

Personal Diagnostic Intake - Carrie Holden

Section 1: Identity + Self-Perception

1. When do you feel most like yourself?
2. What parts of you feel like they've been muted or pushed aside lately?
3. What are you secretly proud of that no one really sees?
4. What emotion shows up the most in your day-to-day?
5. Do you feel seen by the people closest to you? In what way—or what's missing?

Section 2: Roles, Routines, and Responsibility

6. What roles do you feel you're expected to play every day (mother, partner, employee, etc.)?
7. Which of those roles do you enjoy—and which feel like performance or pressure?
8. When your day starts, what's the first emotion or thought that usually hits you?
9. What's one invisible task or expectation you carry that no one else notices?

Section 3: Anxiety, Triggers + Environment

- 10. What typically flips your stress switch?
- 11. How does your environment—your home, your space—affect your ability to think or breathe?
- 12. If you had a panic button for “I need help now,” what would it be wired to?
- 13. How does your body carry stress—do you feel it physically? If so, where?

Section 4: Career, Creativity + Calling

- 14. Do you feel like your work values your mind or ideas? Why or why not?
- 15. If you could exit your current role tomorrow, what would you do instead—without overthinking viability?
- 16. What creative outlets (writing, design, beauty, etc.) make you feel free or powerful?
- 17. If you had 3 years of full support and space, what would you build?

Section 5: Relationships + Love Languages

- 18. How do you express love to others—and how do you *need* it expressed to feel secure?
- 19. What’s one area of your relationship that feels strong?

20. What's one dynamic that keeps replaying that you wish could shift?

21. How do you respond to conflict or disconnection: move toward, move away, or shut down?

Section 6: Change, Growth + Imagination

22. What kind of change feels *doable* to you right now?

23. What kind of change feels overwhelming but exciting?

24. What's a version of you that you miss—or want to meet again?

25. If your life had chapters, what title would this one be called?

Section 7: Constraints + Leverage Points

26. What do you think is holding you back that others might not see?

27. What gives you energy that you've maybe forgotten to prioritize?

28. If we were to build a plan together, what would success *feel* like—not just look like?