



## 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](mailto:Jannine@TheHeartChakraCoach.com)**

1. Please describe your reasons for seeking stress 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?

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

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

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

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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.*

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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? \_\_\_\_\_

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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!*