Simple Get to Know You Questions

1. Two colors that best reflect who I am are?
2. Three personality traits that best describe me (and have ALWAYS been a part of me) are?

a)

b)

c)

1. These are my fears:
2. 3 attributes that I possess that I recognize are pretty awesome are:

a)

b)

c)

1. 3 qualities I possess that I would like to work on changing are:

a)

b)

c)

1. A fictional character that I feel like I can relate to or would like to be more like is?
2. Here is an emotion(s) I have the tendency the hide the most:
3. Here are my thoughts about coming to therapy (hopes, expectations, fears, etc)