



Get Your Head In The Game

Dr. Charlie Brown

Name: _____

Occupation: _____

Age: _____ Date: _____

What Brings You in Now?
Please rate the importance to you of each of the following issues:

	N/A	Low		High
Performance anxiety	0	1	2	3
Difficulty with work demands	0	1	2	3
Difficulty with elite performer lifestyle demands.....	0	1	2	3
Issues within colleagues and/or with coworkers.....	0	1	2	3
Communication difficulties.....	0	1	2	3
Motivation for work	0	1	2	3
Performance slump	0	1	2	3
Media exposure	0	1	2	3
Difficulty with travel demands	0	1	2	3
Concentration training.....	0	1	2	3
Goal Setting training	0	1	2	3
Imagery, Visualization training.....	0	1	2	3
Relaxation training.....	0	1	2	3
Retirement.....	0	1	2	3
Confidence	0	1	2	3
Schoolwork, grades	0	1	2	3
Procrastination, time management.....	0	1	2	3
Stress management.....	0	1	2	3
Decisions about major/career.....	0	1	2	3
Concern for welfare of another person	0	1	2	3
Relationship with colleague(s).....	0	1	2	3
Relationship with roommate(s).....	0	1	2	3
Relationship with supervisor(s)	0	1	2	3
Relationship with spouse/significant other	0	1	2	3
Relationship with parents, family	0	1	2	3
Gay/lesbian/bisexual issues.....	0	1	2	3
Shyness, being assertive.....	0	1	2	3
Self-esteem, self-confidence	0	1	2	3
Loneliness, homesickness	0	1	2	3
Feeling down, sad, depressed.....	0	1	2	3
Fears, worries, anxiety	0	1	2	3
Irritable, angry, hostile feelings	0	1	2	3
Injury, fear of injury.....	0	1	2	3
Chronic physical problem (e.g., asthma)	0	1	2	3
Physical stress (headaches, stomach pains, muscle tension, etc.).....	0	1	2	3
Sleep difficulties	0	1	2	3
Eating/body image, weight issues.....	0	1	2	3
Suicidal feelings or behavior.....	0	1	2	3