



# INTERVIEW WORKSHEET

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*Please complete the following with the first thought that comes to you.*

1. The most important thing to me is \_\_\_\_\_
2. I worry about \_\_\_\_\_
3. What I do best is \_\_\_\_\_
4. I sometimes feel guilty about \_\_\_\_\_
5. I have been criticized for \_\_\_\_\_
6. What makes me angry is \_\_\_\_\_
7. My biggest mistake was \_\_\_\_\_
8. My job \_\_\_\_\_
9. What makes me nervous is \_\_\_\_\_
10. My personality would be better if \_\_\_\_\_
11. I often felt that mother \_\_\_\_\_
12. Jesus Christ \_\_\_\_\_
13. My temper \_\_\_\_\_
14. My childhood \_\_\_\_\_
15. I expect life to \_\_\_\_\_
16. My biggest disappointment \_\_\_\_\_
17. To me, sex is \_\_\_\_\_
18. I would be better liked if \_\_\_\_\_
19. I often felt my father \_\_\_\_\_
20. God to me is \_\_\_\_\_

(continued on back)

21. My child/children \_\_\_\_\_
22. Women are \_\_\_\_\_
23. What hurts me most is \_\_\_\_\_
24. My brother(s) and sister(s) \_\_\_\_\_
25. My biggest problem in life is \_\_\_\_\_
26. Men are \_\_\_\_\_
27. I am \_\_\_\_\_
28. I really feel shame when \_\_\_\_\_  
\_\_\_\_\_
29. The earliest shameful event of my life occurred when \_\_\_\_\_  
\_\_\_\_\_
30. The most shameful event of my life was \_\_\_\_\_  
\_\_\_\_\_
31. My childhood fears were \_\_\_\_\_  
\_\_\_\_\_
32. My teenage/young adult fears were \_\_\_\_\_  
\_\_\_\_\_
33. Fear grips me now when \_\_\_\_\_  
\_\_\_\_\_
34. I really feel the need to control my environment when \_\_\_\_\_  
\_\_\_\_\_
35. I try to manipulate people by \_\_\_\_\_  
\_\_\_\_\_
36. When I feel attacked, I protect myself by \_\_\_\_\_  
\_\_\_\_\_
37. The one sin/compulsive behavior I am unable to overcome is \_\_\_\_\_  
\_\_\_\_\_