

Find Your Starting Point

What would you most like support with?

Select any areas that resonate with you.

☐

Worry and overthinking

☐

Confidence and self-worth

☐

Professional pressure

☐

Understanding recurring patterns



Understand Your Presenting Concern

Share only what feels comfortable. You may leave any question blank.

1. What is troubling you most, and what would you like to change?

2. When did you first notice this concern, and when does it tend to arise?

3. Where do you notice it most—in particular settings or situations?

4. Who is involved or affected, and who helps you feel supported?

5. Why does addressing this concern feel important to you now?

6. How does it affect your thoughts, feelings, body, and daily life?

What would meaningful progress look like for you?

How will you feel once this concern is managed?

Understand the patterns. Begin the change.