

Therapeutic Interest Inventory  
Mark Morris, LCSW

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**.