

Therapeutic Interest Inventory
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Please circle best responses. If you do not know what an item means, please put a "?".

acceptance ... important to work on ... could work on ... unimportant to work on
addictions ... important to work on ... could work on ... unimportant to work on
AIT ... important to work on ... could work on ... unimportant to work on
anger ... important to work on ... could work on ... unimportant to work on
annoyances ... important to work on ... could work on ... unimportant to work on
anxiety ... important to work on ... could work on ... unimportant to work on
avoidance ... important to work on ... could work on ... unimportant to work on
boundaries ... important to work on ... could work on ... unimportant to work on
business ... important to work on ... could work on ... unimportant to work on
childhood ... important to work on ... could work on ... unimportant to work on
chronic pain ... important to work on ... could work on ... unimportant to work on
coaching ... important to work on ... could work on ... unimportant to work on
cognitive therapy ... important to work on ... could work on ... unimportant to work on
confidence ... important to work on ... could work on ... unimportant to work on
compulsive behaviors ... important to work on ... could work on ... unimportant to work on
congruence ... important to work on ... could work on ... unimportant to work on
coping ... important to work on ... could work on ... unimportant to work on
couples ... important to work on ... could work on ... unimportant to work on
dating ... important to work on ... could work on ... unimportant to work on
depression ... important to work on ... could work on ... unimportant to work on
divorce ... important to work on ... could work on ... unimportant to work on
dreams ... important to work on ... could work on ... unimportant to work on
drinking ... important to work on ... could work on ... unimportant to work on
drugs ... important to work on ... could work on ... unimportant to work on
encouragement ... important to work on ... could work on ... unimportant to work on
esteem ... important to work on ... could work on ... unimportant to work on
faith ... important to work on ... could work on ... unimportant to work on
family therapy ... important to work on ... could work on ... unimportant to work on
feelings ... important to work on ... could work on ... unimportant to work on
frustration ... important to work on ... could work on ... unimportant to work on
grief ... important to work on ... could work on ... unimportant to work on
guilt ... important to work on ... could work on ... unimportant to work on
goal setting ... important to work on ... could work on ... unimportant to work on
please turn over

health ... important to work on ... could work on ... unimportant to work on
higher power ... important to work on ... could work on ... unimportant to work on
homosexuality ... important to work on ... could work on ... unimportant to work on
lgbt ... important to work on ... could work on ... unimportant to work on
listening ... important to work on ... could work on ... unimportant to work on
loneliness ... important to work on ... could work on ... unimportant to work on
marriage ... important to work on ... could work on ... unimportant to work on
mediation ... important to work on ... could work on ... unimportant to work on
meditation ... important to work on ... could work on ... unimportant to work on
mindfulness ... important to work on ... could work on ... unimportant to work on
mythic meanings ... important to work on ... could work on ... unimportant to work on
obsessive thinking ... important to work on ... could work on ... unimportant to work on
pain ... important to work on ... could work on ... unimportant to work on
panic attacks ... important to work on ... could work on ... unimportant to work on
peace ... important to work on ... could work on ... unimportant to work on
performance anxiety ... important to work on ... could work on ... unimportant to work on
prayer ... important to work on ... could work on ... unimportant to work on
public speaking ... important to work on ... could work on ... unimportant to work on
ptsd ... important to work on ... could work on ... unimportant to work on
relaxation ... important to work on ... could work on ... unimportant to work on
shame ... important to work on ... could work on ... unimportant to work on
sleep disturbance ... important to work on ... could work on ... unimportant to work on
social phobia ... important to work on ... could work on ... unimportant to work on
spirituality ... important to work on ... could work on ... unimportant to work on
strengths ... important to work on ... could work on ... unimportant to work on
support ... important to work on ... could work on ... unimportant to work on
thinking too much ... important to work on ... could work on ... unimportant to work on
trauma ... important to work on ... could work on ... unimportant to work on
trying too hard ... important to work on ... could work on ... unimportant to work on
un(der)employment ... important to work on ... could work on ... unimportant to work on
values ... important to work on ... could work on ... unimportant to work on
work ... important to work on ... could work on ... unimportant to work on
worry ... important to work on ... could work on ... unimportant to work on

Are there any other areas not mentioned that you feel are important to work on?

Now, please go back and put a star next to the three areas that are important to work on **first**.