

I. SELF-EVALUATION: THE OPPOSITE OF CHANGE IS STAGNATION

1. What symptoms do you struggle with? Circle the symptoms you struggle with. Rate the degree of struggle 1–5 (5 being the greatest degree of struggle).

Symptom/Behavior	Degree of Struggle
Addiction: food, sex, alcohol, drugs, gambling, work, etc.	1 2 3 4 5
Anger/Irritability	1 2 3 4 5
Anxiety/Fear	1 2 3 4 5
Blaming	1 2 3 4 5
Black & White/All or Nothing Thinking	1 2 3 4 5
Control/Insecurity	1 2 3 4 5
Criticism/Gossip/Judgments	1 2 3 4 5
Depression/Hopelessness/Despair/ Feeling Lost or Without Direction	1 2 3 4 5
Obsession with Appearance/Body Image	1 2 3 4 5
Obsession with Relationships	1 2 3 4 5
Overwork/Busyness	1 2 3 4 5
Procrastination/Confusion/Denial	1 2 3 4 5
Religiosity/a Pharisaical Spirit	1 2 3 4 5
Self-Pity	1 2 3 4 5
Other: _____	1 2 3 4 5