

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?

*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.

N: Never, **S:** Sometimes, **O:** Often, **A:** Always, **NA:** Not Applicable

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.
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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.
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N: Never, **S:** Sometimes, **O:** Often, **A:** Always, **NA:** Not Applicable

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 thirty minutes a day.
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(Assessment continues on next page)

Personality Type

Please sort these from **1** to **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'm 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.
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