

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

**The main reason that I am here today is:**
**Who is worried about you?**
**Why?**
**What problems do you have right now that are getting in the way of who you want to be in your life?**
**What are you worried about?**
**Who are the important adults in your life?**
**Who are the important friends/peers in your life?**
**Who else can help you with your problems? How can they help?**

 Are you willing to ask for their help?    Yes         No         Maybe 
**FAMILY RELATIONSHIPS: Tell me about your family relationships**

Relationship with Child	Close	Average	Distant	None	What does (child) enjoy about this relationship?	Problems or conflicts in the relationship are about?
Mother						
Father						
Sibling, Name: Age:						
Sibling Name: Age:						
Sibling Name: Age:						
Step Parent Name:						
Step Parent Name:						
Mom's boyfriend or partner						
Dad's girlfriend or partner						

**Have you been suicidal in your life? If so when? Did you have a plan?**

**Have you engaged in self-harm before? If so, when did it start? When is the last time it happened?**

**How do you identify your sexual orientation?**

**Have you ever been to a counselor before?    No  Yes**

**If yes, when? Who did you see? Was it helpful?**

**How do you feel about coming to a counselor today?**

**What are some of your hobbies?**

**What are your goals, hopes, dreams for your life?**

**I hope that someday I will...**

**What do you think your parents want for your life? (Goals and hopes)**

**What can we help you accomplish in the next 3-6 months? (therapy goals)**

**What strengths do you have right now that will help you achieve what you want in your life?  
(brag about yourself)**

**Is there anything else that you think I should know about you?**