PRE-SESSION QUESTIONNAIRE

**Please complete and return this form *before your appointment*.**

**I will use your answers to consider how best to support you during the session.**

**You do not need to go into detail – just a brief outline will do.**

1. What is the main issue that you want to focus on during our session?
2. Why is this issue particularly significant to you currently?
3. How is this issue impacting your life?
4. What is your biggest concern around this issue?
5. How have you tried to deal with this issue before?
6. Who can help and support you while you work on this issue?
7. Which of your strengths do you feel can help while you work on this issue?
8. What do you think could be a barrier to overcoming this issue?
9. What do you most hope to gain from the session? (please choose one option)

I want to develop a greater understanding of the issue and how it impacts me

I want someone to listen and try to understand what I am going through

I want help to express how I am feeling about this issue

I want help with feeling I have choices, rather than feeling stuck

I want help in making a specific decision

I want help in solving a specific problem

I want someone to help me decide which is the most appropriate service for my

situation

Something else (please provide details)

1. Is there any other information, relevant to this issue, that you feel I should know?

Please also use this space if you need to expand on any of your earlier answers.

**THANK YOU FOR TAKING THE TIME TO COMPLETE THIS FORM**

You can return it to me via the ‘Contact’ page on the website, or via email by sending it to jacqui.miller@azure-dragonfly-counselling.co.uk