

# The "Root Cause Reveal" Discovery Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** To be used during the initial "Reveal" session to move beyond surface-level symptoms and identify the underlying triggers, life transitions, and systemic connections in the client's story.

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## Section 1: The Timeline & Narrative Reveal

*Goal: Identify the "Life Transitions" and "Triggers" that preceded the symptoms. Aim for a 30/70 talk ratio (Client speaks 70% of the time).*

**Key Inquiry Questions:** \* "Looking at your timeline, what was happening in your life right before [Symptom X] started?" \* "You mentioned [Event/Transition]—how did your body feel during that time?" \* "When you say you are 'doing everything right,' what does a typical day look like for your energy?"

**Notes on Life Transitions (e.g., Retirement, Relocation, Loss, Menopause):**

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## Section 2: System Connection Mapping

*Goal: Connect disparate symptoms to reveal a common "Root Cause" thread (e.g., Gut-Brain axis, Cortisol-Inflammation).*

Reported Symptom	Potential Internal Stressor	Connection to Explore
<b>Ex:</b> 3:00 PM Fatigue	Cortisol Dysregulation	Blood sugar spikes/drops or HPA-axis stress
<b>Ex:</b> Joint Stiffness	Systemic Inflammation	Gut permeability or food sensitivities
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

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## Section 3: Practitioner Success Markers

Reflect on the session dynamics. Check all that apply:

- [ ] **The "Aha" Moment:** Did the client connect two seemingly unrelated symptoms?
  - [ ] **The Tone Shift:** Did the client move from "I'm just old/broken" to curiosity?
  - [ ] **The Secret Symptom:** Did the client share a sensitive detail (libido, mood, etc.) not on the intake form?
  - [ ] **Validation:** Did I use a transition statement to validate that their symptoms aren't "just aging"?
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## Section 4: The "Reveal" Summary & Next Steps

**The "Reveal" Statement (The Detective's Summary):** *"Diane, based on what we've uncovered, it seems like your [Symptom A] and [Symptom B] aren't separate issues, but are both being driven by [Root Cause/Internal Stressor] triggered during [Life Event]."*

**Proposed Investigation Areas:** - [ ] Gut Health / Microbiome - [ ] Sleep Hygiene & Circadian Rhythm - [ ] Stress Resilience / Cortisol Patterns - [ ] Metabolic Flexibility / Blood Sugar

**Client's Immediate Reflection:**

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**Practitioner Signature:** \_\_\_\_\_

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