

**EMOTIONAL HISTORY (cont.)**

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Why are you now seeking counseling? \_\_\_\_\_  
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How long have you been experiencing this difficulty? \_\_\_\_\_

How severe do you believe this problem is? Just an irritant \_\_\_\_

Mildly upsetting \_\_\_\_ Severe \_\_\_\_ Very Severe \_\_\_\_ Totally incapacitating \_\_\_\_

What kinds of things, if any, have you done in the past to deal with this problem?  
\_\_\_\_\_  
\_\_\_\_\_

Prior to the problem you are now experiencing, how would you describe your emotional make-up?  
\_\_\_\_\_  
\_\_\_\_\_

**SPIRITUALITY**

What does spirituality mean to you? \_\_\_\_\_  
\_\_\_\_\_

Please check as many of the following as apply to your sense of spirituality:

- Seeking \_\_\_\_ Not Spiritual \_\_\_\_ Hurt by Church \_\_\_\_ Evangelical \_\_\_\_ Skeptical \_\_\_\_  
Growing \_\_\_\_ I love God \_\_\_\_ Charismatic \_\_\_\_ Born Again \_\_\_\_ God is unfair \_\_\_\_  
New Age \_\_\_\_ Catholic \_\_\_\_ Afraid of God \_\_\_\_ Demonic \_\_\_\_ Out of God's will \_\_\_\_  
Atheist \_\_\_\_ Spirit-filled \_\_\_\_ Losing my Faith \_\_\_\_ Mad at God \_\_\_\_ Faithful \_\_\_\_  
God is hard to please \_\_\_\_ Non-traditional \_\_\_\_ God loves me \_\_\_\_  
Abandoned by God \_\_\_\_

Have you had any "religious experiences"? Yes \_\_\_\_ No \_\_\_\_ If Yes, please describe?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_