



DR KARL
MULTIDIMENSIONAL
SELF ASSESS 0-100 SCALE

Dr Karl Multi-Dimensional Self-Rating Report

Directions:

- Bringing dark aspects of our life into the light allows clarity, healing, and you to help you, and us to help you. It also lessens the power your struggles have over you, especially the secrets. The truth can set you free.
- On a scale of 0 – 100, rate yourself on the following elements
- 0 = none of that element is present, 100 = the highest or max amount of that element is present

___ Spiritual Struggles (0 = no spiritual struggles, 100 = max struggles)

___ Psychological or Emotional Distress (0 = no distress, 100 = max distress)

___ Difficulty Functioning (0 = no dysfunction, 100 = max dysfunction)

___ Need Help (0 = no help needed, 100 = max help needed)

___ Depression/Sadness (0 = no depression/sadness, 100 = max depression/sadness)

___ Anxiety/Worry/Fear (0 = no anxiety/worry/fear, 100 = max anxiety/worry/fear)

___ Anger/Bitterness/Resentment (0 = no anger/bitterness/resentment, 100 = max anger/bitterness/resentment)

___ Hurt/Loss/Trauma (0 = no hurt/loss/trauma, 100 = max hurt/loss/trauma)

___ Unhealthy/Mistaken Decision-Making (0 = no unhealthy decisions, 100 = max poor decisions)

___ Addiction – substance, activity (porn/gambling/spending/sex/social media/screens, etc), thinking (need for power, control, comfort, affirmation of others, etc) (0 = no addictions, 100 = max addictions)

___ Thoughts of Death/Suicide (0 = no thoughts of death/suicide, 100 = max thoughts of death/suicide)

Understanding Today's Frame in the Movie of Your Life

- Help us understand your current trend and where you are now compared to other times in your life.
- Now you are going to make your own scale. 0 – 100

Rewinding your life's movie, describe the '0' or worst time (event, season, time, etc) of your life? How old were you during that '0' time?

Rewinding your life's movie, describe the '100' or best time (event, season, time, etc) of your life? How old were you during this '100' time.

___ With those as your 0 and 100, what number represents your baseline or norm the last couple years?

___ What number represents your life last month?

___ What number represents your life currently?

___ What number represents your life one month from now if nothing changes the present course?