

The Shalom Studio
Holistic Christian Coaching
Assessment Form

Name:

Date:

Birthdate:

Best way to contact:

Phone-

Email-

Other-

Will anyone besides you be coming to counseling? Y or N
If so, whom?

Briefly, what are the most serious issues on your mind and heart?

After each statement, please indicate your answer with an N for Never, an S for Sometimes, an O for Often, or an A for Always. Another option is NA for Not Applicable, if you feel the question doesn't apply to you at all.

Spiritual Life

I consider myself a Christian.

I'm involved in a local church.

I have a strong, daily faith that influences my life.

I have ways I connect with God and grow, such as prayer and reading the Bible.

I know I am forgiven of past sins because of Jesus.

I know His Word gives me guidance and freedom for my future.

Emotional/Mental Life

I'm a worrier.

I feel numb and like I'm floating through life.

I'm probably holding a lot of anger.

I'm sad and have a hard time remembering happy times.

When I think about my future, I feel excited and hopeful.

When I think about my past, I feel joyful and blessed.

When I think about my present, I feel focused and strong.

I have peace.

I have a clear direction and am walking in it.

I feel I can't keep going on this way.

Relational/Social Life

I feel close to my extended family, such as parents, sister/brother, etc.

I feel a lot of tension or sense problems with my extended family.

My marriage is communicative and feels healthy.

My relationship with all of my children/teenagers is communicative and feels healthy.

I love my job.

My job allows me to use my gifts and talents.

I have friends I can call on.

I go to church.

I go to small group Bible Study or discipleship.

I use my gifts and talents in my church community.

I make sure to have some fun with friends.

I'm making enough money to take care of myself/my family.

I worry about how I/we are doing financially.

I volunteer.

Physical Life

I have enough energy to do my daily tasks.

I sleep at least 8 hours at night.

I wake up exhausted.

I have insomnia.

My PMS symptoms are out of control, like moodiness, tension, cravings, pain, etc.

I have chronic pain somewhere in my body.

I eat healthy foods.

I eat at least 3 times a day.

I'm on a strict type of diet.

I feel I might have an addiction to sugar and/or junk food.

I exercise 30 minutes a day.

Personality Type (Please sort these from 1-9: 1 being the strongest motivating factor and 9 being the weakest motivating factor. Take your time and consider if you can think of supporting examples for your choices!)

My top priority is to do my personal best and I hate for anyone to think I am the weakest link. I want to be seen as strong, able, trustworthy, and morally, ethically good.

My top priority is to serve others and make sure they know they are cared for, no matter what it costs me. When I get up in the morning, I am looking for how I can help.

My top priority is to achieve titles and positions, where I can fully reach my potential and be a big part of exciting and important things!

My top priority is to be unique and bring my own deep, emotional, and meaningful way of seeing things to the world. I want to know I am understood by others, and not thought of badly.

My top priority is to research and learn all there is to learn. I'm okay with relationships being secondary to this commitment to seeking knowledge. I am a bit protective of my energy and time alone to think.

My top priority is to be safe and keep everyone else safe, too. I often have the ability to foresee problems and I tend to be careful and steady.

My top priority is to lighten up and stop being so serious! I really get enthusiastic about things and do not like to be bored or be around negativity.

My top priority is to deal with difficult things head-on. I will do what it takes to confront the situation and work things out, for myself or others.

My top priority is to keep the peace, even if that means I stay silent, stuffing down my opinion or desire. For the most part, I'm happy to just be along for the ride.

