

Embracing Self-Love

A 12-week journey to a new relationship with yourself and the life you want

Your Information

First Name: Last Name:

Email:

Phone: Occupation:

Date of Birth: Gender Identity & Preferred Pronouns:

Family Orientation:
 Single Married Living with partner Living alone and in a relationship

Do you have children? Yes No
If yes, how many children do you have and how old are they?

Are you currently in therapy? Yes No
If yes, how often do you see a therapist?

Self-Assessment

What is the main reason you want to participate in this course?

On a scale of 1-10 how would you rate your relationship with yourself?
 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

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Course Questionnaire

On a scale of 1-10 how would you rate your positive coping skills when things get tough?
(In other words, how often do you turn to things like meditation, exercise, and self-care when you're feeling badly?)

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your ability to deal with anger?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your relationship to your family of origin?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your relationship with food, alcohol, and/or drugs?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your career?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10, how would you rate your relationship with money?

1 2 3 4 5 6 7 8 9 10

What would make it a 10?

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Course Questionnaire

On a scale of 1-10 how would you rate the friendships in your life?

- 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your romantic life?

- 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

On a scale of 1-10 how would you rate your ability to communicate effectively?

- 1 2 3 4 5 6 7 8 9 10

What would make it a 10?

What do you hope to walk away with from this course? What outcomes would make it feel like a success for you?

Is there anything else you'd like me to know?

Embracing Self-Love
Course Questionnaire

Notes

Use this space to expand on any of your previous answers.

Please email the completed questionnaire to jesse.giunta.rafeh@gmail.com

Save a copy of it! We will be referencing it throughout the course.

**Your answers will be kept completely confidential*

