

Biopsychosocial Intake

Printable worksheet · the interactive version lives at omnipsyche.org/therapyhomework



Name (optional) _____

Date _____

How to answer

Headlines, not essays. Your counselor needs the shape of things, not every detail; the details are what sessions are for. A few honest lines per question beats a page of polish.

The order runs from the outside in: what brings you here, then your body, your story, your people, your needs, and what makes it all worth it. Each layer gives the next one context. Skip anything you are not ready to put in writing and simply tell your counselor there is something there.

WHAT BRINGS YOU

1

What brings you in, and why now?

The struggle in your own words, plus whatever made now the moment: something got worse, something happened, or you are simply done waiting.

2

When did this start, and what was going on in your life around that time?

Your best guess is fine. First time you remember feeling this way, and the scene around it: age, place, what was happening at home, work, or school.

3 How heavy is it right now?

A baseline to measure change against later.

1 2 3 4 5 6 7 8 9 10

Manageable Barely holding on

YOUR BODY

4 Describe your sleep: how many hours, how consistent, and how you feel on waking.

Bedtime and wake time (and how much they drift), trouble falling or staying asleep, and whether sleep actually restores you. Sleep sits under mood, focus, and willpower, which is why it leads this section.

5 What does movement look like in a typical week?

Type, frequency, and effort: walks, gym, sports, physical work, or honestly none right now (that is useful information, not a confession). Exercise is core treatment for mood, and the starting point matters.

6 Walk through a typical day of eating and drinking, including caffeine.

Roughly what and when, plus energy crashes, skipped meals, sugar habits, and caffeine (how much, how late). Food is brain fuel; patterns here often mirror mood patterns.

7 Alcohol, nicotine, cannabis, or anything else: what, how much, how often?

Include prescriptions used differently than prescribed. Straight answers here save months of guessing; this is information, not judgment.

8 Medical picture: conditions, medications and supplements, and your last physical.

Also flag the quiet metabolic companions if you have them: migraines, gut trouble, blood sugar issues, thyroid problems. Mind and metabolism travel together more than most people expect.

9 In your blood relatives: any mental health or metabolic conditions?

Depression, anxiety, bipolar, psychosis, addiction, suicide, plus diabetes, obesity, heart disease. Family patterns are clues, not destiny.

YOUR STORY

10 What events shaped you, and which ones still sting when something touches them?

Losses, scary or overwhelming experiences, and the "small" ones that were not small: a chronically critical parent, bullying, a bad ending. Headlines only, no details required; naming that something exists is enough for now.

11 What sets the distress off today, and what do you feel like when it fires?

Situations, tones of voice, times of year. If it fires big, how old do you feel in that moment? Present-day triggers often trace back to the events above, and that map guides treatment.

12 Any previous counseling, medication, or diagnoses? What helped and what did not?

Include hospitalizations if any. What did not help is as valuable as what did; it steers your counselor away from repeating it.

13 Have you had thoughts of harming yourself or ending your life, now or in the past?

This is the one question worth answering even if you skip others; your counselor can only help with what they know. If these thoughts are active right now, stop this form and call or text 988 (free, 24/7), then come back to it on a steadier day.

YOUR PEOPLE

14 Who is in your corner, and who actually knows you are struggling?

Partner, family, friends, faith community, coworkers. Note the difference between people around you and people who really see you; connection is a treatment variable, not a footnote.

15 Home, work or school, money: what is the heaviest stressor, and what is steady?

The daily terrain your mental health lives in. One line each is plenty.

YOUR NEEDS

16 Of the five basic needs, which are fed and which are starving?

Choice theory names five: survival and safety, love and belonging, power and achievement, freedom, and fun. Symptoms are often the brain's costly way of feeding a starving need. Name your two hungriest and how you have been trying to feed them.

MEANING AND DIRECTION

17 What gives your life meaning right now? What used to, that has gone missing?

People, work, faith, causes, creating things. If the honest answer is "nothing lately," write that; a missing why is itself a finding, and it is treatable.

18 A year from now, if this work succeeds, what are you doing differently?

Concrete and visible: how you spend Saturday, how you talk to your kids, what you say yes and no to. This becomes the target you and your counselor aim at together.

19 What has carried you this far, and what else should your counselor know?

Strengths, survival skills, things you are proud of, and anything important that no question asked about. You are more than the problem that brought you in.

Bring this to your next session. What you wrote here is exactly the kind of material good sessions are made of. Repeat the exercise whenever it is useful; the value compounds.

Michael C. Shedrick, M.S., PLPC, NCC. This exercise is for educational and informational purposes only. It is not therapy, not a substitute for professional diagnosis or treatment, and completing it does not create a counselor-client relationship. If it was assigned by your treatment provider, bring it to them. If you are in crisis, call or text 988 (Suicide and Crisis Lifeline). Free mental health education and tools: omnipsyche.org