

Individuals and Couples

Screening Tool: Check all that apply

Individuals

Are you experiencing:



- loneliness
- sadness
- shame
- despair
- grief

Are You:



- finding it hard to sleep
- lacking pleasure in life
- overwhelmed, stressed
- fearful, panic attacks
- anxious to please others
- thinking too much

Are you engaging in self-defeating behaviors:



- alcohol/drugs
- internet
- food
- gambling
- shopping
- self-harm

Is it hard to control your:



- irritability
- blaming others
- alienating friends
- impulsivity
- distractibility

Couples

Are you experiencing



- frustrated with your partner
- afraid of abandonment
- losing interest in partner
- lacking intimacy
- constantly arguing



Feeling:

- manipulated
- controlled
- afraid
- cut off from family and/or friends
- lack of trust in partner

Avoiding your spouse:



- on the web/ texting
- working long hours
- having affairs
- daydreaming

concerned that your partner is:



- isolating self from others
- increasing drug/alcohol use
- behaving differently:
more aggressive or withdrawn
- suspicious

Consulting a Psychologist

Depending on the number of items checked above, and the severity of these issues, you may benefit from a consultation with a licensed psychologist. A psychologist can help you:

- ✓ assess the quality and patterns of your relationships
 - ✓ identify your unique strengths and needs
- ✓ recognize your inner resources as well as those of your support system to help you succeed
 - ✓ determine those approaches that may best fit your needs
 - ✓ find appropriate community resources, if needed

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