

COUNSELING SESSION NOTES

Name: _____ **Date:** _____
Marital Status: _____ **Spouse:** _____
Children/Ages: _____

<p>BEHAVIORAL: What do you do for fun? Primary behaviors are manifested? Socially? Privately? Attention getting? Dangerous to self/others? Current/past?</p>	
<p>EMOTIONAL: Can feelings be identified? Real or imagined? Controlled? Expressed? Awareness? Triggers? Outcomes? Forgiveness? What/who “fills your tank” to refresh your soul?</p>	
<p>FAMILIAL: Describe the current state of your family. How are family members involved in the issues? Past/present? Public/private? Proximity? Effect on others in family?</p>	
<p>FINANCIAL: What are the fiscal ramifications? Debt? Stress? Dependence? Need a financial advisor?</p>	
<p>INTELLECTUAL: Is the root problem understood? Reading resources? Various perspectives?</p>	
<p>LEGAL: Have any laws been broken? Any injuries? Rights violated? Warrants? Probation? Prison? Parole? Convictions? Need a lawyer? Charges pending?</p>	
<p>MEDICAL: Is professional medical advice necessary? Under a doctor’s care? Prescriptions? Addiction(s)? Mental health? Chronic conditions? Diagnosis? Prognosis? Neurological?</p>	

<p>PHYSICAL: Does you have any physical needs? Food? Safety? Shelter? In danger? General health? Physical/sexual abuse? Currently?</p>	
<p>PSYCHOLOGICAL: Are thoughts and ideas rational? Clarity of thought? Articulates why help is desired? Committed to changing? Guarded? Self-image? Who do you trust enough to confide in or ask for advice?</p>	
<p>RELATIONAL: How is this problem effecting others? In a small group? Introvert/extrovert? Circle of friends? In a romantic relationship?</p>	
<p>SEXUAL: Are past or present sexual issues involved? Abuse? Boundaries? Temptation? Self-control? Modest appearance? LGBTQ? Purity? STDs? Pornography?</p>	
<p>SPIRITUAL: Are you involved/serving in a church? Is there a sin issue to be resolved? Root of bitterness? Confession? Anger? Repentance? Forgiveness? Spiritual disciplines? Church discipline? Hypocrisy? Misapplied theology?</p>	
<p>NOTES:</p> <hr/> <hr/> <p>Referral Made? Y/N To whom? _____ Next appointment _____</p> <p>Homework assigned? _____ Future Topics _____</p>	