

Interview Information

This Interview Information form can be used during the ministry session as an interview tool or can be given to the Receiver for him to complete as homework.

Please Complete The Following:

1. The most important thing to me is _____
2. I worry about _____
3. What I do best is _____
4. I have sometimes felt guilty about _____
5. I have been criticized for _____
6. What makes me angry is _____
7. My biggest mistakes were _____
8. My job _____
9. What makes me nervous is _____
10. My personality would be better if _____
11. I often felt that mother _____
12. Jesus Christ _____
13. My temper _____
14. My childhood _____
15. Prayer is _____
16. My biggest disappointment _____
17. To me, sex is _____
18. I would be better liked if _____
19. I often felt that my father _____
20. God to me is _____
21. My child/children _____
22. Women are _____
23. What hurts me most is _____
24. My brother(s) and sister(s) _____
25. My biggest problem in life is _____
26. Men are _____

PARENTAL RELATIONSHIPS CONTINUED:

What kind of relationship did/do you have with your father?

What kind of relationship did/do you have with your mother?

On a scale of 1 to 10, indicate how much each parent loved you. Give examples of how they showed their love:

Father:

Mother:

GENERAL QUESTIONS:

Who in your life has caused you the most pain or disappointment? Give an example of how it happened:

List the main issues in your life that you and God are working on at this time:

UNGODLY BELIEFS ABOUT MYSELF:

Read the following statements, and check the ones that you relate to, or agree with.

Please make adjustments or alterations to any of the words to help make the belief fit you.

Theme: Rejection, Not Belonging

- 1. I don't belong. I will always be on the outside (left out).
- 2. My feelings don't count. No one cares what I feel.
- 3. No one will love me or care about me just for myself.
- 4. I will always be lonely. The special man (woman) in my life will not be there for me.
- 5. _____

Theme: Unworthiness, Guilt, Shame

- 1. I am not worthy to receive anything from God.
- 2. I am the problem. When something is wrong, it is my fault.
- 3. I am a bad person. If you knew the real me, you would reject me.
- 4. I must wear a mask so that people won't find out how horrible I am and reject me.
- 5. I have messed up so badly that I have missed God's best for me.
- 6. _____

Theme: Doing to Achieve Self-Worth, Value, Recognition

- 1. I will never get credit for what I do.
- 2. My value is in what I do. I am valuable because I do good to others, because I am 'successful'.
- 3. Even when I do/give my best, it is not good enough. I can never meet the standard.
- 4. God doesn't care if I have a "secret life", as long as I appear to be good.
- 5. _____

Theme: Control (to avoid hurt)

- 1. I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- 2. The perfect life is one in which no conflict is allowed, and so there is peace.
- 3. I will isolate myself so that I won't be vulnerable to hurt, rejection, etc., any more.
- 4. I will choose to be passive in order to avoid conflict that would risk others' disapproval.
- 5. _____

Theme: Physical

- 1. I am unattractive. God shortchanged me.
- 2. I am doomed to have certain physical disabilities. They are just part of what I have inherited.
- 3. It is impossible to lose weight (or gain weight). I am just stuck.
- 4. _____

Theme: Personality Traits

- 1. I will always be _____ (angry, shy, jealous, insecure, fearful, etc.)
- 2. I will never be _____ (likable, lovable, happy, safe, content, etc.)
- 3. _____

Theme: Identity

- 1. I should have been a boy (girl). Then my parents would have valued/loved me more, etc.
- 2. Men (women) have it better.
- 3. I am not complete as a man (woman).
- 4. I will never be known or appreciated for my real self.
- 5. I will never really change and be as God wants me to be.
- 6. _____

Theme: Miscellaneous

- 1. I have wasted a lot of time and energy, some of my best years.
- 2. Turmoil is normal for me.
- 3. I will always have financial problems.
- 4. I just don't have the (time, energy, resources, _____) to fully follow God.
- 5. _____

