

INTAKE SESSION SUMMARY

CLIENT NAME: _____



KIDS _____

MARITAL STATUS _____

HEALTH STATUS _____

NUTRITION HISTORY _____

TODAY

ACTUAL CHALLENGES

DIFFICULT EMOTIONS/THOUGHTS (STORY TOLD)

TOMORROW

WISHED SITUATION

WHAT IT WILL BRING

**BODIES NEEDING
MORE ATTENTION**



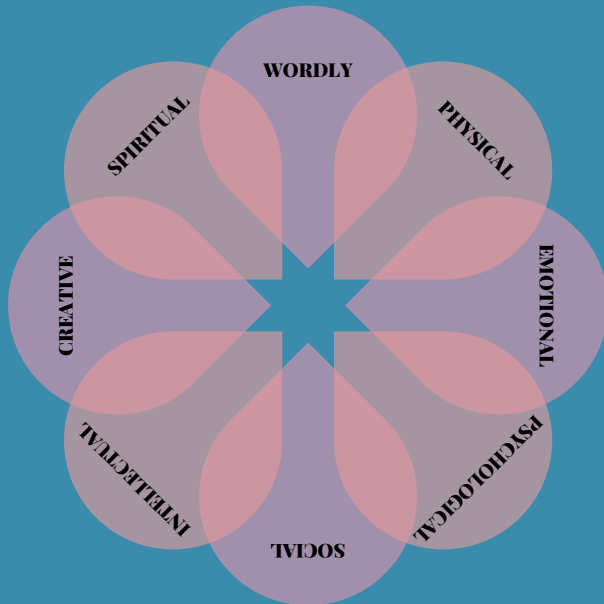
VALUES



NOURISHING ACTIVITIES



VISION



SELF CARE CARD

1. I KNOW THAT I'M HAVING A HARD TIME WHEN:

2. I ALLOWS

A - what is present?

L - label your emotion

L - this too belongs!

O - what is the thought attached?

W - what is the new perspective?

S - What do I truly need?

3. LOVING KINDNESS PHRASE:

1. EMOTIONS:

- Anger
- Fear
- Loneliness
- Grief



2. LOVING KINDNESS PHRASES:

- May I be peaceful
- May I be at ease
- May I be safe
- May I be filled with loving-kindness
- Everything will be ok

3. NOURISHING ACTIVITIES:
