



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 _____
