

A Better Way Counseling Center
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Portland, Oregon 97209
(503) 226-9061

Please use a pen (not pencil) to fill out the following forms. They take about one hour to complete.

The questions you will find on the next few pages are helpful in your treatment. The more we understand about your history and your personal situation, the more we will be able to help you. However, if you find some of them too uncomfortable, feel free not to answer them.

These forms take time and effort on your part. Completing them outside of your appointment time will enable you to talk about your more immediate concerns during your appointment.