

CAROL'S

Counselling 

PERSONAL PROFILE

NAME: _____ DATE: ___/___/___ DOB: ___/___/___

WHAT DO YOU HOPE TO GAIN FROM THE SESSION/S?

WHAT CAN YOU IDENTIFY AS THE MAIN ISSUE/PROBLEM WITH YOUR BODY?

WHAT EMOTIONS CAN YOU IDENTIFY WITH WHICH SEEM TO REGULARLY ARISE?

WHAT THOUGHTS DO YOU FIND REOCCURE REGULARLY? DESCRIBE BOTH POSITIVE & NEGATIVE.

WHERE DO YOU GO OR WHAT DO YOU DO TO FIND STILLNESS AND PEACE WITHIN YOURSELF?

IN REFLECTION WHAT HAS BEEN THE EVENTS IN YOUR LIFE THAT HAVE SHAPED YOUR LIFE? REFLECT ON POSITIVE EVENTS AND NEGATIVE EVENTS. NOTE THAT THESE EVENTS MAY HAVE HAPPENED IN UTERO.

LOOK AT ALL THE YEARS THESE EVENTS TOOK PLACE AND SEE IF THERE IS A CYCLE OR PATTERN TO THESE EVENTS.

LOOK AT THE FAMILY HISTORY HERE NOW AND SEE IF THESE PATTERNS WERE EVIDENT IN YOUR PARENTS OR GRANDPARENTS LIVES.

WHAT AREA OF YOUR LIFE IS OUT OF BALANCE? SUGGEST SMALL STEPS TO HELP CHANGE THIS BALANCE? THESE MUST BE ACHIEVABLE STEPS.

IF A MAGIC WAND COULD BE WAVED AND YOUR LIFE COULD BE HOW YOU WOULD LIKE IT WHAT WOULD IT LOOK LIKE?

LOOKING AT THE RELATIONSHIPS IN YOUR LIFE ARE THEY PRODUCTIVE OR COUNTER-PRODUCTIVE? IF COUNTER-PRODUCTIVE HOW CAN THIS BE CHANGED?

YOU HAVE A BANK ACCOUNT OF ENERGY WHEN YOU WAKE UP IN THE MORNING. HOW DO YOU USE IT POSITIVELY DEPOSITING OR NEGATIVELY WITHDRAWING? THIS WILL DEPEND ON WHO YOU SPEND TIME WITH AND YOUR DAILY ACTIVITIES.

LIST FIVE POSITIVE WAYS TO DEPOSIT INTO YOUR BANK BOOK OF ENERGY AND FIVE WAYS TO WITHDRAW FROM YOUR ENERGY BANK BOOK.

DO YOU HAVE ANY IDEA OF THE CORE BELIEF THAT HAS CAUSE YOU TO ATTRACT YOUR LIFE REPETITIVE PATTERNS WHICH HAVE PRESENTED SITUATIONS WHICH YOU HAVE FOUND DIFFICULT TO REMOVE FROM YOUR LIFE'S PATH? COULD THIS MEAN YOU ARE NOT LEARNING PAST LESSONS? REFLECT AND WRITE?

FORGIVENESS IS CRUCIAL IF YOU ARE TO BREAK THESE REPETITIVE PATTERNS. EACH DAY WRITE DOWN TEN THINGS YOU FORGIVE FOR TWO WEEKS IN A "FORGIVENESS DIARY" AND WATCH YOUR LIFE CHANGE FOR THE BETTER! REFLECT AND WRITE.

WRITE FIVE THINGS ABOUT HOW YOU LOOK AND FIVE THINGS YOU DO WELL. REMEMBER THESE MUST ALL BE POSITIVE.

BY NOW YOU SHOULD HAVE SOME INSIGHT INTO "YOU"!