



M. Joy Young, LCSW, CPC

Portland Lifestyle Counseling, LLC

www.mjoyyoung.com

**Flower Essence Intake
Questions**

Name _____ Date _____

Outline of issues for service:

Life Review Questions:

Childhood: Tell me a little about your childhood, youngest/oldest grew up with both parents, divorce, etc.

What were you like as a child? _____

When you were frightened as a child what did you do? _____

When you felt happy/safe/secure as a child what did you do?

Other childhood issues/questions

Periods of crisis (leaving home for first time, death, accident/injury): Tell me about a crisis in your life, what did you do? How did you feel?

Busy periods in life: Tell me how you felt during a busy period of your life, invigorated, frightened, tired, drained?

Period in life when nothing was going right: Tell me about a time when nothing went right, what did you do? How did you feel?

Happy Experiences: Tell me about the happiest experience you had in the past year, how did you feel? What did you do?

What do you want to see improve?

Please bring this form with you to your flower essence consultation

Notes