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On screen. Nothing is cut off, however much you type.

1. PERSONAL DETAILS

SEC 1

RANK ♦	MOS ♦	FIRST NAME	MI
LAST NAME	SEX ♦	AGE (YRS) ♦	RACE ♦
ETHNICITY ♦	EAS ♦	BATTALION / SQUADRON	COMPANY
PLATOON	SECTION	DJPU ♦	DCTB ♦
AFADBD ♦	EST. DEPARTURE DATE	EDIPI	

2. RELATIONSHIPS

SEC 2

2. RELATIONSHIPS

SEC 2

GENERAL

HAS DEPENDENT	DATE DEPENDENT LOC BEGAN
Yes No	
MARITAL STATUS ♦	IN A RELATIONSHIP (UNMARRIED)
	Yes No N/A
AGE MARRIED (YRS)	FAMILY CARE PLAN ♦
DATE MARRIED	MARRIAGE DURATION

SPOUSE

SPOUSE NAME

PENDING DIVORCE	GEO-SEPARATED FROM SIG OTHER
Yes No	Y N N/A
LIVES W/ SIG OTHER	PREVIOUS MARRIAGE
Yes No	Y N N/A
# PREVIOUS MARRIAGES ♦	ALLEGED INFIDELITY IN RELATIONSHIP
	Y N N/A

CHILDREN / OTHER DEPENDENTS

TOTAL # DEPENDENTS ♦	PENDING ADOPTION
	Y N
EXPECTING PARENT	FOSTER PARENT
Y N	Y N
EXCEPTIONAL FAMILY MEMBER	ENROLLED IN EFMP
Y N	Y N N/A

ADDITIONAL CONCERNS

FAILED INTIMATE RELATIONSHIP (90D)	FAMILY ADVOCACY: CURRENT CASE
Y N N/A	Y N N/A
ACTING CAREGIVER	BEREAVEMENT IMPACT
Y N N/A	None Low Med High

CIRRAS PROFILE

ONE-ON-ONE COUNSELING WORKSHEET

MARINE (LAST, FIRST MI)

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3. WORK

SEC 3

ASSIGNMENT

MENTOR ♦	OIC ♦
MOS ♦	SNCO ♦
BILLET ♦	DUTY STATUS ♦
DAY / NIGHT CREW	PROGRESSING WITH PEERS
Day Night	Y N
FORMAL SCHOOL ♦	DEPLOYMENT HISTORY ♦
COMBAT HISTORY ♦	OPERATIONAL HISTORY ♦

STATUS & TRANSITION

SEPARATION PENDING ADSEP / MEDSEP / Retirement / EAS / N/A	DATE RETURNED FROM LAST DEP/AFADB
PASSED OVER FOR PROMOTION	RECENT / CURRENT / PENDING TRANSITION ♦
Y N	
SECURITY CLEARANCE REVOC/SUSPENSION	AWARDS & COMMENDATIONS ♦
Y N	
COMBAT EXPOSURE	COMBAT ACTION RIBBONS ♦
Y N	

CAREER IMPACTING QUALIFICATIONS

CFT ♦	PREV CFT ♦	PFT ♦	PREV PFT ♦
WPNS QUAL: RIFLE ♦	WPNS QUAL: PISTOL ♦	BODY COMP ♦	SWIM QUAL ♦

WORK ETHICS

LEADS BY EXAMPLE	BELIEF IN MISSION
Y N	Y N
PROMOTES HEALTHY COMMAND CLIMATE	ACCOMPLISHES TASKS IN TIMELY MANNER
Y N	Y N
RESPONSIVE TO LEADERSHIP	ENGAGED MENTOR / MODELS POSITIVE BEHAVIOR
Y N	Y N
TRUST IN LEADERSHIP	
Y N	

4. HOUSING

SEC 4

PHYSICAL ADDRESS

STREET ADDRESS ♦

CITY / STATE / ZIP ♦

CURRENT ADDRESS

STREET ADDRESS ♦

CITY / STATE / ZIP ♦

LIVING ARRANGEMENTS

ON / OFF BASE	TYPE OF HOUSING
On Off	Apt / Barracks / Base / Mobile / SFH
MULTIPLE RESIDENCES	OTHER RESIDENCE TYPE ♦
Y N	
COHABITANT / ROOMMATE	COHABITANT TYPE
Y N	Roommate/Spouse/Family/GF-BF/N/A
ROOMMATE NAME(S)	

RECEIVING BAH ♦

TRANSPORTATION: MODE (CHECK ALL THAT APPLY)

Car	Carpool	Walking	Bicycle	Motorcycle	Dirt Bike
ATC	UTV	RV	Watercraft	Other	None

CAR

OWNS VEHICLE	VALID DRIVER'S LICENSE
Y N	Y N
BASE DRIVING PRIVILEGES	RESTRICTED LICENSE
Y N N/A	Y N

MOTORCYCLE

OWNS / DRIVES MOTORCYCLE	VALID MC ENDORSEMENT ♦
Y N	
MOTORCYCLE TRAINING ♦	RIDING EXPERIENCE ♦

5. SOCIAL & SPIRITUAL

SEC 5

SOCIAL CONNECTIONS

PARTICIPATES IN SOCIAL ACTIVITIES	SOCIALLY ISOLATED
Y N	Y N
VOLUNTEERISM	HOBBIES WITH HIGH RISK
Y N	Y N
HIGH-RISK HOBBIES DESCRIPTION	

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5. SOCIAL & SPIRITUAL *continued* SEC 5

SPIRITUAL CONNECTIONS

ACTIVE IN SPIRITUAL / RELIGIOUS ACTIVITIES

Yes No

EMOTIONAL INTELLIGENCE

MANAGES ANGER WELL CONFIDENT

Y N

Y N

ABILITY TO REGULATE EMOTIONS ACCEPTS RESPONSIBILITY (SUCCESS & FAILURE)

Y N

Y N

GOOD FRUSTRATION TOLERANCE GOOD PROBLEM SOLVING / DECISION MAKING

Y N

Y N

PERSONAL CONTROL / DETERMINATION OVERCOME ADVERSITY IN THE PAST

Y N

Y N

IMPULSE CONTROL HEALTHY FEAR OF RISKY BEHAVIORS

Y N

Y N

SITUATIONAL AWARENESS & SOUND JUDGEMENT SENSE OF HUMOR

Y N

Y N

DEVELOPS GAME PLANS / MINIMIZES RISK ACTS RESPONSIBLY DURING REC ACTIVITIES

Y N

Y N

POSITIVE COPING SKILLS KNOWLEDGE / AWARENESS OF RESOURCES

Y N

Y N

CALM & STEADY MORAL OBJECTION TO SUICIDE

Y N

Y N

PERSONAL MOTIVATION

ESTABLISHED GOALS & PLAN TO ATTAIN SENSE OF PURPOSE / SELF-WORTH / SELF-ESTEEM

Y N

Y N

REASONS FOR LIVING

Y N

6. HEALTH & FITNESS SEC 6

FITNESS SCORES

PFT ♦ PFT: PREV CFT ♦ CFT: PREV ♦

SWIM QUAL ♦ BCP ♦ MCMAP BELT ♦

6. HEALTH & FITNESS SEC 6

ALCOHOL / SUBSTANCES

ALCOHOL USE DRUG MISUSE

None Social Misuse

Y N

FAILED ALCOHOL SCREEN FAILED DRUG SCREEN

Y N

Y N

HEAVY ALCOHOL USE HISTORY OF SUBSTANCE ABUSE

Y N

Y N

SACO REFERRAL USE OF NUTRITIONAL SUPPLEMENTS

None Self Cmd

Y N

ALCOHOL / DRUG TREATMENT INPATIENT TREATMENT LOCATION ♦

None Inpat Outpat

HEALTHY ENVIRONMENT & LIFESTYLE

SAFE ENVIRONMENT ACCESS TO LETHAL MEANS

Y N

Y N

UTILIZATION OF FITNESS PROGRAMS SLEEP ISSUES

Y N

Y N

FREE FROM NICOTINE USAGE DIET CONCERNS

Y N

Y N

7. FINANCIAL SEC 7

PAY / EMPLOYMENT

BAS / COMRATS ♦ CASH ADVANCES

REDUCTION IN RANK WAGE GARNISHMENT ♦

Y N

Y N

EAS / SEP / RET IN 90 DAYS NO PAY DUE (NPDS)

Y N

Y N

SECOND JOB LIFE AFFECTING FINANCES

Y N

Y N

SECURITY CLEARANCE REVOC/SUSPENSION

Y N

PURCHASES

RECENT LARGE PURCHASES HIGH INTEREST APR / CAR PAYMENTS

Y N

Y N

RENT-TO-OWN FURNITURE

Y N

FAMILY OBLIGATIONS

CHILD CARE COSTS CHILD SUPPORT / ALIMONY

Y N

Y N

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7. FINANCIAL *continued* SEC 7

FINANCIAL RESILIENCY	
ESTABLISHED SAVINGS	LONG-TERM FINANCIAL GOALS & PLAN
Y N	Y N
GAMBLING DEBT / ISSUES	FORECLOSURE
Y N	Y N
PERSONAL CREDIT CARD DEBT / ABUSE	GOVT CREDIT CARD DEBT / ABUSE
Y N	Y N
PAST DUE BILLS	BANKRUPTCY
Y N	Y N
HIGH DEBT	COLLECTION AGENCY ACTION
Y N	Y N

8. LEGAL SEC 8

DRUG / ALCOHOL: PRIOR	
PREVIOUS DRUG RELATED INCIDENT	PREVIOUS ALCOHOL RELATED INCIDENT
Y N	Y N
FAILED DRUG SCREEN (PRIOR)	FAILED ALCOHOL SCREEN (PRIOR)
Y N	Y N
DUI (PRIOR)	DWI (PRIOR)
Y N	Y N
DRUG / ALCOHOL: CURRENT / PENDING	
PENDING DRUG RELATED INCIDENT	PENDING ALCOHOL RELATED INCIDENT
Y N	Y N
DUI (CURRENT / PENDING)	DWI (CURRENT / PENDING)
Y N	Y N
DISCIPLINARY: PRIOR	
COUNSELING 6105 (PRIOR)	NJP (PRIOR) ◆
Y N	
COURTS MARTIAL (PRIOR) ◆	
DISCIPLINARY: CURRENT / PENDING	
COUNSELING 6105 (CURRENT)	NJP (CURRENT / PENDING)
Y N	Y N
SUBJECT OF AN INVESTIGATION	COURTS MARTIAL (PENDING)
Y N	Y N
ARRESTED WITHIN LAST 12 MONTHS	ADSEP
Y N	Y N
CURRENT RESTRICTIONS	
RESTRAINING ORDER	RESTRAINING ORDER MPO
Y N	Y N
RESTRICTED TO BASE	WEAPONS RESTRICTION
Y N	Y N

8. LEGAL SEC 8

FAMILY & OBLIGATION	
PENDING DIVORCE ◆	CUSTODIAL AGREEMENT
	Y N
OBEYS THE LAW AT ALL TIMES	
Y N	

9. TRAINING & EDUCATION SEC 9

COMPLETED: MILITARY EDUCATION	
CURRENT ON MOS TRAINING	MILITARY CAREER PROGRESSION
Y N	Y N
MET ACADEMIC REQUIREMENTS	MILITARY / SERVICE SCHOOLS ◆
Y N	
COMPLETED: HIGHER EDUCATION	
ASSOCIATE'S DEGREE ◆	SOME COLLEGE ◆
BACHELOR'S DEGREE ◆	USED G.I. BILL / TA
	Y N
MASTER'S DEGREE ◆	COMPLETED PROFESSIONAL DEVELOPMENT
	Y N
DOCTORATE ◆	COMPLETED CERTIFICATIONS
	Y N
IN-PROGRESS: MILITARY EDUCATION	
IN-PROGRESS MOS TRAINING	SERVICE SCHOOLS (NCO)
Y N	Y N
MILITARY CAREER PROGRESSION	IN-PROGRESS MILITARY SCHOOLS
Y N	Y N
IN-PROGRESS: HIGHER EDUCATION	
ASSOCIATE'S DEGREE (IN PROG)	SOME COLLEGE (IN PROG)
Y N	Y N
BACHELOR'S DEGREE (IN PROG)	USING G.I. BILL / TA
Y N	Y N
MASTER'S DEGREE (IN PROG)	IN-PROGRESS PROFESSIONAL DEV
Y N	Y N
DOCTORATE (IN PROG)	IN-PROGRESS CERTIFICATIONS
Y N	Y N

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9. TRAINING & EDUCATION *continued* SEC 9

GOALS

GOALS: TRAINING

GOALS: MILITARY EDUCATION

GOALS: CIVILIAN EDUCATION

SEMINARS & TRAINING

PERSONAL READINESS SEMINAR

Y N

SHARPENS COMMON COMBAT SKILLS

Y N

TRANSITION READINESS SEMINAR

Y N

COUNSELOR NOTES / ACTION ITEMS