



CLEAR MIND SOLUTIONS, LLC

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PERSONAL DATA SHEET - CONFIDENTIAL

Please Print Clearly

Name: _____

Address: _____

Telephone Numbers: (____) _____ Office/Work: (____) _____

Age: _____ Date of Birth: _____

Social Security or D. L. # _____

Email Address: _____

Relationship Status: (Check One)

____ Single

____ Married

____ Separated/Divorced

____ Widowed

____ Living Together

Occupation: _____

Education: _____

How did you hear about us? _____

Please describe the reason for your visit: _____

What would you like to accomplish with the use our services?

List any major health problems for which you currently receive treatment:

List all medications or supplements you are taking, prescriptions or non-prescriptions and their dosage. Include any medications you may be taking for depression or any mental illness:

Have you ever received counseling or psychological/psychiatric help before? _____ Yes _____ No. If yes, please explain where and when:

Do you consume alcoholic beverages? If so, in what form, how often, and how much.

If you smoke, what form (cigarette, cigar, pipe) and how much

When did you begin to smoke? What age? _____

What was your first reaction to your first cigarette/cigar/pipe?

Do you live alone? ____ Yes ____ No. If not, list all family members that live with you.

| Name | Age | Relationship | Occupation |
|------|-----|--------------|------------|
|------|-----|--------------|------------|

What is your favorite color and why?

How do you like to relax?

Where is your favorite place to relax?

Please add any additional information you feel may be useful to you and myself. Have you ever been diagnosed with a mental health disorder (i.e., ADD, Bi-Polar, Schizophrenia, etc.)? If so, what and when?

FINDING YOU BASIC COMMUNICATION TYPE

For each of the following statements, place the number 4 next to the phrase that best describes you; a 3 next to the phrase that would next describe you; a 2 next to the phrase that would next describe you. End with a 1 next to the phrase that least describes you. Do this for each of the 5 statements.

1. I make important decisions based on:

- gut level feelings
- which way sound the best
- what looks the best to me
- precise diligent study of the issues

2. During an argument, I am most likely to be influenced by:

- the other person's tone of voice
- whether or not I can see the other person's point of view
- the logic of the person's argument
- whether or not I feel I am in touch with the other person's true feelings.

3. I most easily communicate what is going on with me by:

- the way I dress
- the feelings I share
- the words I choose
- my tone of voice

4. It is easy for me to:

- find the ideal volume and tuning on a stereo system
- select the most intellectually relevant points concerning an interesting subject
- select superbly comfortable furniture
- select rich color combinations

5. I . . .

- am very attuned to sounds in my surroundings
- am very adept at making sense of new facts and ideas
- am very sensitive to the way articles of clothing feel on my body
- have a strong response to colors and the way a room looks

WHICH SIDE OF YOUR BRAIN CALLS THE SHOTS?

Nobody is totally right brained or left brained. But just as most people tend to be right handed or left handed, they also tend to use one hemisphere mode of thinking over the other. This exercise is designed to help you determine which side of the brain you favor. Once you know, you can begin exercising and building up the strength and participation of your opposite side. If you are already fairly well hemispherically integrated, you will find it more difficult to choose between the answers in each case. To get the most out of this exercise, pick the answer that MOST applies to you, the one that is closest to the way you naturally think or act.

1. Think of your favorite song. Close your eyes and let it run through your head for 10 to 15 seconds. Did you focus more on:
 - a. the words or
 - b. the melody

2. You're at a restaurant with a friend and he asks you for direction on how to get somewhere. Do you:
 - a. draw a map or
 - b. write out a step-by-step instruction

3. When you buy audio equipment (a stereo, radio, CD player) do you:
 - a. carefully analyze all the available specifications, data, and statistics, familiarizing yourself with electronic concepts important to the understand of the spec sheet or
 - b. listen to the components in the system in your price range and pick out one for the quality of the sound and the appearance of the equipment.

4. When you are hung up getting started on a project, is it because:
 - a. you get bogged down in all the details or don't know where to start or
 - b. you try to do too many things at the same time and end up with your energies too spread apart, without putting your best abilities to work anywhere.

5. What kind of camera do you prefer:
 - a. one that allows you to worry about the picture and not the camera - like an automatic 345, an instamatic or an instant developing model? Or
 - b. a manually controlled 35 mm SLR where you have control over the shutter speed, f-stop, flash, etc.

6. Does (1) match better with: 1. # (Dog) 2. \$ (Cat) 3. % (Blue)
 - a. (2) or
 - b. (3)

7. Are you sold on an idea:
 - a. after carefully reading up on it, analyzing all the aspects step by step? Or
 - b. if you can picture it a success, it if grabs you, or if you can get an intuitive gut feeling that it will go?

8. Do you tend to judge a person by:
 - a. what they say?
 - b. eye contact, body language, and their appearance?

9. When it comes to spectator sports, are you better at:
- keeping score, remembering player averages, records, etc? Or
 - mapping out play strategies, anticipating where the action will be?
10. Does (1) match better with: 1. + (Me) 2. X (ear) 3. & (You)
- (2)
 - (3)
11. Do you work better when:
- you can do the specialized work that you're best at, analyzing it and making it all add up, without distractions? or
 - you can see how your work plugs into the big picture or if you're involved in interpreting patterns and view points of the whole picture.
12. How do you keep your desk, the place where you work, your hobby room or garage?
- it's neat and orderly. Everything has its place. If it gets too cluttered, I can't find anything or
 - it's a mess, but I can find anything I need. If someone should come and clean it up, I'd be lost.
13. Recall what you had for dinner yesterday. Close your eyes and remember for 5 seconds. Did you:
- picture it in your mind, the image, the smells, and tastes of the foods you ate? or
 - recite a list of the foods the dinner consisted of, using words to describe them?
14. When you buy something to read on your vacation, do you:
- take it along and read while others are swimming or sunning themselves? Or
 - end up hardly reading it at all because you just let go, loosen up, swim or soak up the sun?
15. When you work on a project, do you prefer to:
- get started right away, as soon as you have a feel for it - driving in and figuring that you can always plug in the gaps later? or
 - have all the facts so that you can analyze them carefully and plan the best sequence of steps for implementing it?
16. When you put something together - like a game, toy, or a new piece of equipment - do you:
- carefully follow the written instructions, step by step, to the letter? or
 - try to eyeball it and figure out on your own how to put it together, maybe just glancing at the instructions when you get stuck.
17. Would you rather describe an object or place by:
- writing a complete description or
 - drawing a simple sketch
18. Does you mate tend to be more
- logical and analytical, a good talker? Or
 - intuitive and emotional, artistic?

19. Does (1) match better with:

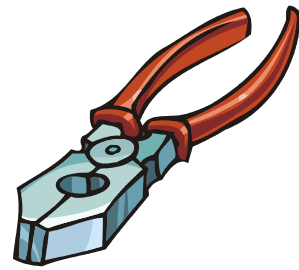
a. (2) or b. (3)



(1) Banana



(2) Gun



(3) Kiwi