

PRE-THERAPY QUESTIONNAIRE

Not sure what type of therapy is right for you? Please complete this pre-therapy questionnaire. Please answer the questions honestly and email it to me for a free advice on the type of therapy for you. Thank you!

| Statement | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|---|----------------|-------|---------|----------|-------------------|
| I am looking for therapy but not sure what type of therapy is right for me. | | | | | |
| Counselling | | | | | |
| I am looking for coping strategies to help me manage life challenges. | | | | | |
| I am looking for a quick fix to the current problems/issues. | | | | | |
| I am looking for support to help me with a problem/issue such as relationship issues, stress, anxieties, suicidal thoughts, depression, anger, etc. | | | | | |
| Psychotherapy | | | | | |
| I am looking to understand my apathy and the loss of interest in life. | | | | | |
| I want to find my purpose, meaning and values. | | | | | |
| I feel hopeless, helpless and I lack volition. I want to understand why I feel the way I felt. | | | | | |
| I am looking for support and help with various mental and emotional disturbances or psychological disorders, such as OCD, Traumas, Borderline Personality Disorder, mania, psychosis, neurosis, etc.. | | | | | |
| Hypnotherapy | | | | | |
| I am looking to address a behaviour problem such as phobias, fears, anxieties, worries, habits, anger, body image issues etc.. | | | | | |
| I am specifically interested in behaviour change, modification, and alteration. I am looking for ways to change my negative behaviors to positive outcome. | | | | | |
| I am looking to recall suppressed, repressed memories to heal. | | | | | |
| I am looking for a relaxed therapy to help me address the painful memories, thoughts, images etc.. | | | | | |
| Inner Child Works | | | | | |
| I am looking to make connections with my inner child. | | | | | |
| I want to address the past and historical traumas, wounding, and abuse. | | | | | |
| I want to make peace with the past. | | | | | |
| I want to understand the lack of worth and low self-esteem. | | | | | |
| I want to explore the Journey of the Soul. | | | | | |
| Somatic Works | | | | | |

| | | | | | |
|---|--|--|--|--|--|
| I want to eliminate physical, chronic, or acute pain. I want to heal the body through movement and somatic works. | | | | | |
| I want coping strategies for body-symptom, and I want to connect to my body through therapy. | | | | | |
| I want the body/mind/soul connection to help released past mental traumas. | | | | | |
| I know that the body keeps the memories of the pain and hurt. I want to release emotional trauma held in the body. | | | | | |
| Cognitive Works | | | | | |
| I want to mindful understand myself through cognitive processes. | | | | | |
| I want to logically analyze my problem/issue through therapy. | | | | | |
| I want to practically manage my challenges through problem-solving, solution-focus and analytical thinking. | | | | | |
| Energy Works | | | | | |
| I want coping and strategies using Energy Meridians through Energy Works. | | | | | |
| I want self-care, healing tools to the body through Energy, including Meditation, Mindfulness, Crystals, I Ching, Reiki and working with the Chakras. | | | | | |
| I want to heal the body/mind through energy using EFT (Emotional Freedom Technique). | | | | | |
| Emotive Works | | | | | |
| I want to be in control of my emotions and feelings. I want to be able to control them. | | | | | |
| I want to understand my emotions. | | | | | |
| I want to healthily release my emotions, in a positive way, rather than destructively at other people or object. | | | | | |
| I want a healthy outlet for my emotional intensity. | | | | | |
| General | | | | | |
| I have a specific problem to address. Please specify the nature of the problem in the Additional Comments below. | | | | | |
| I want to address Childhood/Early Environment issues but do not know what specifically. | | | | | |
| I want to address the present Life Position issues such as Midlife Crises, Retirement. | | | | | |
| I want to work on my Personality, Traits and Subpersonalities. | | | | | |
| I want to feel better about myself and about life – addressing spirituality. | | | | | |
| I want to work on relationship issues. | | | | | |
| I want to work on my Will and Volition. | | | | | |
| I want Self-Confidence, Self-Esteem, Self-Improvement, Self-Care, and Self-Awareness. | | | | | |
| I am highly motivated, and I have a clear goal in mind. | | | | | |



| | | | | | |
|---|--|--|--|--|--|
| I am restless, listless and do not know why, but I hope therapy can help. | | | | | |
| I am searching for the right therapy/therapist for me. | | | | | |
| I have a general problem to address, but do not know what type of therapy would be helpful. | | | | | |

Additional Comments: