

# A PERSONAL INVENTORY

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Name \_\_\_\_\_ Date Completed \_\_\_\_\_ Age \_\_\_\_\_  
 Patient Number \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 Occupation \_\_\_\_\_ Marital Status \_\_\_\_\_  
 Education \_\_\_\_\_ Number of Children \_\_\_\_\_

INSTRUCTIONS: Answer each question by circling the number which best describes how you are feeling, your situation, and yourself.

How well or poorly have you been feeling lately?	Well	1	2	3	4	5	6	7	8	9	Poorly
How worried are you about your health?	Not at all	1	2	3	4	5	6	7	8	9	Very
Worried about your level of energy?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Health of family members or friends?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your work situation?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your financial situation?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your school situation?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your living situation?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your marital situation (or primary relationship)?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your sexual life?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your children?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your parents, other relatives or in-laws?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your friendships?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your recreational life?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your spiritual life?	Not at all	1	2	3	4	5	6	7	8	9	Very
... Your personal habits (eating, drinking, smoking, drugs, rest)?	Not at all	1	2	3	4	5	6	7	8	9	Very

Overall, how worried or anxious are you?	Not at all	1	2	3	4	5	6	7	8	9	Very
... How unhappy or depressed are you?	Not at all	1	2	3	4	5	6	7	8	9	Very
... How irritated or angry are you?	Not at all	1	2	3	4	5	6	7	8	9	Very
... How confused or overwhelmed are you?	Not at all	1	2	3	4	5	6	7	8	9	Very

... How much pressure or stress is there in your life?	None	1	2	3	4	5	6	7	8	9	A lot
... How many changes were there in your life in the past year?	None	1	2	3	4	5	6	7	8	9	A lot
... How much emotional support do you get from other people?	None	1	2	3	4	5	6	7	8	9	A lot
... How able are you to handle the stresses in your life?	Not	1	2	3	4	5	6	7	8	9	Able

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INSTRUCTIONS: Describe yourself, using the following: "How \_\_\_\_\_ are you?"

OPTIMISTIC — cheerful, positive outlook	Not	1	2	3	4	5	6	7	8	9	Very
ACTIVE — busy, on the go	Not	1	2	3	4	5	6	7	8	9	Very
FRIENDLY — outgoing, sociable	Not	1	2	3	4	5	6	7	8	9	Very
SENSITIVE — understanding, sympathetic	Not	1	2	3	4	5	6	7	8	9	Very
INDEPENDENT — self-sufficient, resourceful	Not	1	2	3	4	5	6	7	8	9	Very
DOMINANT — assertive, forceful	Not	1	2	3	4	5	6	7	8	9	Very
HARDWORKING — ambitious, persistent	Not	1	2	3	4	5	6	7	8	9	Very
RESPONSIBLE — reliable, dependable	Not	1	2	3	4	5	6	7	8	9	Very
HAPPY-GO-LUCKY — relaxed, easy-going	Not	1	2	3	4	5	6	7	8	9	Very
EMOTIONAL — excitable, easily upset	Not	1	2	3	4	5	6	7	8	9	Very
INTELLIGENT — capable, clear thinking	Not	1	2	3	4	5	6	7	8	9	Very
PRACTICAL — common sense, judgement	Not	1	2	3	4	5	6	7	8	9	Very
ADAPTABLE — able to adjust, flexible	Not	1	2	3	4	5	6	7	8	9	Very
SELF-CONFIDENT — self-assured, self-accepting	Not	1	2	3	4	5	6	7	8	9	Very

What are you most satisfied with about your life or yourself?

What bothers or worries you most about your life or yourself right now?