



KCM Therapy LLC
Karen Mitchell, LCSW
Kcmtherapyllc.com
201-424-3631

IS THERAPY RIGHT FOR ME? A FREE QUIZ

I'm concerned about a behavior, feeling, or something I'm doing.

Choose one:

NOT AT ALL JUST A LITTLE SOMEWHAT MODERATELY
QUITE A LOT VERY MUCH

This behavior or feeling has been getting worse in the past few weeks.

NOT AT ALL JUST A LITTLE SOMEWHAT MODERATELY
QUITE A LOT VERY MUCH

I've tried to stop or reduce this behavior or feeling on my own.

NOT AT ALL JUST A LITTLE SOMEWHAT MODERATELY
QUITE A LOT VERY MUCH

My attempts at stopping or reducing this behavior or feeling have been successful.

NOT AT ALL	JUST A LITTLE	SOMEWHAT	MODERATELY
QUITE A LOT	VERY MUCH		

I rely on my friends or family to help me with my current troubles.

NOT AT ALL	JUST A LITTLE	SOMEWHAT	MODERATELY
QUITE A LOT	VERY MUCH		

I'm finding it more difficult to cope with things than usual.

NOT AT ALL	JUST A LITTLE	SOMEWHAT	MODERATELY
QUITE A LOT	VERY MUCH		

I'm having trouble concentrating at work or school.

NOT AT ALL	JUST A LITTLE	SOMEWHAT	MODERATELY
QUITE A LOT	VERY MUCH		

I like to think things through or talk about things that bother me.

NOT AT ALL	JUST A LITTLE	SOMEWHAT	MODERATELY
QUITE A LOT	VERY MUCH		

I've talked to my family doctor or a healthcare professional about the behavior or feeling that's troubling me.

YES	NO
-----	----

I've talked to my friends or family about the behavior or feeling that's troubling me.

YES	NO
-----	----

I've read books or gone on the internet to discover more about the behavior or feeling that's troubling me.

YES

NO

I've been in therapy before and it has helped me

YES

NO

Please share your contact information. I will personally call you with the results and discuss the best option for you at this time (even if that means no therapy!)

Name: _____

Email: _____

Phone: _____

Best way to contact you: _____