

# **Healing Retreat Assessment Form**

## **GENERAL HISTORY QUESTIONS:**

Looking at your life from birth to now, answer the following questions:

What do you think others think about you?

What do you like about you?

What do you not like about you?

What are the regrets in your life?

Was anyone in your life controlling?

Do you feel you received all the things you needed as you grew up?

If No: Explain

What was your home life like?

Have you ever held judgements or bitterness against anyone?      Y/N

If Yes, describe why:

Is there any known abuse in your past/present?

Briefly describe your sexual history?

Describe any emotional trauma you have suffered

Describe any physical trauma you have suffered

Do you use fantasy and escapism to cope with reality? Explain.

Do you make use of any drugs (Cigarettes, Alcohol) or food as comfort? Give Details

Do you resolve conflict by withdrawing from a situation to a place of isolation

Do you transfer your frustration to others, (transferring anger to a weaker person)

Do you project blame onto others?

Do you rationalise your behaviour rather than taking responsibility for it?

Have you ever been aware of “voices” in your mind?

Have you ever taken mind-expanding drugs (LSD, Marijuana etc)

Have you ever been hypnotized? Y/N

Are you or have you ever been addicted to pornography? Y/N

Have you ever had “healing” outside of Jesus?

Have you ever made a pact with someone?

## FAMILY HISTORY QUESTIONS

Where did you come in the family order amongst the siblings?

Did you feel wanted?

Siblings :

What sort of relationship with them?

Did you make friends easily?

How was your School life?

Adult relationships ie marriage – How has this been?

FATHER:

What was he like?

Did he show you affection? Eg could you sit on his lap or hug him?

Did he read you stories or play with you?

What kind of job did he have?

Did he work long hours?

Was he home for evening meal?

Did he put you to bed?

Did he affirm you or criticise you?

Were you able to be yourself around him? Or did you feel you had to be what he wanted?

Could you talk things through with him?

Was he a drinker or gambler?

Did he have any faith?

MOTHER:

What was she like?

Did she show you affection? Eg could you sit on her lap or hug her?

Did she read you stories or play with you?

Did she work?

Did she affirm you or criticise you?

Were you able to be yourself around her? Or did you feel you had to be what she wanted?

Could you talk things through with her?

Was she a drinker or gambler?

Did she have any faith?

## PHYSICAL HEALTH QUESTIONS:

Looking back over your life, what has your general health been like?

Do you see any patterns of illness or accidents?

Are there physical genetic health issues in your family?

Do you suffer from any of these?

Write down every area of your body that has been affected by illness or bad health and any history you think will be helpful to us: