

Full Bloom-New Patient Information

Name _____ Date _____

Date of Birth _____ Phone _____

Email _____

Address _____

Who referred you? _____

What prompted you to seek my care?

How does stress affect you (emotionally/physically)?

What are your top three concerns at the moment?



fig. 80.

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Please check every box that applies to you (the more honest, the better).

- I often hide my feelings behind a smiling face
- I dislike arguments. I like to avoid conflict
- I turn to food, work, alcohol, drugs, etc. when down
- I feel anxious without knowing why
- I have a strange fear that something bad would happen
- I wake up feeling anxious
- I constantly second guess myself
- I seek advice, mistrusting my own intuition
- I often change my mind out of confusion
- I'm afraid I might lose control of myself
- I have sudden fits of rage
- I feel like I'm going crazy
- I find myself unable to concentrate for long periods of time
- I get drowsy and sleepy often
- I'm very concerned with cleanliness
- I feel unclean or physically unattractive
- I tend to obsess over little things
- I feel overwhelmed by my responsibilities
- I don't cope well under pressure
- I get easily annoyed by the habits of others
- I focus on other's mistakes
- I find myself being critical of others
- I often neglect my own needs to please others
- I find it hard to say no
- I tend to be easily influenced
- I make the same mistakes over and over again
- I don't learn from experience
- I keep repeating the same wrong patterns
- I need to be needed and want my loved ones close
- I feel unloved or unappreciated by my family
- I have temporarily lost my self-confidence
- I become discouraged with small setbacks
- I am easily disheartened when faced with difficulty
- I am often skeptical and pessimistic
- I feel hopeless and can't see a way out
- I lack faith that things in my life will get better
- I feel sullen and depressed

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- I feel very focused on my own problems
- I dislike being alone and I like to talk
- I notice I bring conversations back to myself/ my issues
- I am suspicious of others
- I feel discontent and unhappy
- I am full of jealousy, mistrust, hate
- I'm often homesick for "the way it was"
- I think more about the past than the present
- I often think about what might have been
- I often feel too tired to face the day
- I feel mentally exhausted
- I tend to put things off/ procrastinate
- I find it hard to wait for things
- I feel impatient and irritable
- I prefer to work alone
- I lack self confidence
- I feel inferior and become discouraged
- I expect to fail
- I am afraid of things such as spiders, illness, death, ect.
- I tend to feel shy/ embarrass easily
- I get depressed without any reason
- When I feel gloomy it lifts unexpectedly
- I tend to overwork and overschedule myself
- I have a hard time listening to my exhaustion and need for rest
- I have a strong sense of duty
- I feel completely exhausted physically/ mentally/ or emotionally
- I am totally drained
- I have just been through a long season of stress
- I blame myself when things go wrong
- I carry guilt/shame
- I find myself worrying about my loved ones
- I worry that harm will come to people in my life
- I experience terror/ panic regularly
- I startle easily
- I suffer from nightmares
- I hold myself to high standards/am a perfectionist
- I am strict with my health/work/spiritual discipline
- I find it difficult to choose when I have two options
- I have intense mood swings
- I often change my opinions

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- I have never recovered from trauma/loss I have experienced
- I feel devastated due to recent shock

- My heart aches
- I feel completely in despair, my hope is gone
- I have reached the limit of my endurance

- I am sensitive to injustice and will fight for others
- I would consider myself high-strung
- I am deeply passionate

- I tend to take charge
- I thrive in leadership roles
- I am strong-willed

- I am experiencing change in my life (a move, new job, getting married ect.)
- I would consider myself an empath
- I am sensitive to other people's energy and emotions

- I give the impression that I am aloof
- I prefer to be alone when overwhelmed
- I don't actively seek connection with others

- I have repeated unwanted thoughts and worries
- I play unhappy moments or arguments over and over again in my head
- My mind keeps me up at night

- I'm struggling to find my path in life
- I am feel ambitious but am lacking direction

- I feel resigned to the way things are
- Life feels dull

- I have resentment and bitterness
- I am experienced unfairness
- I'm having a difficult time forgiving and forgetting