

LIFESTYLE

1. What are the three most significant traumas in your life? _____

2. Have you ever experienced any form of depression, anxiety? _____

3. How many hours do you sleep each night? _____
4. Do you have any difficulty falling or staying asleep? _____

5. Why do you think your body has failed to heal itself this time? _____

6. Do you have any foot pain or difficulty finding comfortable shoes? _____

7. What are your three highest personal values? _____

8. How many days a week do you normally do the following: meditate __, exercise __, yoga __, massage __, other _____?
9. Do you believe that stress has contributed to your problem? _____

10. How has your problem affected you're your life? _____

11. When is the last time you bounced out of bed in the morning? _____

12. How much younger would you feel if you did not have the problem? _____

13. How would you rate your level of happiness from 1-10; 10 being the happiest? _____