**Detailed Personal History**

Always begin with creating rapport and explain what you are about to do in advance and introduce the idea of cause & effect and how it affects their behaviors at some point during the session.   
Take your time and allow them to immerse themselves into the experience. Do not lead client!

1. What is the problem or issue you are here for?

(Often the client will talk about several separate issues; these may or may not be related.

If NOT, you may have to assist them to get focused on the most important issue for this session.)

2. What have you done about it?

3. How do you know you have this issue?

(Elicit a reality strategy and any previous diagnosis)

4. How is this a problem for you?

(Elicit how the problem is affecting their life)

5. How much of your time does this problem take?

(Leverage frame)

6. How long have you had this issue?

Was there ever a time that you didn’t?

7. When was the first time you can remember having this problem?

What emotions were present?

8. Tell me about your childhood in relationship to this problem?

9. Tell me about your Father / Mother / any siblings, and what relationship they

might have to the problem?

10. What events have happened since the first time you remember having the problem?

11. What’s the relationship between all of these events and your current situation in life?

(You are looking for the greater level presenting problem. It’s best if the client states it

themselves rather than you putting the words in their mouth, NO mind-reading.)

12. Is there a purpose for having this problem? (ask your unconscious mind)

What possible benefits are there to having this problem?

If there was a benefit what would it be?

13. Is there anything your unconscious mind wants you to get, which,

if you got it would cause the problem to disappear?

14. What have you been unwilling to do in order to keep this problem?

15. What are you no longer willing to do to in order to make this change?

(commitment frame)

16. Is it alright with your UCM to release this problem and have conscious awareness of it today?

Remember, ALWAYS listen, parrot the client, AND chunk up to find the greater level patterns.