

50 Sample Mental Health-related Questions

Here are fifty sample mental health-related questions that you can ask your clients or patients! Feel free to use them for any online questionnaires you're going to make, worksheets for your therapy program, or ask your client these in person when they attend a therapy session!

Do make sure to have them elaborate on their answers so you can get more information out of them. Remember! The more you know about them, the more opportunities you'll have to help them work through their mental health struggles.

50 Sample Questions

1. How have you been feeling lately?

2. Have you had any negative or worrying thoughts lately?

3. Do you feel overwhelmed by your job?

4. Do you feel a sense of purpose in your life?

5. How do you typically cope with stress?

6. How do you handle failure or setbacks?

7. Do you tend to express your emotions or suppress them?

8. Is there anything stressing you out right now?

9. Are you satisfied with your job?

10. Are you satisfied with your work-life balance?

11. How would you describe your emotional state today?

12. How do you handle conflicts with others?

13. How would you rate your overall mental well-being on a scale of 1 to 10?

14. What are the primary causes of stress for your right now?

15. How do you deal with feelings of loneliness or isolation?

16. Do you have any thoughts of self-harm?

17. Have you ever acted out any thoughts of self-harm?

18. Do you practice self-compassion?

19. What are you afraid of?

20. Is there something that you're anxious about?

21. How do you handle feelings of fear or anxiety?

22. Do you have any support systems?

23. Are you able to maintain healthy boundaries in your relationships?

24. Are you able to maintain your relationships?

25. Is there something you feel guilty about?

26. Are you ashamed of something?

27. How do you handle feelings of guilt or shame?

28. What do you like and not like about yourself?

29. Are there any unresolved issues related to your identity or sense of self?

30. Are you able to practice self-acceptance and embrace your imperfections?

31. Do you find your work meaningful and fulfilling?

32. Can you let go of grudges and forgive those who have wronged you?

33. How do you communicate your needs and desires?

34. Are you satisfied with your current level of personal fulfillment?

35. Has there been any change to your appetite and eating habits?

36. Are you able to enjoy the things that you normally like doing?

37. Is there anything bothering you right now?

38. Are you able to sleep well?

39. Are there any unresolved health issues that impact your mental well-being?

40. How would you describe your self-esteem and self-image?

41. What activities or hobbies bring you joy and help you relax?

42. How do you handle change and uncertainty?

43. Are there any unresolved goals or dreams that you still want to pursue?

44. Do you have healthy eating habits?

45. Are you able to identify and manage your personal triggers?

46. Are you satisfied with your current level of personal growth?

47. Are you able to say "no" when necessary without feeling guilty?

48. Do you have any beliefs that seem to be holding you back?

49. How do you handle feelings of self-doubt or imposter syndrome?

50. Are there any unresolved existential questions that still affect you?