



3-A Begin Here

This isn't a typical intake form. This is the beginning of understanding what's actually happening in your life. As you move through this, you may start to notice patterns, moments, or pressures you haven't fully seen before. That's part of the process.

Section 1 - Let's Start with a Few Basics

Full Name: _____

Email Address: _____

Phone Number: _____

Preferred Method of Contact: Call Text Email

Best time to reach you: _____

Address: _____

City, State, Zip: _____

Section 2 — Where Life is Pressing

When life gets to lifing, pressure reveals patterns—how things tend to show up in your life.

1. Breaking Point (entry moment)

What was the moment things hit a breaking point for you?

2. Repetition (pattern)

What keeps happening that you wish would change?

3. Timeline

How long has this been going on?

4. Moments (time/location in life)

When does this usually happen? (*time of day, situations, people, environments*)

5. Impact (Pressure doesn't stay contained—it shows up somewhere.)
Where is this starting to affect your life?

Relationships

Internal (thoughts, emotions)

Work / Career

Decision-making

Family

Time / overwhelm

6. Response

When that moment happens, how do you usually respond?
(What do you do, say, think, feel?)

7. After the Moment

After it happens, what do you notice?

regret

shutdown

repeat cycle

frustration

nothing changes

Section 3 — Has this shown up before?

Most of what we deal with isn't new. It just shows up in different ways over time.

1. Have you experienced this – or something similar – before?

Yes

No

Not sure

2. If so, where have you seen this show up before in your life?

3. Do you notice this happening with certain types of people or situations?

(For example: authority figures, close relationships, work environments, conflict, stress)

Section 4 — What have you already tried?

Most people don't come here without already trying to change things.

This helps us understand what's been done—and what hasn't actually shifted things yet.

1. What have you already tried to change this?

2. What has helped, even slightly?

3. What hasn't worked – or hasn't lasted?

4. When things did seem to improve, what caused them to slip back?

Section 5 — What would you want to see change?

In this work, we focus on movement—what actually begins to shift things in real life. This isn't about perfect outcomes. It's about what would start to change how things are playing out.

1. What would you want to be different?

2. What would “movement” look like for you right now?

3. If this started to shift, what would be different in your relationships or work?

4. What would change in your day-to-day life if this improved?

Section 6 — A Little Context

This helps me understand the context of your life right now.

1. Relationship status

single
 divorced

married
 in a relationship

other _____

2. Do you have children?

Yes No If yes, children's ages: _____

3. Occupation | What do you do day to day?

4. What are the main pressures or stressors in your life right now?

5. Are you currently receiving any counseling, coaching, or other support?

Yes No If yes, what type: _____

6. Anything significant happening right now I should be aware of?

Section 7 — Spiritual Life & Belief

This work is faith-integrated.

Spiritual life and personal beliefs play a significant role in how patterns form, how decisions are made, and how life is experienced over time.

The questions below help bring clarity to what may be shaping those areas.

1. Personal Faith

How would you describe your current relationship with God or spiritual life?

2. Engagement

What does spiritual engagement currently look like for you (if any)? (Prayer, church, none, inconsistent, etc.)

3. Belief Awareness

Are there any beliefs you are aware of that may be influencing how you think, respond, or relate to others?? _____

4. Tension/Disconnect

Do you feel any disconnect between what you believe and how life is currently playing out?

5. Desire

What role would you like faith or spiritual life to have moving forward?

6. Additional Insight

Anything else related to your spiritual life or beliefs that would be helpful to know?

Section 8 — Readiness

This work doesn't just happen in conversation—it happens in real life. It requires honesty, awareness, and a willingness to engage what's actually happening.

1. Which best describes you right now?

- I'm ready to actively work on this
- I'm unsure but open
- I'm just exploring

2. What makes you feel ready – or not ready – right now?

3. Are you willing to pay attention to how this shows up in your day-to-day life between conversations?

Yes

Not sure

No

Section 9 — Final

Anything else you want me to know?

This is a starting point. The more honest and clear this is, the more helpful our time will be.

Name

Date