

# Life Skills Assessment and Training

## ***Client Information:***

- Name:
- Age:
- Gender:
- Diagnosis (if applicable):

## ***Assessment***

### **1. Emotional Regulation:**

- How well do you manage and cope with your emotions? (Scale: 1-10)
- Describe any challenges you face in controlling your emotions.
- Provide examples of situations where you struggled with emotional regulation.

### **2. Communication:**

- Rate your ability to express yourself clearly and listen actively. (Scale: 1-10)
- Are there specific communication difficulties you encounter? Please elaborate.
- Describe a recent interaction where effective communication was challenging.

### **3. Problem-Solving:**

- How confident are you in your problem-solving skills? (Scale: 1-10)
- Share an example of a problem you successfully resolved. What approach did you use?
- Discuss a recent situation where you found it difficult to find a solution.

#### **4. Decision-Making:**

- Evaluate your decision-making process and confidence. (Scale: 1-10)
- Can you recall a recent significant decision you made? How did you make that choice?
- Describe a time when you felt uncertain or struggled to make a decision.

#### **5. Time Management:**

- Rate your ability to manage your time effectively. (Scale: 1-10)
- How do you plan and organize your daily activities and tasks?
- Share an instance where poor time management impacted your routine.

#### **6. Self-Care:**

- Assess your commitment to self-care and well-being. (Scale: 1-10)
- Describe your self-care practices (e.g., exercise, relaxation, hobbies).
- Have you faced challenges in prioritizing self-care? Explain.

#### **7. Interpersonal Relationships:**

- Rate your satisfaction with your relationships. (Scale: 1-10)
- Describe your approach to building and maintaining relationships.
- Discuss a recent positive or challenging social interaction.

***Training Plan:*** Based on the assessment results, the following areas will be targeted for skills training:

1. Emotional Regulation:

2. Communication:

3. Problem-Solving:

4. Decision-Making:

5. Time Management:

6. Self-Care:

7. Interpersonal Relationships:

***Progress Monitoring:***