

# Taking A Detailed Personal History

Seven:10

## Questions:

(As you ask these, note if answers suggest client is at cause or effect.)

1. *Why are you here? Why else? Why else? Etc.*

Elicit all reasons for client being here.

2. *How do you know you have this problem? How is that a problem?  
How do you do it? When do you do (not do) it?  
Can you do the problem now?*

Elicits a reality strategy for problem and any diagnoses made.

3. *How long have you had it?*

Was there ever a time when you didn't?

What have you done about it?

4. *What happened the first time you had this?*

What emotions were present?

5. *What events have happened since then?*

What emotions were present?

6. *In each of these events, what is the relationship between the event and your current situation in life?*

7. *Tell me about your parents, brothers, sisters, etc.*

What is the relationship between this person (mother, father, etc.) and your current situation?

8. *Tell me about your childhood in relationship to this problem.*

9. *Is there a purpose for this problem?*

Is there a reason for having the problem? Ask your Unconscious Mind.

# Seven:11

10. *When did you choose to have this situation be created?*

Why? Ask your Unconscious Mind.

11. *Is there anything your Unconscious Mind wants you to know,*

or is there anything you're not getting which, if you got it, would allow the problem to disappear?

12. *Is it OK with your Unconscious Mind to support us in removing this problem*

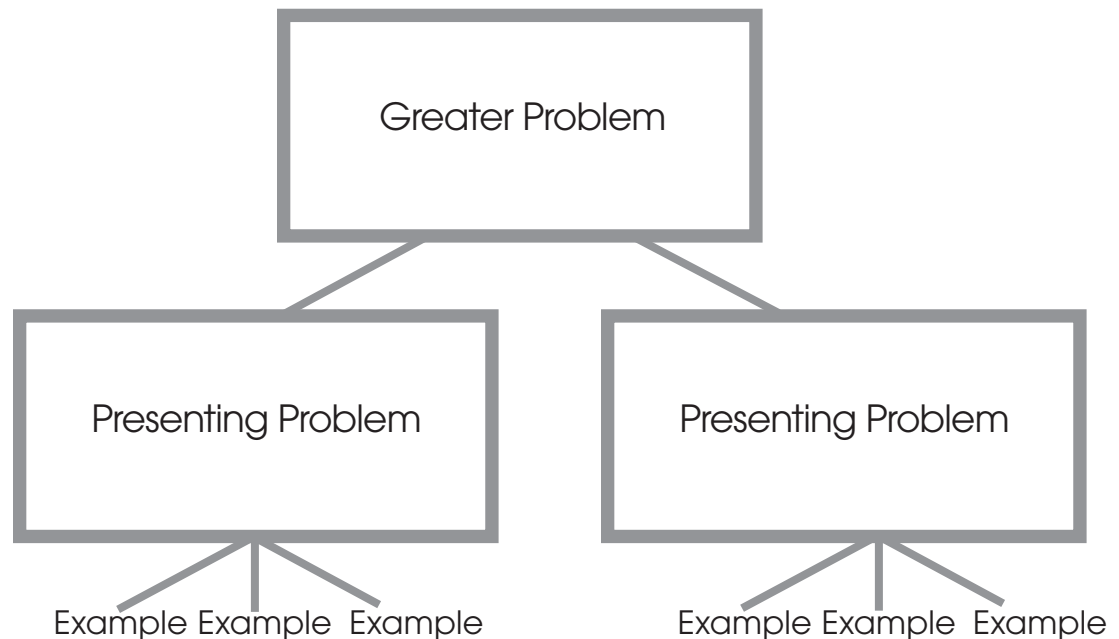
today, and for it to allow you to have an undeniable experience of it when we are complete?

13. *How will you know when this problem has totally disappeared?*

(Get the client's evidence procedure.)

So, when we get rid of \_\_\_\_\_, will the presenting problem totally disappear?

Every presenting problem is an example of something.



PLUS: All Behavior Produced in the Session