

CHOICE – Short form

This questionnaire has been developed by asking the opinions of people who have used therapy services for distressing difficulties. It looks at the sorts of things that you may want to work on in therapy. It is made up of 11 statements and 1 personal goal. You can fill it in on your own or with your therapist. For each statement, please begin by reading it carefully and then put a cross on the line to show how you have felt about it **over the last week**.

1. The ability to approach problems in a variety of ways

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

2. Self-confidence

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

3. Positive ways of relating to people

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

4. The ability to question the way I look at things

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

5. Ways of dealing with everyday life stresses

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

6. Ways of dealing with a crisis

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

7. Facing my own upsetting thoughts and feelings

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

8. Peace of Mind

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

9. Understanding myself and my past

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

10. Understanding my experiences (e.g. beliefs, thoughts, voices, and related feelings)

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

11. Positive ways of thinking

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>

12. This is space to write a personal goal that you would like to achieve in therapy.
Personal Goal.....

How would you rate yourself for this?	0 1 2 3 4 5 6 7 8 9 10
	<i>worst</i> <i>best</i>