

# The Worries Questionnaire

(WQ - Rober & Van Tricht, 2015)

Name: .....

Date: .....

*A family therapist is someone who talks with families, when someone in the family is worried about something. Before therapy starts we want to ask the following questions.*

Who in your family is the most worried at the moment?

- me
- someone else .....

How worried is that (most worried) person at this moment on a scale from 0 to 10 (when "0" means "not worried at all" and "10" means "extremely worried")?

0    1    2    3    4    5    6    7    8    9    10

Can you describe in a few sentences what the most worried person is concerned about?

Can you describe in a few sentences why the most worried person thinks therapy can be useful or not useful at this moment?

If you are not the most worried family member, how worried are you at this moment on a scale from 0 to 10 (when "0" means "not worried at all" and "10" means "extremely worried")?

0 1 2 3 4 5 6 7 8 9 10

If you are not the most worried family member, can you describe in a few sentences what you are concerned about?

If you are not the most worried family member, can you describe in a few sentences why you think therapy can be useful at this moment; or why you think it might not be usefull?