

Self Survey

Clients Name _____

Initial

6 Month

Final

Clinicians Name _____

Score _____

64

Please mark boxes based on your current feelings

<u>Description</u>		0	1	2	3	4
		None of the time	Rarely	Some of the time	Often	Most of the time
1	I feel motivated towards self-growth					
2	I feel as though I have the skills and tools needed to improve myself					
3	I feel as though I am an insightful person and use my insights for personal growth					
4	I like to think things through or talk about things that bother me					
5	I take pleasure in doing many things					
6	I feel as though I have a good understanding of my motivations and desires					
7	I feel as though I have a good understanding of how situations and people affect me					
8	I generally feel useful and productive					
9	I generally "like" myself					
10	I am generally satisfied with my relationships					
11	My mood is generally satisfactory					
12	I feel as though I am able to manage my life successfully					
13	I generally understand that I am responsible for my own feelings, actions and well being					
14	I generally understand that I can't control the actions of others					
15	I feel as though I have the ability to guide my own life					
16	I've been feeling optimistic about the future					

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