



## **Questions about You and Your Heart Experiences**

*Please explain your answers and provide details – use the back for additional space for any question. \*If any topics are too sensitive, then we can talk in person and you do not have to mention it in this document.*

1. List everyone in your family- parents, the ages of all brothers and sisters including yourself, and anyone else who was living in your home while you were growing up.
  
  
  
2. What did you learn about God as a young child? Did you attend church with/without your parents?
  
  
  
3. Describe your spiritual life, faith journey, and relationship with God including how you became a child of God.
  
  
  
4. What do you hope to get from meeting with us?
  
  
  
5. Describe the emotional atmosphere in your home when you were growing up. Did you feel your home was a safe place? Why?
  
  
  
6. Are your parents still married? If they divorced or one or more died, how old were you when that happened and how did this affect you? Describe what your parent's marriage relationship was like as you were growing up? How did that make you feel?
  
  
  
7. **Describe your father in 3 words.**
  
8. **Describe your mother in 3 words.**

9. How was your dad involved in your life as you were growing up? How did that make you feel?

10. Did you feel that your dad understood you? How did he communicate with you? How did that make you feel? Did your father ever say, "***I love you,***" and if you are a girl, tell you that you were "beautiful" and his "princess?" If you are a boy, did he ever say, "you have what it takes to be a man?"

11. How was your mother involved in your life growing up? How did that make you feel?

12. Did you feel that your mother understood you? How did she communicate with you? How did that make you feel? Share what you know about what was happening in your mother's life when she was pregnant with you and what life was like the first year or two after you were born.

13. List and describe any word curses spoken over you or your family.

14. Identify and describe any unhealthy relationships, including abuse or sexual sins\*.

15. Describe any physical, emotional, or mental health issues &/or sin patterns in your life &/or family history.

16. List and describe any bitterness or unforgiveness in your life. For each person, mention what they did, how you felt, and how it affected you.

17. Identify and describe any difficult or traumatic experiences and memories.

18. What kinds of problems are you having? Identify and describe any areas of struggles, concerns, beliefs, thoughts, sins, issues, etc., that are a consistent challenge.

19. Are there any addiction problems in your family and your history (drugs, alcohol, food, gambling, pornography, sex, masturbation, internet/computers, TV, video games, sports, shopping, overspending, work/job, etc.)? Please describe.

20. Please list and describe any non-Christian or **occult** involvement or activity by you or your family relatives [including things like other religions, (Free)masonry, fortune telling, horoscopes, magic eight ball, Ouija board, hypnotism, charms, séances, tarot cards, palm or psychic readings, spells, witchcraft, voodoo, superstition, trance, crystal ball, incantations, spirit guides, blood pacts, fantasy games, etc.].

21. Please list and describe any false teachings that you or a close family member were exposed to or participated in.

22. Please list and describe any ritualistic or satanic involvement or influence, including dabbling, you have had even if it was against your will.

23. Are there any other things you want us to know about your past?

24. Is there a specific area of your heart that has lost hope or place where you would like to experience more freedom and love?

25. **List and describe any of the following significant issues you are aware of: hurts/wounds, fears (real or imagined), anxiety, lies (untruths that seem real), internal vows (I will never/always ...), guilt/shame, anger, sadness, hopelessness, or other emotion(s) that is/are difficult to manage, etc.**

26. Please tell us about your current home/living situation, marriage(s), and children if relevant.