

LIVING EFFECTIVELY: Skills for Improving Life
Target Behaviors/Emotions

Life Threatening

Treatment Interfering

Not a
Problem Slight Moderate Severe
0 1 2 3

Not a
Problem Slight Moderate Severe
0 1 2 3

	0	1	2	3		0	1	2	3
Suicidal Behaviors					Breaking Commitments				
Suicidal Thoughts					Not Asking for Or Accepting Help				
Parasuicidal Behaviors (harm self/no intent to die)					Not Doing Homework/ Procrastination				
Starving					Not Taking Medication				
					Quitting Therapy/ Counseling or Group				

Quality of Life Issues

Not a
Problem Slight Moderate Severe
0 1 2 3

Not a
Problem Slight Moderate Severe
0 1 2 3

	0	1	2	3		0	1	2	3
Alcohol					Stealing				
Anger Outburst					Video Games (overuse)				
Bingeing					Violence				
Breaking Commitments					Other				
Compulsive Exercise					<u>Problem Emotions</u>				
Drugs					Anger				
Gambling					Anxiety				
High Risk Behaviors					Contempt/Hatred				
Hurting Others					Depression				
Internet Addiction					Despair				
Lying					Fear				
Not Asking For Help					Guilt				
Not Doing work Procrastination					Hopelessness				
Obsessing/Dwelling					Jealousy				
Overworking					Sadness				
Perfectionism					Shame				
Pornography									
Purging					Other:				
Self Isolation/ Withdrawal									
Sexual Promiscuity									
Skipping class/work									
Smoking									
Spending/Shopping									