

Client Personal Background

Questionnaire

As you ask these, note if answers suggest client is at cause or effect. If at effect, then who or what is the authority or the cause?

1. Why did you come here? Why else? Why else? Etc.

Elicit all reasons for client being here. Let the client empty out.

2. How do you know you have this problem? How is that a problem?

- How specifically do you do the problem?
- When do you do it?
- When do you not do it?
- Can you do the problem now?
Get the strategy for how they do the problem.

3. How long have you had it?

- Was there ever a time when you didn't?
- What have you done about it before you decided to end the problem today?

4. What happened the first time you had this?

- What emotions were present?
- What was going on in your life the first time?

5. What events have happened since then?

- What emotions were present?

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

- What do you believe about the problem?

7. Tell me about your parents, brothers, sisters, etc. What is the relationship between this person (*mother, father, etc.*) and your current situation?

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

- Tell me about the relationship between your education and this problem.
- How does your marriage/significant other relate to this problem?

9. Is there a purpose for this problem?

- Is there a reason for having the problem? Ask your unconscious mind.

10. How do you benefit from having this problem?

Client will need new resources to replace the problem.

11. When did you choose to have this situation be created?

- Why? Ask your unconscious mind.

12. Is there anything your unconscious mind wants you to know, or is there anything you're not getting which, if you got it, would allow the problem to disappear?

13. Is it OK with your unconscious mind to support us in removing this problem today, and for it to allow you to have an undeniable experience of it, when we are complete?

14. How will you know when this problem has totally disappeared?

Get the client's evidence procedure.

15. So, when we get rid of_, will the presenting problem totally disappear?

Keep asking questions until you know HOW the client can possibly construct the problem. Make sure you understand the problem before you do any intervention. Chunk up: What is the big picture? What is the higher level problem that creates the presenting problem? Chunk down: How specifically. Make certain you understand the problem and how the problem is a problem.

In addition, you can ask:

- What do you need to do that you don't want to do?

- What do you not want to do that you must?

- What is it about this problem that you cannot tell anyone?

- What is the relationship between this problem and problems you have in other areas of your life?

- Will any of those problems stop you from solving this problem?

- How will you know specifically that the problem is gone? Restate it: "So, this is how you will know that the problem is gone?" Listen for binds or double binds at this point as well as at the end which could negate the effects of the therapy.

Determine Cause and Effect:

When did they choose to have these symptoms? Ask why did the Unconscious Mind choose to create this? Check for secondary gain.

Find out about models:

Who did they model in youth? Connecting health / power / protection? Find out client's self image—who did they model their health on? (The client may have extreme external frame of reference.)

- What is the problem preventing that you don't want to do, that when the problem is gone you will have to do?
- What is it you are not doing because of this problem?
- What is it you are doing that you enjoy doing that you won't be able to do when the problem disappears?
- What are you pretending not to know by having things this way?

Elicit Values:

Elicit the client's values in the area of life in which the problem falls. (For example in healing, "What's important about LIVING, " not just health?)

Evaluate the client's values.

Make sure that they are appropriate for the solution of the problem.

Determine—is the client willing to play at 100%:

Ask what they are willing to do or to be to have the problem disappear.

- *Are they willing to do ANYTHING?*
- *What are they not willing to do?*
- *Also ask Unconscious Mind what they need to do: may need to give up current lifestyle. (This issue may be the most important, because if the therapy goes perfectly, if the client does not make specific changes in behavior, circumstance or situation.)*