

UNIE THERAPY



Read each numbered sentence. Then write down the number that feels most appropriate for you. If you are unsure about the meaning of the sentence, then read the paragraph below the scale. If the question appears fairly straightforward then answer it, and then skip down to the next question. Continue through all of the questions this way. When you are finished, go back and thoroughly read the paragraphs below the questions that interest you. Pay special attention to the questions that received the lowest scores.

1. How much transition or change is occurring in your life?

1---2---3---4---5---6---7---8---9---10

Major Several changes Few changes

Any change, even seemingly beneficial changes can cause stress in your life and upset your mental health. If you have several changes at once, then this can be especially stressful. If you find that you are having trouble coping with transitions in your life, then therapy may be of help to you.

2. How is your sleep pattern?

1---2---3---4---5---6---7---8---9---10

Don't sleep well No problem sleeping

Your sleep pattern can easily be affected by your psychological state. If you find that your sleep pattern has changed and you are sleeping too much or not enough (insomnia) then therapy can be of benefit to you. Recurrent nightmares, snoring, and sleepwalking, can also be signs of emotional problems.

3. How is your health?

1---2---3---4---5---6---7---8---9---10

Health problems Excellent health

Your health can easily be affected by your psychological state. If you find that you are becoming sick frequently or if you are having headaches, or other aches or pains, therapy may be beneficial. Your body may be telling you that you are having trouble dealing with the problems of life.

4. How are your relationships with your friends, family, spouse?

1---2---3---4---5---6---7---8---9---10

Very Unhappy Very content

Difficult relationships can be the source of a great deal of emotional pain, especially if there is a friction which has lasted for some time. If you find that you do not have enough bonding with friends, or if any of your primary relationships are unsatisfactory or painful then therapy may help you to develop this part of your life in a healthy way.

5. How is your sex life?

1---2---3---4---5---6---7---8---9---10

Very bad Fine Excellent

Very often our emotional well-being is tied to feeling satisfied sexually. At the same time, sexual enjoyment and performance are greatly influenced by our mental health. If you did not answer the way that you would have liked, then therapy may be of help to you. Infertility and impotence can also be a source of extreme distress. This distress can be improved by talking to a therapist.

6. Do you accept the way that you look, and feel good about your body?

1---2---3---4---5---6---7---8---9---10

Hate your looks Feel good about your looks

There is a lot of emphasis on appearance in our society. If you have trouble accepting yourself and the way that you look, then seek out a therapist for help.

7. Are you taking time out for yourself?

1---2---3---4---5---6---7---8---9---10

Don't have time Self-nurturing

It is important to take time for yourself. If you neglect your own needs then this can cause any problems you have to get worse. If you are not taking time for yourself, then a therapist can help you to learn how.

8. Are there any stressful situations occurring in your life?

1---2---3---4---5---6---7---8---9---10

High stress Low stress

The time to seek out a professional is when stress is building. A therapist can be extremely helpful during times of crisis.

9. Do you find it difficult to understand and express your feelings?

1---2---3---4---5---6---7---8---9---10

Difficult Able to understand Express feelings

It can be difficult to understand your own feelings. As a result it can be even harder for you to express these feelings. It can even be hard to allow ourselves to cry even when we desperately need to. It is also common to have trouble expressing positive emotions. If you have difficulties in any of these areas, then consult with a therapist to learn new ways of relating to your feelings.

RESULTS: Consider discussing the above results with a "significant other" who knows you well in order to learn how others view you differently than how you view yourself. If your significant other feels that you definitely need therapy and you feel that you do not, then discuss this discrepancy with a mental health professional.

Each of the above questions probes an area which signals that therapy can be of help. If you scored close to 10 on all of the questions then therapy is not likely to be of help to you at this time. Therapy is not just designed to help you through the tough times; it can also help you to understand yourself better and help you to grow as a person.