



Client:

Date:

Follow up Session Intake Questions

1. How are you feeling today?
2. What (if anything) did you notice after our last session?
3. What is happening with you physically right now?
4. How has your energy level been since I last saw you?
5. Emotionally how are things?
6. Were you able to do the homework assignments (if any)? What if anything did you notice?
7. Have you noticed any shifts in your thinking or mental state?
8. What would you like to focus on today? What is your intention for the session?