

CENTER OF CONSCIOUS AWAKENING

“An Oasis for Transformation, Evolution, and Healing”

LEVEL ONE QUESTIONNAIRE

Name _____ Date _____ Phone _____

Address _____

Answer all questions in reference to when you first began care in this office, or to your last full re-evaluation, if applicable.

- 1) I am (**more, same, less**) aware of my spine. This awareness is especially noticeable (**at work, at rest, standing, sitting, walking, moving**).
- 2) This awareness (**is, is not**) a result of greater discomfort or pain.
- 3) (If the answer to #2 is yes) I am (**aware, not aware**) of what positions or movements of the spine bring about this awareness. They are: _____.
- 4) I am (**aware, not aware**) of spinal tension and restricted movement independent of pain during my day.
- 5) I am (**aware, not aware**) of an increase in pleasant sensations in my spine. These are: _____
_____.
- 6) I am (**aware, not aware**) of changes in the way I carry my body. They are: _____
_____.
- 7) I am (**more, same, less**) aware of my breathing when I am entrained.
- 8) I am (**more, same, less**) aware of my breathing in between entraining sessions.
- 9) In general, my breathing is (**deeper, same, more shallow**) and (**easier, same, more difficult**).
- 10) In general, movement is (**easier, same, more difficult**).
- 11) In general, I (**feel, do not feel**) greater ease standing straighter.
- 12) In general, I (**feel, do not feel**) my spine or areas of my spine to be more at peace.
- 13) I am (**more, same, less**) aware of where I hold tension in my body or spine.
- 14) I am (**more, same, less**) aware of when my body holds tension.
- 15) I am (**more, same, less**) aware of what releases tension from my body.

(OVER PLEASE)

- 16) My body is becoming (**more effective, less effective**) at releasing its tension.
- 17) I (**have, have not**) experienced spontaneous movements of a part of my spine when another region was entrained.
- 18) I (**have, have not**) experienced my body trying to unwind its tension while being entrained.
- 19) I (**have, have not**) experienced a deeper awareness of knowing exactly what my body wants me to do. This has come in the area of: (**rest, exercise, sleep, movement**).
- 20) I (**have, have not**) been more able to listen to my body's needs.
- 21) I have experienced the following additional marked mental, emotional, chemical, and physical stresses during this period, in addition to those I listed on the last questionnaire I filled out:

- 22) I have had the following major relationship, job, residence or other life changes during this period: _____

- 23) I (**have, have not**) changed my dietary habits.

Explain: _____

- 24) I (**have, have not**) begun or modified an exercise program.

Explain: _____

- 25) I (**have, have not**) participated in classes or programs to enhance my healing capacity.

Explain: _____

- 26) Use this space to write about anything else you would like to discuss with us about your spinal progress at this point in care. _____
