

Choosing You Intake Form

Date:

Name:

Occupation:

Seeing Professional:

Role Model:

Spiritual or Religious?: _____

Siblings: _____

Father Alive? _____ Father Work? _____

Relationship with Father? _____

Mother Alive? _____ Mother Work? _____

Relationship with Mother? _____

Mother attitude toward work while raising a family? _____

Father attitude toward work while raising a family? _____

Mother attitude toward you becoming a woman? _____

Father attitude toward you becoming a woman? _____

When do you feel most happy? _____

When do you feel most sad? _____

When do you feel most anger? _____

When do you feel most fear? _____

When do you feel most hurt? _____

When do you feel most guilt? _____

What are your Strengths? _____

What are your weaknesses? _____

Places you always wanted to visit?

WHY? _____

What is the favorite thing you do when by yourself? _____

What do you find Intriguing? _____

What do you wish you had not done? _____

Who is your best friend? _____

Who inspires you? _____

What scares you? _____

What excites you? _____

How often do you relax/unwind? _____ How do you relax/unwind? _____

What would you change about yourself? _____

What is your greatest achievement? _____

What skills would you like to acquire? _____

Do you consider yourself Lucky? _____ Why/Why Not?

If you could have 3 wishes, what would they be?

If you could choose to remain at a certain age, what would it be? ____

Are you in control of your life? _____

What is your energy level? _____

Where are you now in your life? _____

Where do you want to be? _____

What do you want? _____

What is your most serious struggle? _____

How do you know it is a problem? _____

What have you done to fix the problem? _____

What do you need to see, hear, feel or know that the problem is gone? _____

What are you going to do about the problem? _____

What are you willing to do about the problem? _____

What have you done that you thought you could never do?

What have you not done that you have wanted to do?

What do you do every day to stay mentally, physically, emotionally and spiritually health?
