

YOUTH ASSESSMENT

For what reasons are you seeking treatment (Please check all that apply)

- Family problems and conflict
- Depression
- Pornography addiction
- Frustration with another's addiction
- Communication problems
- Dissatisfaction with life
- Past abuse
- Low self-esteem or self-confidence
- Sexual issues
- Substance abuse / addiction
- Other addiction (_____)
- Parents making me
- Education issues
- Stress and anxiety
- Anger management
- Problems with friends
- Spirituality concerns
- Life out of balance
- Time management
- Giving into peer pressure
- Skills development
- Codependency

Treatment Goals - Child (Things you would like to accomplish as a result of treatment)

- Get along better with my parents
- Feel like my parents understand, respect, and listen to me
- Have more trust and freedom
- Be more honest
- Following my parents rules and guidelines
- Have more privileges
- Get better grades in school
- Pay better attention at school
- Have better relationships with my peers
- Not give into peer pressure as much
- Break my addiction cycle (specify: Drugs, alcohol, pornography, cutting, Eating Disorder, Other)
- Make better friends.
- Feel better about myself
- Be more upbeat and happy
- Be more confident and secure about myself
- Live by my values or better understand my values
- Be able to stand up to people with class and style
- Overcome my insecurities about my past mistakes
- Forgive myself for my past
- Let go of my guilt and shame
- Overcome my feelings regarding my abuse
- Make better use of my time (time management skills)
- Improve my boyfriend or girlfriend relationship
- Be able to attract better, or more healthy, boyfriends or girlfriends
- Stop procrastinating
- Develop healthy eating patterns
- Develop a healthy exercise or fitness routine
- Face my fears in life and take healthy and productive risks
- Be more relaxed
- Respond rather than react to situations
- Accept myself
- Know that I am worthwhile
- Feel loved and accepted by others
- Improve my job satisfaction
- Clarify my spiritual beliefs
- Become better at earning and managing money
- Make better sexual choices and clarify my sexual boundaries
- Be able to be more confident in my decision making skills
- Other:

