



**Please put an 'X' in the circle beside the comment that describes the area where you are having difficulty. Then describe your concern in the box below.**

- ☐ I feel like others think I am exaggerating when I talk about my pain.  
Please describe:

- ☐ I don't think that improving my communication skills will help me.  
Please describe:

- ☐ I'm having suicidal thoughts and don't know who to talk to.  
Please describe:

- ☐ I am facing other difficulties.  
Please describe: