

CLIENT INTAKE FORM

Today's Date: _____

In order to truly measure your success, we need to know exactly where you're at NOW. If we don't, you might not notice the changes that you experience, *even if they are profound*. Sometimes a client reports their problem is gone but is unable to see that the techniques did the job. Clients sometimes "forget" they had a problem after a *rapid successful therapy*. This is known as the "Apex Effect".

What SPECIFICALLY is your most compelling FEAR or painfully intense emotion?

In WHAT type of SITUATION would this cause a problem? (A real or imagined EVENT)

HOW UNCOMFORTABLE does it make you feel just thinking about it? _____
(On a scale of 1 to 10)

HOW LONG have you had this problem? _____

What could be some HIDDEN BENEFITS to KEEPING the Problem? This is tricky. Be as honest with yourself as you can:

Name 3 TIMES You Have Been EMBARRASSED or Negatively Impacted by This Problem:

1. _____

2. _____

3. _____

WHAT ARE THE POTENTIAL BENEFITS OF RELEASING THIS PROBLEM TODAY?

If this PROBLEM were to be completely GONE, what would you able to do that you are not able to do now? What opportunities will this create? How would life be better?

