

Patient History Inventory

Directions: Please write your name and the date at the bottom. Place a checkmark (✓ or ✕) in the box if the statement is true of you (leave blank if false or doesn't apply). Write on the back of this inventory if you want to give further information about your past history or explain some of the items you checked. Your responses will remain confidential. Thank you.

Childhood

- I was born in another country.
- I was often sick as a child.
- I developed more slowly.
- I had a physical disability as a child
- I was abused as a child (ages 0 -12)
- I was abused as a teenager.
- I was kidnaped as a child.
- I witnessed abuse in the home.
- I grew up poor.
- I was adopted.
- My parents divorced.
- I was raised by a single parent.
- I had a step-parent.
- I was raised by relatives.
- I moved between parents a lot..
- I had a parent that was often ill.
- I had a parent that was disabled.
- I had a drug/alcohol addicted parent.
- My parents argued a lot.
- My home had a lot of tension.
- I often had to move while growing up.
- I ran away from home at least once.
- I was very rebellious as a teenager.
- My siblings picked on me a lot.
- I had few friends growing up.
- I had very strict parents.
- I had very lenient parents.
- My parents didn't spend time with me.
- I was an only child.
- I was raised in a large family.
- My parents favored my siblings.

Education

- I got poor grades in school.
- I was held back a grade.
- I had a learning disorder.
- I was attention deficit or hyperactive.
- I was in special education classes.
- I went to private school.
- I was home schooled.
- I often got into trouble in school.
- I was a class clown.
- I was a bully in school.
- I was picked on at school a lot.
- I played after school sports.
- I did extra-curricular activities.
- I was popular in school.
- I was a high achiever in school.
- I won various awards in school.
- I don't have a high school diploma.
- I went to college but didn't finish.
- I have a college degree.
- I went to trade school but didn't finish.
- I graduated from trade school.
- I went to grad school but didn't finish.
- I have a graduate school degree

Vocational

- I started working at a young age.
- I've served in the military.
- I was dishonorably discharged.
- I've been fired from a job.
- I've been laid off from a job.
- I've had long periods of being jobless.
- I've moved a lot as an adult.
- I had a business that failed.
- I've often been a workaholic.
- I tend not to stay in a job for long.
- I've volunteered my time to charities.
- I've made major career changes.
- I was severely unfairly treated at a job
- I have turned down promotions.

Financial

- I have gone through bankruptcy.
- I've had problems with gambling.
- I've been a shopaholic.
- I've had credit problems.
- I've had debt problems.
- I've been in trouble with the I.R.S.
- I've had property repossessed.
- I've been robbed or cheated of money
- I've been on welfare.
- I've been homeless.

Relational

- I had a previous partner I lived with.
- I've been divorced before.
- I've had to fight for child custody.
- I've had a partner that abused me.
- I've lost self-control with a partner.
- My past partner committed adultery.
- I've committed adultery.
- I've been addicted to sex.
- I've suffered the death of a spouse.
- I've suffered the death of a child.
- I've had a close sibling die.
- I've had a close parent die.
- I've had an abortion.
- I've given up a child for adoption.
- I've had a child with severe problems.
- A partner has had a severe illness.
- A partner has had a severe injury.
- A partner had an addiction.
- A partner abandoned me before.
- I've abandoned my family before.
- I've experienced a lot of rejection.
- I've been severely ostracized.
- I've been severely humiliated in public
- I've been discriminated against.
- I've been stalked before.
- I've been severely harassed before.
- I've witnessed trauma to another.

Religious

- I was raised in a religious home.
- I was religiously active as an adult.
- I've had deep religious experiences.
- I was in a cult before.
- I fell away from religion.

Legal

- I've been convicted of a felony.
- I was convicted of things I didn't do.
- I've been arrested for violence.
- I've been arrested for sexual acts.
- I've been arrested for drug use.
- I've been arrested for selling drugs.
- I've been arrested for theft.
- I've had a D.W.I. (or D.U.I.) charge.
- I've served time in prison.
- I've sued someone before.
- I've been sued before.
- I've had a restraining order on me.

Substance Abuse

- I have used illegal drugs before.
- I used to sell illegal drugs.
- I had a drinking problem before.
- I've been to rehabilitation.
- I've been to N.A. or A.A.
- I've had an eating disorder before.

Severe (Life Threatening) Trauma

- I had a major head injury.
- I survived a major accident.
- I survived a major illness.
- I survived a major natural catastrophe
- I survived a war (combat).
- I survived a terrorist action.
- I've been violently attacked.
- I was held captive as an adult.

Psychological

- I've seen a counselor as a child.
- I've seen a counselor as an adult.
- I've seen a counselor this last year.
- I've taken psychiatric medications.
- I've been psychiatrically hospitalized.
- I've taken psychological tests before.
- I've had emotional breakdowns.
- I've withdrawn from others for a time.
- I've had bouts of low self-esteem.
- I've tried to commit suicide before.
- I've assaulted others.
- I've been destructive of property.
- I've taken huge risks before.
- I've done things I've never admitted to

Patient::

PATIENT HISTORY INVENTORY

Date:

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