

DETAILED PERSONAL HISTORY

(Notice if the client is a cause or effect – always introduce the idea of cause and effect at some point during or after detailed personal history.)

1) What is the problem or issue you are here for?

(Often times the client will talk about several separate issues, these may or may not be related. If they are Not related, you may have to assist the client in getting focused on the most important issue for this session.)

2) What have you done about it?

(Determines history and previous diagnosis.)

3) How do you know you have this issue?

(Elicit a reality strategy and any pervious diagnosis)

4) How is this a problem for you?

(Elicit how the problem is affecting their life)

5) When are you certain the problem isn't there?

(Contextualizes problem)

6) How long have you had this issue? Was there ever a time that you didn't?

(Contextualizes problem)

7) When was the first time you can remember having this problem?

What emotions are present?

(Helps discover root causes)

8) Tell me about your childhood in relationship to this problem?

(Helps discover root causes and relationships)

9) Tell me about your mother / father /any siblings, and what relationship they might have to the problem?

(Helps discover root causes and relationships)

- 10) What events have happened since the first time you remember having the problem?**
(Reveals patterns)
- 11) What's the relationship between all of these events and your current situation in life?**
(You are looking for the greater level presenting problem. Its best if the client states it themselves rather than you putting the words in their mouth.)
- 12) Is there a grander purpose for having this problem? (ask your unconscious mind).**
(Provides frames of empowerment.)
- 13) What possible benefit is there to having this problem? If there was a benefit what would it be?**
(Draws out secondary gain.)
- 14) Is there anything your unconscious mind wants you to get, which, if you got it would cause the problem to disappear?**
(Reveals learning's.)
- 15) What have you been unwilling to do in order to keep this problem?**
(Explores ecology.)
- 16) What are you no longer willing to do in order to make this change?**
(Commitment frame)
- 17) What are you going to be thinking or knowing differently when you walk out of this session, so that you know that you got the results you wanted?**

Listen to the client
AND
Chunk UP (to find greater level pattern)

