

The Yourell General Self-Rating List, V.1.2

Dear Clinician,

I created this document because I needed a brief problem list that would make initial assessments more efficient. Because I work with a wide variety of clients and often with limited time (diverse background and much EAP and managed care work that involves rapid turnover and a high ratio of intakes to regular sessions, crisis intervention) I wanted something that was broad, but not too long. Rather than just a checklist, I wanted clients to rate the items. This helps me prioritize more quickly.

This could also serve as a tracking form, because it is short and includes self-rating. Clients benefit from palpable evidence of improved functioning, because they often underestimate their level of improvement without a comparison.

No Warranty: Of course, this document is provided as is, with no warranty. It is up to you in your professional, clinical judgement to determine whether or how to use or modify it.

Please make suggestions: I'm sure this could use some refining, and I welcome all suggestions. Send any modifications you make.

Copyright Notice

This document is protected by copyright, but the **only rights reserved** are the following:

- You may use it in **assessment, research, teaching or presentations**, but the title and brief copyright notice with my name must be present.
- You may **distribute** it, *but* it must be in its original form and include this notice, and you may not publish it online. Instead, link to it.
- You may **modify** it, *but* you must send the modified version to me so I can improve this original document, and indicate in your version that it is modified and by whom. (Example: V1.2 Mod by Joseph Schmoie, Ph.D. 3/05) If you wish to see it modified for a more specialized purpose, please indicate that with your modifications so I can make a version specifically for that purpose.

I hope you find this helpful. - Bob Yourell

Instructions: Please rate each item on a scale of 1 to 10, where **1** is very negative (or unsuccessful), **10** is very positive (or successful).

I feel successful:
at work
at managing money
in my career
at getting my opinions or feelings across as a leader
at dealing with people in authority socially, being accepted and appreciated socially, others willing to help me
at dealing with family members
in romance
Sexually
at taking care of my body and my health
at learning
at emotional self-care
as a spiritual person, as I define it
in general
others agree with how I think of myself
I am strong in these areas:
Clear-headed, think clearly
Focus on tasks as needed, even paperwork
Handle frustration smoothly
Memory for details
Control of impulses, no rash decisions
Pain free
Free of other physical/medical symptoms
Easily stay at my ideal weight
Sleep well
Feel physically strong with good endurance
Plenty of energy
Good grip on reality
Free of hearing or seeing things that others would say aren't there
Free of people talking about me, being against me
Steady emotions
Being positive in a realistic way
Feeling good about myself
React smoothly to criticism or rejection

Good control of temper
Freely choose my behavior (no compulsions)
Freely choose my thoughts (no obsessions)
Free of fears or panic
Feeling connected with people and life
Having balance between work, relationships, play, and self care.
How others feel about how much I have:
Alcohol
Marijuana or other drugs
Sex
Food
Other:
Please just mark any of the following that apply or exist:
Current medical treatment
Current psychiatric treatment
Current other mental health treatment
Current medication
Prior medical problems, accidents, surgery
Prior mental health treatment of any kind
Current or past use of drugs or alcohol that led to problems of any kind
Treatment for drug or alcohol abuse
Any things you feel compelled to do that some would say aren't really necessary
Any things you take to an extreme (behaviors, feelings, thoughts)
Specific people you are having trouble with
Difficulties with your gender or sexuality
Sexually aroused by anything some would consider unusual

Any additional problems of any kind? Anything else we should talk about or work on? Anything that seems impossible or too difficult to improve? (Use the back or a separate sheet.)

© 2004, Robert A. Yourell, All rights reserved. Permissions are granted only as indicated on page one. You may duplicate this for clinical and teaching purposes. Not for resale without written permission. Original is at www.PsychInnovations.com/forms/

Yourell General Self-Rating List

Name: _____ Date: ____ / ____ / ____