



Personal Information:

Name: _____ Birthdate: _____
Address _____
Home #: _____ Work #: _____ Email: _____
Age: _____ Sex: _____ Referred by: _____
Marital Status: _____ Education (Last Year Completed): _____
Employer: _____ Position: _____ Years: _____

Spiritual Information:

A Christian is someone who has trusted in Jesus Christ to save them and to forgive them from their sins. Do you consider yourself to be a Christian? _____

If yes, when and where did this take place? _____

Do you believe in God? Yes or No

Do you pray to God? Yes or No If Yes, how often? _____

Do you read your Bible? Yes or No If Yes, how often? _____

Do you attend a Bible believing Church? Yes or No If Yes, how often? _____

When and where were you baptized by immersion in water? _____

Health Information:

Rate your health: Very Good ___ Good ___ Average ___ Declining ___ Other ___

Do you have any chronic illnesses? If so, what? _____

Are you presently taking any medications? If so, what? _____

Have you ever or do you now use non-prescription drugs? If so, what? _____

Do you have any problems sleeping? _____

Do you consider yourself to be a healthy eater? _____

How much exercise do you typically get in a week? _____

Family and Childhood Information:

Were you raised by your mother and/or father? _____

How many older brothers _____ sisters _____ do you have?

How many younger brothers _____ sisters _____ do you have?

Are you on good terms with your Mother ___ Father ___ Brother ___ Sisters ___?

What kind of home did you grow up in? (Check all that apply)

___ Traditional (Father, Mother, Kids) ___ Step Family

___ Authoritarian (Father or Mother made all the rules without discussion.)

___ Divorced (Who did you live with? _____)

___ Drug or Alcohol Affected

___ Perfectionist (Everything had to be done just right to please ___ Mom ___ Dad ___ Both

___ Critical (One or both parents could only remark about the negatives. Little praise.)

___ Affectionate (Demonstrative with hugs, kisses, etc.)

___ Emotional (___ Crying allowed, but controlled. ___ Anger, screaming freely allowed).

___ Repressed (Emotions not allowed to show.)

___ Religious

___ Abusive

Briefly Answer the Following Questions:

1. What are your main problems or concerns that bring you here? _____

2. What have you already done to try and resolve this problem? _____

3. What are your expectations in coming here? _____

4. Please describe who or what seems to trigger your problem or make it worse? _____

5. Is there anything else we should know about you or your problem? _____

Problem Check List (Check those which are current problems):

- | | | | |
|---------------|----------------|---------------|-------------------------|
| ___ Anger | ___ Envy | ___ Appetite | ___ Anxiety |
| ___ Fear | ___ Memory | ___ Apathy | ___ Gluttony |
| ___ Moodiness | ___ Bitterness | ___ Guilt | ___ Rebellion |
| ___ Health | ___ Sex | ___ Children | ___ Homosexuality |
| ___ Sleep | ___ Depression | ___ Impotence | ___ Wife Abuse |
| ___ Deception | ___ In-laws | ___ A Vice | ___ Change in Lifestyle |
| ___ Adultery | ___ Lust | ___ Addiction | ___ Other |

FEAR OF MAN QUESTIONNAIRE

Check any of the following which describe you:

- I struggle with peer pressure. In adulthood, it looks different than when a teen. Now it might be by trying to impress others.
- I am over-committed. I find it hard to say, "No." I am a people pleaser.
- I 'need' something from my spouse or others in my life (such as the person I am dating, a roommate, other friends).
- I feel like I have low self-esteem. I am concerned with what others think of me.
- I often feel like I will be exposed as an imposter. I am afraid others will think I am a failure.
- I find myself second-guessing decisions because of what others might think. I am afraid of making mistakes.
- I feel empty or meaningless. I often feel hungry for love.
- I easily get embarrassed.
- I lie, even little white lies, in order to make myself look better before other people.
- I am sometimes jealous of other people.
- People often make me angry or depressed. They make me "crazy."
- I often avoid people
- I am hungry for people to notice my efforts and to praise me, but when they do, it's not enough or I don't believe them.
- I often compare myself to others and either feel wanting or feel like I'm not so bad.
- I feel I have to keep others from knowing my secret thoughts or actions for fear they won't like or love me.
- I cover up, justify, blame, avoid or change the subject often.
- I show favoritism, respecting one person over another.
- I often think and feel responsible for other people and their actions or behaviors.
- I am compelled to "fix people".
- I get tired of feeling like I am always giving to others and no one gives to me.
- I blame others or blame circumstances.
- I often feel unappreciated.
- I often am afraid of being rejected.
- I often feel ashamed of who I am
- I often focus my energy on other people and/or on problems.
- I frequently threaten, bribe or beg.
- I try to say or do what I think will please others or get what I need.
- I manipulate people and situations.
- I let other people keep hurting me and never say anything.
- I feel angry.
- I feel like a martyr.
- I feel extremely responsible or irresponsible.