What situations or stressors have been impacting you lately? Historically? How long have they been affecting you?

- 2) What stressors lead to self-defeating behaviors, e.g., procrastinating, excessive drinking, overeating? What are those behaviors?

- 3) What historical events/memories are relevant to understanding your personality?

- 4) With whom have/do you have healthy or unhealthy connections?

- 5) What has helped you to cope with stressors or emotional distress in the past?

- 6) What thoughts & emotions do you have often?

- 7) How do you think others perceive you?

- 8) What thoughts and emotions are you comfortable experiencing? Expressing?

- 9) What thoughts and emotions aren't you comfortable experiencing? Expressing?

- 10) What do you do well? Need to learn? Think you should eliminate?

- 11) Do excessively? Do infrequently?
