

Affect Management Skills Assessment

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Knowing the affect management skills of your client and her/his parents will give you valuable information about your client's window of affect tolerance and what skills you will need to teach. These questions typically yield valuable family history and potential targets. Ask the client how each person handled each feeling and get examples. It is typically more time efficient to answer all questions in the list pertaining to one person before moving on to the next person. DO NOT FORGET TO ASK ABOUT CALMING SKILLS.

Emotion	Caregiver 1 (Typically Mother)	Caregiver 2 (Typically Father)	Self
Joy			
Love			
Pride			
Calm			
Sad			
Mad			
Fear			
Embarrassment			
Disappointment			
Anxiety			
Shame			