



Andrea Morganstein, LPC LLC

203 W Chestnut Street, Ste 202
West Chester, PA 19380-2517

Phone: (610)314-0799
Fax: 610-601-5999
www.amcounseling.net

Adult Social Skills Group Interest Survey

Your Name	Birthdate	Today's Date
Email Address	Preferred Phone #	OK to Leave a Message?
		<input type="checkbox"/> Y <input type="checkbox"/> N

Please complete the questionnaire below so that I can begin to get a sense of where your struggles currently are. This is only a general screening form that I am using for several different groups, so there will be descriptions that you see that may not sound anything like you. The reason that I ask these questions is so I can arrange groups that have people with similar needs. Of course, there always will be some variability but I won't start a group until I have enough people who are a good match with one another. For current information about how groups are formed and run, go to

CURRENT FRIENDSHIPS

What best describes your current peer relationships? (check any/all that apply)

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>
I feel like I'm actively rejected by virtually all my peers.	I'm not actively rejected but I'm quiet and often go unnoticed by peers. I have trouble initiating social contact.	I have some peer relationships at my school or job but no close friends.	I think I have friends, but my friend groups seem to keep changing.	I have close friends but these relationships are an emotional rollercoaster.	I have close friends with some ups and downs that eventually work out.

Do you get together with friends outside of work or school? Y N

Please list any outside activities, sports, clubs, or groups that you belong to and note whether you feel that you have made a connection with any people there:

SOCIAL PATTERNS

(circle or check any/all that apply)

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
People often get angry with me or feel hurt by things I say but I'm just saying what's true.	I can get really, intensely angry with people when they do something that is wrong.	I know that I mess up when I try to be social with people but no matter what I try, I still seem to "get it wrong."	I am frequently worried that everyone is judging me poorly and I am often afraid to do things because of this worry.	I am aware of the "unwritten rules" of different social situations but most of the time I don't worry too much about it, and it seems to be ok.

SOCIAL ANXIETY

Circle or check any/all that apply.

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
I avoid social contact, if at all possible.	I only go places with a trusted person in my life/I going to my school or my job is extra stressful because I will have to deal with people socially.	I can tolerate small social gatherings but I tend to not talk with others unless spoken to, even with people that I've known for a while.	I can speak to store clerks/restaurant wait staff.	I worry a great deal about public speaking.	I initiate conversations with friend/family in familiar environments but I shrink back in new environments/with new people.	I can start a conversation with most people in most situations.

Panic Attacks: This happens when the body's fight or flight mechanism is triggered, heart rate and breathing rate goes up, and the person can sometimes feel like they can't catch their breath. To an outside observer, because the person's brain goes into full fear mode, they can break down in an uncontrollable crying episode, have an uncontrollable need to leave the situation, or escalate to intense anger.)

Is it possible that you have panic attacks? Y N

Do you have frequent stomach upset or diarrhea that is not otherwise explained by a medical condition? Y N

CONFLICT RESOLUTION

How would you best describe your ability to resolve conflicts with your peers (circle or check any/all that apply)

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
Not at all. I get upset, possibly yell/shout, say impulsive things, then calm down. I expect others to be "over it" when I am.	I interpret conflict to mean that the other person is no longer my friend and shut down the relationship.	I agonize over conflict, and either temporarily shut down or talk about the conflict "behind the person's back" with other friends...often leading to more conflict. Eventually it works out or it blows over.	I avoids "drama" and I am working on developing skills to calm myself down and eventually communicate thoughts and feelings directly and respectfully so that I can work things out.

Describe situations in which you have become aggressive during times of conflict:

HYGIENE

Do you sometimes think (or others tell you) that you should shower or do laundry more often than you actually do?
(Note, some of my groups will have folks where this is an issue and some will not. Remember, this is only a generalized screening form.): Y N

Please use the space below to describe any other social issues you have noticed or that concerns you.