

FLIGHT INTAKE



Welcome! This form has several purposes: 1) It gives me a jump on getting to know you. That way we can make the most of our time together by focusing on the reasons you're coming to see me. 2) This will help inform the feedback I'm able to provide, so the more you put into it, the more you will get out 😊 And 3) It's an exercise for YOU to get you thinking and get you in the mindset for our FLIGHT! Just remember, FLIGHTS are about cutting right to the chase. I know this will only scratch the surface of all there is to learn about you, but it's meant to be quick, kind of random and even a little fun 😊 It is completely confidential but also not required, so feel free to skip anything you're not comfortable with. I can't wait to see you soon! ~Dr. Kate

BASIC INFO

Name: _____ Date of birth: _____

Email: _____ Phone: _____

PAST

Where were you born? _____

Where did you grow up? _____

Who raised you? _____

Did you grow up in a blended family? _____

Were you the oldest, middle, youngest or only child? _____

How many brothers did you have? _____ How many sisters did you have? _____

In one word, how would you describe the family you grew up with? _____

Was there any one family member you loved the most? _____

Was there any family member you did NOT like? _____

Did your family talk about feelings? _____

How were children treated in your family? _____

On a scale of 1-10 how much did you worry about money? _____

Was there an ethnic culture significant to your family? _____

On a scale of 1-10, how important was religion in your family? _____

Were there any serious health issues within the family? _____

Did you lose any members of your family as a child? _____ Who? _____

Were there any ongoing issues (i.e. addiction, abuse)? _____

Did you experience trauma as a child? _____

What was the biggest challenge you faced as a child? _____

Did you like school? _____ Did you have friends at school? _____

Did you feel loved as a child? _____ Did you feel liked? _____

In a word, describe your mother or mother figure: _____

In a word, describe your father or father figure: _____

If your family had a mantra, what would it be? _____

What's the most important thing for me to know about your past?

P R E S E N T

Choose 3 words that describe you: 1) _____ 2) _____ 3) _____

What is your marital or relationship status? _____

Do you have children? _____ How many? _____

Are you employed? _____ What do you do? _____

On a scale of 1-10, how "happy" are you? _____

What are you most passionate about? _____

What are you most proud of? _____

What is your greatest ambition? _____

What's the biggest challenge you face today? _____

What is your favorite thing about the world? _____

What is your least favorite thing about the world? _____

If you could have one wish, what would it be? _____

How do you take care of yourself? _____

In a word, how would you describe your relationships (in general)? _____

What would you say are the 3 most important things for me to know about you?

1. _____

2. _____

3. _____

FUTURE

I want to know what the person you are today has in common with the person you are striving to become. Please answer yes or no for the following questions.

Does the person you are striving to become....

- | | |
|-----------------------------|-----------------------------|
| Feel more confident? _____ | Feel more relaxed? _____ |
| Take more risks? _____ | Have more patience? _____ |
| Take fewer risks? _____ | Work harder? _____ |
| Open up more? _____ | Live somewhere else? _____ |
| Feel stronger? _____ | Work a different job? _____ |
| Worry less? _____ | Feel happier? _____ |
| Have more friends? _____ | Say "No" more often? _____ |
| Say "Yes" more often? _____ | Have more fun? _____ |

What's the biggest way the person you're striving to become differs from the person you are now? _____

FLIGHT PREP

What are the top 3 questions you want my expert input or feedback on?

1. _____
2. _____
3. _____