



PHOBIA / ANXIETY INTERVIEW

- 1. What is your problem and how can I help you? How do you experience it Mentally, Emotionally, Physically, Spiritually?**

- 2. How long have you had the problem?**

- 3. What was going on in your life when it began?**

- 4. What does it stop you from doing? How do you feel about yourself over this issue?**

- 5. Have you been anxious in any other way since childhood?**

- 6. Tell me about how you work yourself up into scaring yourself. Self Talk? What if? Etc.**

- 7. What causes you the most stress in your life at this time? And what is your stress response? Fight / Flight / Freeze?**

- 8. What have you done in an attempt to stop this problem? Diagnosis? Medications? Other therapy?**



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9. When was your last physical exam? Outcome?

10. Do you exercise? Do you meditate or do anything else to relax?

11. Have you had any experience with hypnosis? Any other therapy? When?

12. Who raised you? Tell me about their personality. Others who were very influential while you were growing up? Were they worriers, anxious, phobic, critical, or perfectionists?

13. When have you not felt the anxiety/ phobias?

14. What are your spiritual beliefs in a nutshell, if any?

15. When was the last time you were really relaxed?