

## Application Form

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### **1. What draws you to this programme at this point in your life?**

(Be specific. General dissatisfaction is not enough.)

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### **2. In what ways do you recognise yourself in patterns of emotional over-responsibility?**

Please describe how this shows up in your relationships.

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### **3. Where do you notice resentment, fatigue, or loss of desire in your life?**

You may refer to romantic, familial, or professional relationships.

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### **4. What do you believe is your role in maintaining the current dynamic?**

This is not about self-blame. It is about ownership.

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### **5. How do you typically respond when someone is disappointed in you?**

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### **6. What happens internally when you set a boundary?**

Describe both emotional and behavioural responses.

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### **7. Have you previously engaged in therapy, coaching, or personal development work?**

If so, what shifted — and what did not?

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### **8. What would structural change look like for you in practical terms?**

(Be concrete. For example: fewer arguments, restored desire, clearer decisions, etc.)

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### **9. This programme does not provide reassurance between sessions or crisis support.**

Are you currently in a position to work within that structure?

Yes / No

If unsure, please explain.

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**10. Are you prepared to attend all sessions and participate consistently for 12 weeks?**

Yes / No

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**11. Why do you believe now is the right time to address this pattern?**

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**12. Is there anything else that feels important for me to know when considering your application?**