

INTAKE FORM

Part I

Please and send us, this completed questionnaire before your appointment.

Name		
Address		
City	Province	Postal Code
Home Phone		Work Phone
Cell phone		Email
Occupation		Designation
Date of Birth	Age	Sex
Marital Status : Single / Divorced/ Widowed/ Married		
How did you hear about us?		
My appointment is on		

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Part II

This will take you 30 to 40 minutes to introspect and answer.

Please either handwrite the responses or type them in (in a different colour).

Please use all the space you need for each answer and ensure you complete all the applicable questions even if they are repetitious. Please send this form in to us before your first visit.

1. What is the reason you choose to see me?

What else?

What else?

2. How do you know you have this concern?
3. Was there a time you did not have it? When was it ?
4. How long did you have this concern?
5. What happened the first time you had this?
6. Is there any area of your life that is limited due to this concern?
7. Is there any reason for this problem? (Answer whatever comes up without really thinking)

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8. Do you have any fears? If yes, please describe.
9. Do you have any blockages that hold you back in life?
10. Are there any secrets in your life?
11. How do you relate to your parents? Mother / Father
12. How do you relate to siblings?
13. What is the relationship between you and your partner (if you have one)?
14. What is your relationship between you and your children (if you have children)?
15. List *all* negative emotions that you are experiencing or you have experienced in the past.
16. List *all* negative beliefs that that you hold on to. (You will notice them if you pay attention to your self-talk) For example, *I'm not good enough, I'm not smart enough.....I wish I was..... I will neverI'm so....*
17. How does my future look if nothing changes in my life?
18. What do I need to change in order to change my future?
19. What do I want to change?
20. What don't I want to change?
21. What do I want to keep that needs to be changed?
22. What can I change in my life.....so I can change my future?

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23. If I change what needs to be changed what would my future look like?
24. What needs do I have?
25. What wants do I have....?
26. Describe a model, (someone you admire). What qualities do they have that you would like to have?
27. Describe in details the person you wish to become... --How would you look?-- How would you feel? --How would you behave? --What would you be telling yourself? (Inner talk) -- What would your focus be on?
28. What area of my life do I want to improve upon?
29. What are my priorities in life?
30. What do I want to achieve in life?
31. What makes me happy?
32. What makes me sad?
33. If I was looking at myself as an outsider what would I think this person needs to change?

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34. What must this person keep about their personality?
35. Do you have any addictions? If yes, what ? Describe them in details
36. If the previous question was yes, then answer please.. Do you want to get rid of the addiction?
37. Are you willing to go to any length to get rid of the addiction?
38. Are there any hobbies that you want to explore? What are they?
39. What are the Assets and Liabilities of your Personality?