

1. **Presenting Concern & Goals.** What concerns or problems would you like to address in counseling? What are your most important goals?

2. **Thoughts.** How is your thinking related to your depression? Are there specific thoughts or beliefs that are bothering you?

3. **Actions.** How is your depression impacted by your actions? Are there specific behaviors you would like to increase or decrease?

4. **Feelings.** What feelings are you experiencing related to your depression? Are you feeling uncomfortable emotions like sadness, fear, anger, or shame?

5. **Relationships.** How is your depression related to current interpersonal relationships? Are you experiencing important changes in your life related to relationships?

6. **Biology.** Are you experiencing any physical symptoms of depression? Are you taking medication? Are you using alcohol, marijuana, or other drugs?

7. **Focal Dimensions.** Which two dimensions would it be most helpful to focus on?

Thoughts Actions Feelings Relationships Biology