



Level 1 or Level 2?

This new 'Level 1 or Level 2' questionnaire works differently from the original, which was not as precise as most would like. Put a 'X' in the appropriate column for the client's answer to each question.

Please Note: Questions 1 – 5 are slanted towards 'Yes' for the presenting issue being a core identity issue, 6 – 10 against it.

This ensures we don't bias the client. Please take note that 'Yes' and 'No' columns are reversed for questions 6 – 10. This is to allow you just add up the number of 'X's in each column to arrive at the totals at the bottom.

	Yes	Don't know	No
1. Do you feel that your difficulty is a part of who you are?			
2. Do you feel that it is somehow out of your control?			
3. Does it feel as if the problem is mostly inside yourself?			
4. Do you believe others identify you with it?			
5. Does it feel as if it 'fits' you even though you don't like it?			
PLEASE NOTE THE CHANGE OF 'POLARITY' HERE!	No	Don't know	Yes
6. Can you easily imagine being different from how you are?			
7. Can you remember not having the problem?			
8. Can you imagine how you might feel if you didn't have it?			
9. Do you know how you want to be instead?			
10. Do you believe you can easily change?			
TOTALS			
	L2		L1

NOTES:

Where there are more than 3 'Don't know' answers, further questioning needs to be conducted to reduce it to 3 or less.

Where there is an even number of L2 and L1 answers the following question will allow you to arrive at a firm decision:

11. *This is just a game of imagination, not by any means a suggestion, and you do need to think about your answer to this final question: "If you knew that only 3 out of 10 people with this condition could be helped, do you instinctively believe you will be one of the 3, or one of the 7 who get no benefit?"*

The client who chooses 'one of the 3' is more likely to respond to Level 1 work, though it's likely that you will need more than one session to get the best results.