



STRESS LESS TO BE YOUR BEST!

Stress Management Coaching by Jannine Oberg, M.S.
Certified Wellness and Stress Management Coach

INTAKE FORM

Welcome to Stress Buster – Happiness Booster Coaching

It is my honor to be a part of your path to more happiness! Thank you for completing the following questions as best you can. Please email to: Jannine@TheHeartChakraCoach.com

1. Please describe your reasons for seeking stress mgmt. coaching at this time: _____

2. How long have you been having stress difficulties? _____

3. Please describe any recent life changes: _____

4. If you have ever received mental health treatment (from a Psychologist, Psychiatrist, Coach or other Counselor), please describe below: _____

Circle Coaching preferences: verbal, visual, handouts, worksheets to complete, recordings

5. If you are currently receiving guidance and/or medication please indicate here: _____

6. I will know I've reached my coaching goal when [I feel this...act like this...believe this...]:

7. My triggers for this stress: The thoughts, feelings, behaviors, looks, tone of voice, actions, circumstances, my body's responses: _____

8. Why I know it's going to stay this way. Why it can't be remedied. Why I am sure I can't have what I want. _____

9. If you let go of this problem or the problem were resolved, what would you be concerned that **you would have to Do or Face** that you currently don't have to do? _____

10. If you let go of this problem or the problem resolved, what are you **concerned might happen to you or the people close to you**? In what way might they act differently toward you?

11. What are you currently doing to reduce your stress? What do *use in the moment* you feel stressed? _____

12. Which stress relief tools are currently working for you? _____

13. What would you be focusing on if you didn't spend time worrying about this issue?

14. How does holding onto this problem also help you or give you something positive? For example: *By not changing my job, I don't have to go through the interview process & learning a new job.*

15. What happened the last time you were at your best? Reached a goal? Got promoted, won the award? Said "no" to someone who was asking too much of you? Looked fabulous? Announced how in love you felt or how happy you felt? _____

Please check all the boxes that apply (even if only a part applies or slightly applies)

My Current Stress Situation

- I am experiencing daily stress from being stuck in a situation over a long time of exposure
- I am feeling stressed from going through a cycle of chaos and crisis even though the external stressors may not be happening right now
- I feel stressed because something recently has happened or I am anticipating something happening
- An accurate **Stress Summary** would include the following:
 - I have job stress
 - I have career stress
 - I have purpose/spiritual stress
 - I have sleep stress
 - I have relationship stress



An accurate **Stress Summary Continued** would include the following:



- I have people/friend/family stress
- I have physical/body/pain stress
- I have time stress
- I have role stress
- I have food/diet stress
- I have communication stress

Work/Career

- I am thinking about quitting my job
- I love my work, but (there's too much of it, I don't get paid enough, etc.)
- I have a job, but it isn't my career and I feel stuck
- I'm not looking for a career right now; however, my current job isn't satisfying in several ways, but I have to stay (I need the money right now, there's too much work, I don't really get paid enough, etc.)
- If only the people were different, I would like my job
- I can't figure out the right career
- I am out of work and need work
- I am retiring and not sure what comes next

Sleep

- I feel tired, fatigued, and/or exhausted most of the time
- I do not get enough solid sleep
- I don't want to get out of bed

Thoughts Definitions:

A belief is an internal idea, a mental construct that something is true (even though that belief may be unproven or irrational). *I believe that walking under a ladder brings bad luck. I believe capital punishment is wrong.*

A value is a measure of the worth or importance a person attaches to something; our values are often reflected in the way we live our lives. *I value freedom of speech. I value my family.*

An attitude is the way a person expresses or applies their beliefs and values, and is expressed through words, emotions, and behavior. *I get really upset when I hear about cruelty to children and animals. I hate school.*

A perception is a way of understanding, or interpreting something; a mental impression. It is a lens through which you see, sense or hear an event/person. This lens is usually based on learned or observed patterns from childhood or is based on the results from previous similar experiences.

Thoughts, Perceptions and Attitudes

- I tend to look at things in absolute, black and white categories (for example: all bad, all good)
- I tend to view a negative event as a never ending pattern
- I tend to dwell on the negatives and ignore the positives
- I tend to discount my accomplishments or positive qualities (*they don't count*)
- I tend to jump to conclusions: *I assume people are reacting negatively to me; I predict things will turn out badly* (even if I have no definite evidence)
- I tend to over-react to things and blow them way out of proportion and come up with worst case scenarios OR I tend to minimize the importance of things inappropriately
- I tend to let my emotions guide my thoughts: *I don't feel like doing this, so I'll put it off. I feel like an idiot, so I really must be one.* (Note: even though we say I feel like You can only *think or believe* you are an idiot. This is not actually a true emotion.)
- I tend to judge myself with statements like *I Should/Shouldn't or Must/Must not or Have to*
- I tend to judge others (either internally or externally) with a *Should/Shouldn't or Must/Must not or Have to* statement
- I tend to label my shortcomings. Instead of saying *I made a mistake.* I tell myself *I am a jerk; I am a loser; I'm pathetic; I'm hopeless*
- I tend to blame myself when something 'bad' happens, even if I am not entirely responsible for it
- I tend to blame others when something 'bad' happens, and may overlook ways that my own attitude or behavior might have contributed to the situation
- I tend to start a negative train of thoughts and then can't stop them

Emotions



- I feel anxious, worried, and/or uneasy
- I feel sad, depressed, and/or unhappy
- I have a short fuse and get upset quickly
- I feel frustrated, annoyed, and/or angry
- I have anxiety attacks

Body

- I have many aches and pains in my body
- I have tension in my muscles
- I have indigestion, heartburn, and/or upset stomach

Body Continued

- I have tension headaches, migraines
- I don't exercise on a regular basis and don't move much
- I don't pay much attention to my body; I don't like my body so it's best to ignore its messages
- I tend to eat more when I'm stressed (and I have my special comfort foods)
- I tend to eat less when I'm stressed (my body & stomach hurts so I can't eat)

My Living space

- I hate/dislike where I live (the air/environment is bad, the space is not right, too far to drive, etc.)
- I like where I live, but the neighbors drive me crazy
- I can't keep it cleaned and/or clutter free
- My roommate/ spouse is making my living space unpleasant

The People in my Life (including my Relationship)



- I have a relationship that could use some improvement
- I don't have a relationship and want one
- My family members drive me crazy
- My family members aren't part of my support system
- I have lost my parents and/or family members
- My children are a source of stress; they are stressing me out
- I don't have the support system I need from friends
- I can't find the right group of friends/community/group, I could use some

Finances

- I worry about money all the time
- I don't know how much money is coming in
- I don't know how much money is going out (I don't balance my check book)
- I don't have retirement/savings/rainy day money and worry about it
- I don't have help from family/spouse for money challenges
- I don't make enough money

Thank you for taking the time to complete the Intake Form!