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Serving your therapy and counseling needs of Pleasant Hill and Walnut Creek for the San Francisco Bay Area.

Adults: The chart below can help you with your decision-making process about trying therapy. Score yourself on the following questions with the scale below for each question:
1 = slight distress 2 = occasional distress 3 = persistent distress 4 = severe distress

Is it Time for Therapy?



Are You:	Score:
Having difficulty sleeping?	
Having difficulty eating?	
Experiencing bad dreams?	
Distracted at work?	
Feeling stressed?	
Distracted at home?	
Distracted with loved ones?	
Feeling panicky?	
Taken advantage of at work?	
Taken advantage of at home?	
Dissatisfied with yourself?	
Total:	

Add your total score. If you have any 3's or 4's, or a total score above 22, you might want to consider therapy as a way of better understanding and addressing your distress.

Children and Teens: The chart below can help you with your decision-making process about putting your child or teenager in therapy. Score them, or, if they are 12 and older, have them score themselves on the following scale for each question:

1 = slight distress 2 = occasional distress 3 = persistent distress 4 = severe distress

Are You:	Score:
Having a hard time getting up for school?	
Having problems sleeping?	
Having problems eating?	
Having lots of bad dreams?	
Bored/feeling sad at school?	
Feeling sad or mad at home?	
Fighting a lot with loved ones?	
Feeling panicky?	
Pushed around by classmates/friends?	
Hurting yourself?	
Unhappy with yourself?	
Total:	



Add your total score. If you have any 3's or 4's, or a total score above 22, try talking to an adult you trust about counseling.