

Personal Self Evaluation Worksheet*

Name _____

Date _____

In the Personal Studies for New Christians classes we want to make sure the work you do is going to help you grow. Please complete this worksheet, making your answers as clear as you can. We will use these ideas to plan what lessons and other activities you will be working on in the next few weeks.

Part One Please check the following ones that describe you.

1. I have serious problems for which I need or want help.

_____ Alcohol abuse or addiction	_____ Life goals absent:
_____ Broken home life	_____ confused about the future
_____ Confused or hurtful	_____ Legal charges
_____ sexual experiences	_____ Many people conflicts
_____ Drug abuse or addiction	_____ Pregnancy
_____ Smoking	_____ Runaway
_____ Emotional downs and changes	_____ Other

2. Briefly describe on a separate piece of paper how you see each problem. Give at least a one paragraph description for each one.

Part Two Please check the following ones that interest you.

1. I have some areas in my life that I am interested in studying and I want practice and support in finding new alternatives.

_____ Emotional stability
_____ Family life: what should I do with my past?
_____ Finding my life-potential
_____ Handling conflicts with others
_____ Knowing God's will for me
_____ Overcoming fear, anger, guilt, or loneliness
_____ Friendships, male & female
_____ Principles of a Christian family
_____ Sexuality, single or married
_____ Other _____

2. Briefly describe on a separate piece of paper how you see each area you checked. Give at least a one paragraph description of each area you checked and what you would like to learn.

**This worksheet is a modified version of the Personal Life Evaluation Form of the Contract Worksheet of Teen Challenge, Columbus, Ohio. Used by permission.*