The Pre-Questionnaire Questions

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*Before working with the **BWRT specific** questions in Level 2, it is helpful to gather as much information as possible about what the clients actually wants/needs from therapy. In this way, we can create a far better focus on the actual work than otherwise. This form is not BWRT specific but is desgined to help you get the 'feel' of a client's 'functional mode' and also to help foster good rapport. In general, it's best to avoid working with the content of the client's responses; we want to increase energy in the psyche, not reduce it via early intervention. While the questionnaire does not explore the relationship with drugs, sexuality or alcohol etc. (because they might be part of what is covered on the **Unlock Questionnaire**) what is investigated here can elicit a lot more than is asked for.*

1. What can you tell me about the precise moment you decided to seek my help?
2. What can you tell me about how that felt?
3. How many times have you encountered that exact situation before – five or more or less than five? *If 'less than five' go to Q6*

4. Did it feel the same each time?
5. What decided you to seek help <u>this</u> time?

6. How long did/does that feeling last?
7. Tell me about the person that can make you feel most uncomfortable?
8. Now tell me about the person who can always lift your spirits?
9. Are there, or have there been, worse things in your life than what brought you to see me today?

10. *If 'Yes' to Q9*: What can you tell me about that worst thing?

11. *If 'No' to Q9*: Okay, so this is the very worst thing that has ever happened to you?

12. What can you tell me about your greatest fear in life?
13. Now what can you tell me about your greatest joy?
14. What's the greatest success you have ever experienced?
15. And what do you view as your worst failure?
16. If you were going to protect just one aspect of the way you are, to keep it from changing, what would that be?
17. What can you tell me about the way you see the world?
18. How long has it seemed like that to you?
19. What have you tried before to deal with this problem?
20. *If relevant*: And how much difference did that make?