

T. 2/11/2017

## The Pre-Questionnaire Questions



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 designed 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? FELT LIKE TURNING THE CORNER
2. What can you tell me about how that felt? FELT DETERMINED
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 TOO MANY TO COUNT
4. Did it feel the same each time? PRETTY MUCH - SOMETIMES WORSE BECAUSE OF WHOM I HURT
5. What decided you to seek help this time? I VALUE THE RELATIONSHIP I AM IN AT PRESENT
6. How long did/does that feeling last? DAYS
7. Tell me about the person that can make you feel most uncomfortable? MY FATHER - NEVER GOOD ENOUGH FOR HIM
8. Now tell me about the person who can always lift your spirits? MY FRIEND NICKY - MY BOYFRIEND
9. Are there, or have there been, worse things in your life than what brought you to see me today? THE TIME I WAS RAPED WAS THE WORST, BUT WE DEALT WITH IT AND IT DOESN'T WORRY ME ANYMORE - IT IS CONNECTED TO THIS IN ANY CASE
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? ABANDONMENT
13. Now what can you tell me about your greatest joy? LOVE - FEELING LOVED
14. What's the greatest success you have ever experienced? CARING WELL FOR MY SON - CAREER
15. And what do you view as your worst failure? RUINING A GOOD RELATIONSHIP
16. If you were going to protect just one aspect of the way you are, to keep it from changing, what would that be? BEING KIND AND CARING
17. What can you tell me about the way you see the world? DANGEROUS - PEOPLE TURN AGAINST YOU
18. How long has it seemed like that to you? AS FAR AS I CAN REMEMBER TAKES ADVANTAGE OF YOU
19. What have you tried before to deal with this problem? SELF CONTROL
20. If relevant: And how much difference did that make? NOT MUCH - I FAILED