

*"My role is to actively listen and provide you with insight, wisdom and tools to live the fantastic life you want."*

*Olufemi Sharp*

**My presenting challenges are:** (please use a few words to explain be as honest as you can be)

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**Regulate mood s** \_\_\_\_\_

**Improve relationships** \_\_\_\_\_

**Improve healthy self-care** \_\_\_\_\_

**Work through trauma** \_\_\_\_\_

**Explore gender identity: any preferred pronouns?** \_\_\_\_\_

**Overcome addictive behaviors** \_\_\_\_\_

**Find balance school/work** \_\_\_\_\_

**Create a fluid social life** \_\_\_\_\_

**Family/friend(s) dysfunction** \_\_\_\_\_

**Cultivate career/creativity/more money** \_\_\_\_\_

**Sexual issues or concerns** \_\_\_\_\_

**(It's something else)** \_\_\_\_\_

**Have you been in therapy within the last five years? Yes / No Was it helpful? Yes / No**

**Are you suicidal? Suicidal thoughts? \_\_\_\_\_ Are you harming yourself now/others? \_\_\_\_\_**

**What psychotropic medication(s) are you taking, if any \_\_\_\_\_ How long \_\_\_\_\_**

**Do you feel safe in your home? Yes / No How do you relax? \_\_\_\_\_**

**List your primary reason(s) for being in therapy. What changes would you like to make?**

***To ensure positive outcomes it is important for individuals and couples to do the hard work in therapy. Together we will set goals. You will be given tools and life strategies to apply between sessions that are congruent with cultivating the amazing life you want. Okay? Let's get started.***