

# Ingrid Dinter Coaching

## Client Intake Form

(603) 746-1087

Ingrid@IngridDinter.com

[www.IngridDinter.com](http://www.IngridDinter.com)

Date:

Name:

Address:

DOB:

Phone:

Email:

**To prepare for our session, I'd like to understand more about your background and why you would like to work with me and EFT.**

**Please return this intake form at least 24 hours before our first session!**

1. What is your Relationship Status?
2. Name of Partner/Spouse:
3. How long have you been together?
4. Name, age of Dad, and is he still with us?
5. Name, age of Mom, and is she still with us?
6. Your Siblings (name, age, older/younger?)
7. Name, age of kids:
8. What do you do for work?

9. Have you or any of your family members ever served in the military?
10. The reason you signed up for this EFT session **now** is (be as specific as possible):
11. How can we measure our success? Describe in detail which shifts and goals you want to achieve in this EFT session
12. The main negative memories and limiting beliefs you would like to resolve are:
13. Do you have physical symptoms that might be caused by traumatic stress?
14. Describe at least three major turning points in your life (moments that changed you and how your life unfolded)
15. When did you start feeling your negative thoughts/behaviors/habits?
16. Who are the people that support you the most in your life?
17. Can you name a specific event that would describe the relationship you had?
18. Please give a short description of your relationship with your partner
19. Please give a short description of your relationship with your kids (if applicable)
20. Who are other people of influence in your life? Why?
21. **What else would you like to share?**