

# 50 Sample Mental Health-related Questions

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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.

**How have you been feeling lately?**

**Have you had any negative or worrying thoughts lately?**

Do you feel overwhelmed by your job?

Yes  No

Do you feel a sense of purpose in your life?

Yes  No

**How do you typically cope with stress?**

**How do you handle failure or setbacks?**

Do you tend to express your emotions or suppress them?

Express them  Suppress them

**Is there anything stressing you out right now?**

Are you satisfied with your job?

Yes  No

Are you satisfied with your work-life balance?

Yes  No

**How would you describe your emotional state today?**

How do you handle conflicts with others?

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

1  2  3  4  5  6  7  8  9  10

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

How do you deal with feelings of loneliness or isolation?

Do you have any thoughts of self-harm?

Yes  No

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

Yes  No

Do you practice self-compassion?

Yes  No

What are you afraid of?

Is there something that you're anxious about?

How do you handle feelings of fear or anxiety?

Do you have any support systems?

Yes  No

Are you able to maintain healthy boundaries in your relationships?

Yes  No

Are you able to maintain your relationships?

Yes  No

Is there something you feel guilty about?

Are you ashamed of something?

How do you handle feelings of guilt or shame?

What do you like and not like about yourself?

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

Yes  No

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

Yes  No

Do you find your work meaningful and fulfilling?

Yes  No

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

Yes  No

How do you communicate your needs and desires?

Are you satisfied with your current level of personal fulfillment?

Yes  No

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

Yes  No

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

Yes  No

Is there anything bothering your right now?

Are you able to sleep well?

Yes  No

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

Yes  No

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

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

How do you handle change and uncertainty?

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

Yes  No

Do you have healthy eating habits?

Yes  No

Are you able to identify and manage your personal triggers?

Yes  No

Are you satisfied with your current level of personal growth?

Yes  No

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

Yes  No

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

Yes  No

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

Are there any unresolved existential questions that still affect you?

Yes  No