

WILLIAM MARTIN, PH.D. P.C.
A Professional Corporation
32122 Camino Capistrano Suite 200
San Juan Capistrano, California 92675
(949)248-7377
(866)8052796 fax
Billmartinphd@msn.com

Name: _____

Date: _____

Address: _____

City: _____ State: _____ Country: _____ Zip Code: _____

Phone # (H): _____ Phone # (W): _____

Fax #: _____ e-mail: _____

Birth Date: _____ Current Age: _____ Male Female

Marital Status: Single Married Separated Divorced Widowed

Spouse's name & age: _____

Years Married: _____

Name(s) and Age(s) of your child(ren):

Your occupation: _____

Employed by: _____

Address _____

Phone # _____

Fax# _____

What motivated you or caused you to do this now? What is your compelling reason to contract for coaching at this time? _____

Describe the one specific thing you most want to learn, change, or reinforce, initially. _____

How do you think coaching will assist you in accomplishing this? _____

How would you know if you have achieved your outcomes from this program? _____

MOTIVATION AND DRIVERS

What drives or motivates you? (emotions, questions, and situations) _____

Are you more motivated by the “Carrot or the stick” / by pleasure or pain? (Give specific examples of why you believe this is so) _____

What are the ways you use to feel great? _____

What makes you feel really good? _____

What state(s) would you do almost anything to avoid? *(Please place in sequential order all those that apply, #1 being most important.)*

____ Rejection	____ Physical Pain	____ Humiliation
____ Loneliness	____ Fear	____ Depression
____ Unloved	____ Unappreciated	____ Embarrassed
____ Fear of Failure	____ Other _____	____ Other _____
____ Other _____	____ Other _____	____ Other _____

Why? _____

Where do you see yourself right now, in detail, in each of the areas listed below:

Nutrition _____

Exercise _____

Relaxation / Stress Management _____

Cognitive functioning (perceptions, thoughts & beliefs) _____

Emotional functioning _____

Behaviors _____

Spiritual growth _____

What are your goals in each of the areas over the next year?

Nutrition _____

Exercise _____

Relaxation / Stress Management

Emotional functioning

Behaviors _____

Spiritual growth

How would you describe your life right now?

What's great in your life today?

What are you excited about?

What's not working the way you wish it was? What's missing in your life?

If you could have your life exactly the way you want it, how would it be different?

What will it take for you to get or experience what you want?

SECTION TWO: WHAT HAS YOUR LIFE BEEN ABOUT SO FAR?

Please describe the highlights of your life during each year, from birth to now?

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

31. _____

32. _____

33. _____

34. _____

35. _____

36. _____

37. _____

38. _____

39. _____

40. _____

41. _____

42. _____

43. _____

44. _____

45. _____

46. _____

47. _____

48. _____

49. _____

50. _____

What has been your primary focus in life up to this point? Where have you put the most time and energy? What have you gained from this?

Please describe the five most important events that have shaped your life, and what you learned from each of them.

Event #1:

What I learned from that is:

Event #2:

What I learned from that is:

Event #3:

What I learned from that is:

Event #4:

What I learned from that is:

Event #5:

What I learned form that is:

What are your greatest accomplishments? (The things you are most proud of achieving?)

**SECTION THREE: PHYSICAL FUNCTIONING
NUTRITION**

Write down what you think you know about nutrition.

What purpose does it serve?

What does your diet consist of on a day to day basis? (Be specific)

What are the nutritional habits that serve you?

What are the nutritional habits that do not serve you?

What do you need to change about your current nutritional regime in order to have a balanced nutritional program?

EXERCISE

Write down what you think you know about exercise.

What purpose does it serve?

What does your exercise consist of on a day to day basis? (What does your exercise program consist of?)

What do you need to change about your current exercise regime in order to have a balanced exercise program?

STRESS MANAGEMENT / RELAXATION

In what areas of your life do you experience the most stress?

What creates that stress? Please be specific.

How do you make stress work for you?

How does stress work against you?

How do you get out of stress that works against you? What are all of the “coping mechanisms” you use to decrease stress and anxiety so you can feel better? How well do each of them work for you?

SECTION FOUR: COGNITIVE FUNCTIONING PERCEPTIONS

What is your primary sense used in your perceptions?

Describe your model of the world. (How you perceive things in life to be)

What are your perceived strengths?

What are your perceived weaknesses?

BELIEFS

What is your Philosophy of Life? (How does it work? What is it all about? What is its purpose? How does it unfold? What are the stages one goes through? what happens before we are born; after we die; what does it all mean)

What are the beliefs that have shaped your life in the past?

What are some of your most important beliefs about life right now? (*Examples: Life is good; life is a struggle; life has no meaning; life is what you make of it.*)

What do you believe about people?

What do you believe is within your control? What is out of your control?

What do you believe about money? (What causes abundance? Scarcity?)

What do you believe about love? (Maternal & paternal love; sibling love; romantic love; self love)

What do you believe about success? (What does it take for you to be successful? For someone else to be successful?)

Who or what do you believe you are? How would you identify yourself? (If you had to describe yourself to someone else, what would you say?)

KNOWLEDGE

What are you certain about or know?

What are you uncertain about?

QUESTIONS

What are the primary questions you ask yourself on a regular basis

If there was a question you would like to ask yourself frequently, something that you find yourself asking over and over again, what would it be?

VALUES

What is most important in your life right now?

What are your primary values? (Please rank order them from the highest to the lowest)

How do these values influence your life now?

What values do you wish were stronger?

How could you increase the manifestation of these values in your life?

DECISIONS

Explain your decision making process.

PROBLEM SOLVING

Explain your problem solving process.

LEARNING PARADIGM

What is your learning strategy? (How do you best learn things)

SECTION FOUR: EMOTIONAL FUNCTIONING

What are emotions / feelings?

What do you think is the purpose of our emotions?

What are the most common emotions you experience on a regular basis?

When do you experience each of these emotions?

What emotions do you think are helping you?

Hurting you?

Why? _____

What's your greatest fear?

What's your greatest joy or source of happiness?

What do you find most pleasurable in life? (In the past; now)

What are you most grateful for in life?

Please make a list of all the typical emotion states you experience at least once each week. Include both resourceful and un-resourceful emotions.

RESOURCEFUL

UNRESOURCEFUL

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

For each emotion on each list (resourceful/unresourceful), describe a typical situation where that emotion arises and what triggered the emotion. Then, if you have a particular way you either make a good emotion better or get rid of a negative emotion, write down how you do that.

EXAMPLES:

Resourceful Emotion # 1: Love

Situation: When I see my child.

Trigger: Her smile.

Enhancer/eliminator: I tickle her and we both laugh.

Unresourceful Emotion #2: Overwhelm

Situation: When my boss asks for a project I haven't finished yet.

Trigger: Hearing his voice.

Enhancer/eliminator: I go down to the snack machine and get a candy bar.

RESOURCEFUL EMOTION #1:

situation:

trigger:

enhancer/eliminator:

RESOURCEFUL EMOTION #2:

situation:

trigger:

enhancer/eliminator:

RESOURCEFUL EMOTION #3:

situation:

trigger:

enhancer/eliminator:

UNRESOURCEFUL EMOTION #4:

situation:

trigger:

enhancer/eliminator:

SECTION FIVE: BEHAVIORIAL FUNCTIONING

What primary behaviors or behavioral patterns do you use that work well for you?

What are all of the self defeating or dysfunctional behaviors or behavioral patterns that you engage in?

What behaviors do you experience on a regular basis that you would like to change or eliminate?

How do you think you could best change each behavior you want to modify?

What are your hobbies and interests, how often you engage in them and what you like about each of these?

How do you spend your time each day? (Describe in detail a typical day's schedule)

How do you spend your time each day? (Develop a time schedule that exemplifies your usage of time)

How do you contribute to others?

How do you want to contribute to others in the future?

SECTION SIX: RELATIONSHIPS

Describe your current family functioning in detail.

Describe your relationship with each family member in detail.

Describe your relationship with each significant other in your life at present.

What is a healthy romantic relationship?

Describe the role and responsibilities of each partner in a healthy romantic relationship.

What is a healthy sexual relationship?

Describe the role and responsibilities of each partner in a healthy sexual relationship.

Who have been the most important people in your life to date? Why were they important to you? What did you learn from each of them and how did they enrich your life?

Family members:

Relatives:

Friends:

Teachers:

Strangers:

Romantic Relationship Partners:

Lovers:

Marital Partners:

Children:

Idols: _____

Heroes:

Mentors:

SECTION SEVEN: SPIRITUAL DEVELOPMENT

What are your primary religious beliefs?

What are your primary spiritual beliefs?

What is your concept of (God or a Higher Power)?

Define consciousness and describe how it is developed

What are all of the Universal Laws you are aware of?

What is your understanding of each of these laws?

In what ways do you incorporate these laws into your life now?

You're done! Congratulations! And Thank you.