

THIS QUESTIONNAIRE ATTEMPTS TO HELP YOU ANSWER SOME IMPORTANT QUESTIONS.

Is it possible to have good physical health and at the same time have unresolved emotional issues? It is my belief a person's emotional and physical health are inseparable just as I believe it is not possible to separate the body and the mind.

This method uses very predictable/reliable indications your body gives you when you first wake up in the morning. This has proven to be one of the simplest and most successful "quick methods" of gauging your physical and emotional health I have found to date. Plus, it is available to everyone. All you have to do is listen to the messages your mind and body are trying to share with you.

Score: NEVER 4, SELDOM 3, OCCASIONALLY 2, OFTEN 3, VERY OFTEN 1.

How Often Do You:	Score:
1. Do you wake up tired?	1. _____
2. Do you wake up in a fog?	2. _____
3. Do you wake up with pain or discomfort?	3. _____
4. Do you wake up in a bad mood/cranky?	4. _____
5. Do you dislike the thought of food upon arising?	5. _____
6. Do you use a stimulant (such as coffee, etc.) to help get you started in the morning?	6. _____
7. Do you have trouble getting to sleep at night?	7. _____
8. Do you wake up in the middle of the night and have trouble getting back to sleep?	8. _____
9. Do you have unpleasant dreams/nightmares?	9. _____
10. Do you sleep right through the night without remembering your dreams?	10. _____
11. Do you make it through the morning without having a bowel movement?	11. _____
12. Do you cope with flatulence (gas), heartburn, acid reflux, etc after eating?	12. _____
Total	Total _____

This completes the Preliminary Questionnaire. Please return this questionnaire at least five days prior to your first appointment. If you have received the CD titled: "Letting Go Of Stress", please listen to this CD and become familiar with it as it will become an important part of your therapy.

WHAT CONSTITUTES GOOD HEALTH? (CONTINUED).

If your score is 9 or below, it is my feeling you may have some serious health concerns. A score in this range could indicate serious physical and emotional conditions. I'd encourage you to see a competent health care provider. I have many options for you to consider and I will not turn you away; however, it may be in your own best interest to seek professional help.

If your score is between 10 and 16, it can be an indication of emotional and/or physical conditions that need to be addressed. I'd like to suggest you strongly consider making some major changes in your diet and exercise program. I'd also encourage you to include an energy psychology process in your daily schedule to help with the emotional concerns you may have. I have several different options available for you to consider in creating change so it is not so discombobulating.

If your score is between 17 and 23, it can be an indication of either emotional and/or physical conditions that may be in need of attention. In either case, I'd encourage you to consider making changes in your life with respect to the time you spend in caring for yourself. At this point, it's possible these body signs indicate a period of high stress and at this juncture, it is possible things are going to continue to decline unless significant changes are put in place. There are many ways to approach these concerns, most important are dietary changes and the practice of energy psychology.

If your score is between 24 and 30, this can be an indication of some concerns in either your emotional or physical health which are beginning to become more noticeable. It may be in your own best interest to address these concerns now as they are much easier to handle at this stage of progress rather than allowing them to develop into more serious concerns. There are several ways to attack these habits, they can include dietary changes and using energy psychology.

If your score is between 31 and 37, this can be an indication you have some habits that are not helping you to continue on a path of good health. Addressing these concerns now may be a wise choice in helping to avoid more serious situations developing in the near future. This will call for changes in some of the habits you have in place today. Energy psychology can be a place to start.

If your score is between 38 and 44, you are doing some things right and you may have some habits that are not as positive as they could be; however, I caution you to watch carefully to see if your score continues to stay at this level or if it starts to decline. When you notice it starting to decline, it is a sure sign there may be concerns ahead as the body/mind is never static, it is always changing, either to a higher positive state or to a lower negative state.

If your score is 45 or higher and it stays around this level, I encourage you to stay on the path you have chosen. At this level, you have no trouble understanding what I mean when I say; "Life is fun!"

Note; I take this test every morning. When I get a score that concerns me, I look at the events and diet of the day before to see where I was not good to myself. This is one of the most important tools I have to help guide me on a daily basis.

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