

# DISC Assessment Record

## Patient Details

Patient's Name: \_\_\_\_\_

Date of Assessment: \_\_\_\_\_

Conducting Practitioner: \_\_\_\_\_

## Pre-Assessment

### Instructions for the DISC Assessment

The DISC assessment is a tool that helps us understand your behavioral style. You'll be presented with a series of statements, and your task is to indicate how much each statement sounds like you. There are no right or wrong answers. Please answer honestly and remember, this is not a test, but rather a way to learn more about yourself.

### Purpose of the Assessment

The primary purpose of this assessment is to identify and understand your individual behavioral style and preferences, based on the DISC model. By understanding your personal behavior style, we can gain insights into your motivations, priorities, and potential stress factors. These insights can be valuable in various ways, such as improving your communication, understanding your response to conflict, increasing your self-awareness, and developing strategies for personal growth and development.

## Assessment Details

Assessment Tool Used (Online or Printable): \_\_\_\_\_

Date and Time of Assessment Completion: \_\_\_\_\_

## DISC Profile Results

Dominance Score: \_\_\_\_\_

Influence Score: \_\_\_\_\_

Steadiness Score: \_\_\_\_\_

Conscientiousness Score: \_\_\_\_\_

# Post-Assessment

**Practitioner's Observations:**

**Patient's Initial Feedback/Reactions:**

**Action Plan and Recommendations:**

## Follow-up Plan

**Scheduled Follow-up Date:** \_\_\_\_\_

**Issues/Topics to Address in Follow-up:** \_\_\_\_\_

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## Additional Comments

**Practitioner's Notes:**