

Psychogenic / Somatizing Overlay Questionnaire

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Name: _____ Date: _____

Tell me about your problem.

When did it start? When did it become a problem?

What makes it better?

What makes it worse?

What does this pain/illness/challenge mean to you?

How do you need this? What purposes served?

If you were cured, what would you do that you can't do now?

Do you want to live to be 100? How come?

What current events/situations in the news bother or disturb you?

Where you were growing up, was there a feeling or sense that you were between a rock and a hard place? (i.e., was there something you were suppose to think, do, or feel and you were also suppose to not think, do or feel that way)

Do you feel like you are a certain age emotionally, like you got stuck at some earlier time? At what age(s)? What happened then?

In your entire life, what's the worst think that's ever happened to you?

What's the worst thing you ever did?

What's the most frightened you've ever been?

What's the most angry you've ever been?

What's the most embarrassed you've ever been?

What's the most guilty or shameful you've ever been?

What's the most unfair thing that ever happened to you?

What hurt your feelings the most in this life?

Who has a problem like yours?

What's the best thing that ever happened to you?

If you had 1 wish, what would you wish for? If you had 2 more?

What is the very first thing you can remember in this life (earliest memory)?

What do you most regret? Any other major regrets?

What do you know about your mother's pregnancy with you and your birth?

How would you describe your religious beliefs?

How would you describe your spiritual life?

Is there anything else you think I should know?