

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.

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):

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
Ex: 3:00 PM Fatigue	Cortisol Dysregulation	Blood sugar spikes/drops or HPA-axis stress
Ex: Joint Stiffness	Systemic Inflammation	Gut permeability or food sensitivities
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

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:

Practitioner Signature: _____

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