

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. _____

Theme: Sonship

- _____ 1. No one will ever love me enough to take care of me.
- _____ 2. Other people don't meet my standards so I just do it myself.
- _____ 3. It's not safe to submit myself to someone else.
- _____ 4. The best way to survive is to (_____ avoid, _____ overpower) other people.
- _____ 5. I'm a victim of my circumstances and there is no hope of change.
- _____ 6. I'm all alone.
- _____ 7. I will always need to be strong in order to protect and defend myself.
- _____ 8. Something is wrong with me.
- _____ 9. The significant people in my life are not there for me and will not be there when I need them.
- _____ 10. I will never be a priority with those in authority over me.
- _____ 11. _____

UNGODLY BELIEFS ABOUT OTHERS:**Theme: Safety/Protection**

- _____ 1. I must be very guarded about what I say, since anything I say may be used against me.
- _____ 2. I have to guard and hide my emotions and feelings. I cannot give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated, or shamed.
- _____ 3. _____

Theme: Retaliation

- _____ 1. The correct way to respond if someone offends me is to punish them by withdrawing and/or cutting them off.
- _____ 2. I will make sure that _____ hurts as much as I hurt!
- _____ 3. _____

Theme: Victim

- _____ 1. Authority figures will humiliate me and violate me.
- _____ 2. I will always be used and abused by other people.
- _____ 3. My value is based totally on others' judgment/perception about me.
- _____ 4. I am completely under their authority. I have no will or choice of my own.
- _____ 5. I will not be known, understood, loved, or appreciated for who I am by those close to me.
- _____ 6. _____

Theme: Hopelessness/Helplessness

- _____ 1. I am out there all alone. If I get into trouble or need help, there is no one to rescue me.
- _____ 2. I have made such a mess of my life, there is no use going on.
- _____ 3. _____

Theme: Defective in Relationships

- _____ 1. I will never be able to fully give or receive love. I don't know what it is.
- _____ 2. If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- _____ 3. If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I must strive even more (perfectionism). I must do whatever is necessary to try to please you.
- _____ 4. _____

Theme: God

- _____ 1. God loves other people more than He loves me.
- _____ 2. God only values me for what I do. My life is just a means to an end.
- _____ 3. No matter how much I try, I'll never be able to do enough nor do it well enough to please God.
- _____ 4. God is judging me when I relax. I have to stay busy about His work or He will abandon me.
- _____ 5. God has let me down before. He may do it again. I can't trust Him or feel secure with Him.
- _____ 6. _____

Other ungodly beliefs I relate to or agree with:
