



## INTAKE

### Detailed Personal History Questionnaire

These set of questions is designed to draw answers from the client that will clearly show you what interventions during induction will be most useful. Pay attention to everything the client tells you. As you take notes, keep in mind that ***every presenting problem is an example of something.***

To identify higher level presenting problems that the client is not consciously aware of, you can ask, **“What is this an example of?”** To get more detail on the effects of a major presenting problem, as, **“Can you give me an example of that?”** In this way, you will be moving up and down a hierarchy of issues structured like this:

Presenting Problem				
Presenting Problem			Presenting Problem	
Example	Example	Example	Example	Example

1. Why are you here? Why else? Why else?  
(Elicit all of the reasons the client has come to see you)

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2. How do you know you have this problem?  
(Elicit the client's strategy for having the problem and any diagnoses made)

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3. How long have you had this problem?  
(Was there a time when you didn't have it?  
What have you done about it?)

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4. What happened the first time you had the problem?  
(What emotions were present?)

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5. What events have happened since then?  
(What emotions were present?)

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6. In each of these events, what is the relationship between the event and your current situation in life?

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7. Tell me about your parents, brothers, sisters and so on. (What is the relationship between this person (each one) and your current situation?)

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8. Tell me about your childhood in relationship to this problem.

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9. Is there a purpose for having this problem?  
(Ask your Unconscious Mind)

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10. When did you choose to have this situation created? Ask your Unconscious Mind

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11. Is there something your Unconscious Mind wants you to know, or is there something you're not getting which, if you got it, would allow the problem to disappear?

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12. Is it OK with your Unconscious Mind to support us in removing this problem today, and to allow you to have an undeniable experience of the problem disappearing, when we have completed the session?

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