**Detailed Personal History Intake Form**

[Always look to move client from effect to cause]

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| 1. What do you enjoy or are passionate about?
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| 1. What is the problem or issue that brought you here?
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| 1. What have you done about it in the past?
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| 1. How do you know that you have this problem?

 *[looking for reality strategy here]* |  |
| 1. How specifically is it a problem for you now?
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| 1. How often is this a problem for you?

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| 1. How long have you had it? Was there ever a time when you didn’t have it?
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| 1. What was happening in your life when the problem first occurred?
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| 1. Tell me about the first time you remember having this problem. What emotions were present?
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| 1. Tell me about your childhood in relationship to this problem?
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| 1. Does anyone else in your family experience this problem?
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| 1. Tell me about events since the first event through your life in relationship to this problem.
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| 1. Is the problem worsening over time 🗖 Yes 🗖 No
 |  |
| 1. What’s the relationship between all these events and your current situation life? *[greater level problem]*
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| 1. If there were a grander purpose for having this problem, what would that be? Ask your unconscious mind …
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| 1. What does this problem allow you to do?

 *[secondary gain]* |  |
| 1. What does this problem not allow you to do?
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| 1. Is there something that your unconscious mind wants you to get, that if you got it, it would cause the problem to disappear?
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| 1. What have you been unable to do to resolve this issue?
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| 1. What are you willing to do in order to change this issue?

 *[Leverage. Anything? Really?]* |  |
| 1. How will you know that the problem no longer exists? What will be different?
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