

Balanced Choices

Client Name \_\_\_\_\_ Client Number \_\_\_\_\_ Date \_\_\_\_\_

Not a Problem 1	Somewhat of a Problem 2	A Moderate Problem 3	A Serious Problem 4	A Severe Problem 5
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**I YOUR PHYSICAL FUNCTIONS**

- 1 Sleep Pattern 1 2 3 4 5
- 2 Eating Pattern 1 2 3 4 5
- 3 Bladder Control 1 2 3 4 5
- 4 Bowel Control 1 2 3 4 5
- 5 Seizures or Convulsions 1 2 3 4 5
- 6 Speech (stuttering or stammering) 1 2 3 4 5
- 7 Weight Problems 1 2 3 4 5
- 8 Sexual Functioning 1 2 3 4 5
- 9 Other: 1 2 3 4 5

**II YOUR EXPERIENCE AT WORK**

- 10 General Performance 1 2 3 4 5
- 11 General Satisfaction 1 2 3 4 5
- 12 Lateness 1 2 3 4 5
- 13 Absenteeism 1 2 3 4 5
- 14 Negative Feelings About Work 1 2 3 4 5
- 15 Relating to Supervisors 1 2 3 4 5
- 16 Relating to Co-Workers 1 2 3 4 5
- 17 Relating to Supervisees 1 2 3 4 5
- 18 Other: 1 2 3 4 5

**III YOUR BEHAVIOR**

- 19 difficulty with Daily routine 1 2 3 4 5
- 20 Letting Others Take Advantage of You 1 2 3 4 5
- 21 Hyperactivity (can't sit still) 1 2 3 4 5
- 22 Repeating Certain Acts, Again and Again 1 2 3 4 5
- 23 Physically Abusing Others 1 2 3 4 5
- 24 Using Alcohol to Cope with Problems 1 2 3 4 5
- 25 Using Drugs to Cope with Problems 1 2 3 4 5
- 26 Lying 1 2 3 4 5
- 27 Stealing 1 2 3 4 5
- 28 Withdrawal from Others Socially 1 2 3 4 5
- 29 Dependency (relying on others to make your decisions and take care of you) 1 2 3 4 5

- 30 Suspiciousness (questioning other people's motives) 1 2 3 4 5
- 31 Hostility (feeling angry towards others) 1 2 3 4 5
- 32 Other: 1 2 3 4 5

**IV YOUR FEELINGS & MOOD**

- 33 Depression (sadness) 1 2 3 4 5
- 34 Euphoria (feeling "high") 1 2 3 4 5
- 35 Sudden Changes in Mood for No Apparent Reason 1 2 3 4 5
- 36 Anxiety 1 2 3 4 5
- 37 Lack of Energy 1 2 3 4 5
- 38 Feeling Angry 1 2 3 4 5
- 39 Not Liking Self 1 2 3 4 5
- 40 Not Liking Others 1 2 3 4 5
- 41 Other: 1 2 3 4 5

**V YOUR INNER THOUGHTS & IDEAS**

- 42 Thoughts About Hurting Yourself 1 2 3 4 5
- 43 Having Unwanted Thoughts Again and Again 1 2 3 4 5
- 44 Worrying About Your Health 1 2 3 4 5
- 45 Believing You are Inferior to Others 1 2 3 4 5
- 46 Believing You are Better than Others 1 2 3 4 5
- 47 Seeing Things without Apparent Cause 1 2 3 4 5
- 48 Hearing Things without Apparent Cause 1 2 3 4 5
- 49 Experiencing Confusion 1 2 3 4 5
- 50 Memory 1 2 3 4 5
- 51 Other: 1 2 3 4 5

**VI YOUR OTHER DIFFICULTIES**

*(Please feel free to add any items not previously noted)*

- 52 1 2 3 4 5
- 53 1 2 3 4 5
- 54 1 2 3 4 5

PRE  POST