

General Deep Dive Pre-Work

1. Which area(s) do you most want to focus our work together on:

- Relationship
- Business
- Money
- Health
- Spiritual Law/Teaching
- All of the above

2. In this particular area(s), do you feel stuck, bored, confused, victimised?

(Or all of the above, or something else?)

3. What's the common theme; what's the underlying feeling that you eventually always seem to end up feeling?

And how long has it been this way?

List the things you've tried to end this pattern?

And what's the been the outcome, what do you think is really stopping having the result you want?

4. If you're in an intimate relationship, what's the biggest problem you have with your partner right now? If you're not currently in an intimate relationship, tell about the last relationship you had.

Tell me about the *real* condition of your relationship. How do/did you feel about your partner? What words come to mind? (be honest, don't censor yourself, I'm not looking for fluff, it's ok to have negative feelings and frustrations about him and his behaviour.)

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5. When it comes to communicating with a partner what are you most frustrated about?

6. Tell me your understanding of what your problem is?

7. What is it you need to hear from your/a partner (or from others) that you're not hearing?

8. What is it you need to say that's not being said, or you're saying it but it's not being heard?

9. What would your current/past partner say you are too much of (e.g. too needy, demanding, emotional, selfish ...)

10. And what would you say your partner/ex is too much of? (e.g. too cold, busy, inattentive, selfish, arrogant)

11. List what annoys the shit out of you about what you're doing or not doing?

Example: Do you frustrate yourself by repeating the same patterns? Are you just going through the motions, keep bringing up the past, always taking one step forward and two steps back, sacrificing, holding your tongue, or something else entirely?

10. How do you really feel about intimacy?

Do you feel deeply connected, do you fear it, do you feel rejected, do you fear that you can't please your partner? Or that you never feel pleased? Do you feel like you're not connecting

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on a deeper level, do you have no idea why, because you're doing "all the right things"?

12. How do you feel about the power dynamics in your relationship(s) in times of conflict?

Do you feel relaxed, confident and powerful in situations? Or do you feel anxious, constrained, annoyed, tongue-tied, nervous, confused, bullied, weak?

13. How valued do you feel in your relationship(s)?

Do you feel confident that you're appreciated and respected? Are you clear on who you are and what you have to offer and do you feel that you're a perfect fit for your partner, when/if you have one? Or do you have fears around this, and if so what are they?

14. Honestly, what are you most seeking in a relationship?

What drives you to make it work? Are you in it to be saved, prove something, discover who you are, validate who you are because you fear being alone? Or all of the above? What lies beneath the surface as the true and honest reasons you're in this relationship?

15. What would you say is your biggest relationship fear?

16. Briefly describe your parent's relationship (with each other)

17. And briefly, describe your relationship with your mother.

18. And briefly, describe your relationship with your father.

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19. What are you most worried about or scared of hearing from me about what you might have to do, or change in order to be a vibrational match for the most powerful, expression of who you are in life and in your relationship?

Thank you for completing the deep dive. Please be sure and return to me no less than 24 hours before our first session. Thanks.