

Counseling Assessment

I struggle with	Levels of Intensity					
	0	1	2	3	4	5
	None	Mild	Moderate	Severe	Very Severe	Extreme
Anger						
Violence						
Fear						
Anxiety						
Self-worth						
Light Depression						
Strong Depression						
Thoughts of Suicide						
Porn						
Masturbation						
Perverse Sexual Thoughts						
Alienation from Others						
Confusion/Focus						
Memory						
Hearing Voices in My Head						
Addiction						
Cutting/Self-Harm						
Night Terrors/Paralysis						
Extremely Violent Dreams						
Shifting Physical Pain						
Inability to Read the Bible						
Physical Injuries Which will not Heal						
Psychological Diagnosis						

