

Quiz- Would I benefit from personal counseling?



The items below refer to how you have thought, felt, and behaved DURING THE PAST 30 DAYS. For each item, indicate the extent to which it is true by checking the appropriate box.

1.) I am concerned about a behavior, feeling, or thought I am having.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

2.) This behavior, feeling, or thought has been bad (or getting worse) in the past 30 days.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

3.) My attempts at stopping/reducing this behavior, feeling, or thought by myself have been successful.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

4.) These thoughts, feelings, or behaviors are causing problems in other areas of my life (ie socially, academically, physically, relationships, etc.)

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

5). I find myself "thinking in circles" or simply avoiding when I try to solve issues regarding these thoughts, feelings, and behaviors.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

6). I feel like I need somewhere else safe and without judgment (besides friends and family) to talk about these thoughts, feelings, or behaviors.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

7). I've read books or done online research because I'm interested in learning more about the feelings or thoughts I'm having, or why I do what I do.

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

8). Situations and events from the past still seem to have an effect on my thoughts, feelings, and behaviors now (even if I don't want them to).

- Not at all/Not applicable
- Just a little
- Moderately
- Quite a lot
- Almost all the time

9). I feel good about myself and confident in my decision-making, even in difficult situations.

- Not at all
- Just a little
- Moderately
- Quite a lot
- Almost all the time

10). I feel like my emotions and my logic are often conflicting. (ie I logically know I am competent and can do things right and well, but in many situations I feel worried that I am doing things wrong and failing)

- Not at all
- Just a little
- Moderately
- Quite a lot
- Almost all the time

Scoring Directions:

For questions **#1, #2, #4, #5 through #8, and #10**, score a 0 (zero) for “not at all”, 1 for “just a little”, 2 for “moderately”, 3 for “quite a lot”, and 4 for “almost all the time”

For questions **#3 and #9**, score in the reverse manner (4 for “not at all”, 3 for “just a little”, 2 for “moderately”, 1 for “quite a lot”, and 0 for “almost all the time”)

Add up scores for all ten questions to get a grand total, then refer to chart below to determine whether counseling may be a choice you should consider now.

SCORES

If you scored...	Then...
30 & up	Counseling highly recommended
20 - 30	Counseling likely very beneficial
10 - 20	Consider the possibility; Good time for prevention and learning skills
0 - 10	Counseling not recommended at this time



ABU Counseling Services- Professional Counseling, Free of charge, No limit on number of sessions
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