# Breakthrough Session Questionnaire

Please fill in this questionnaire . Your taking the time to think a little about your answers ahead of the session will help me to understand where you are coming from and use our time together as effectively as possible. So, if you can sketch out the picture of where you are now, that would be really helpful.

Name:

**1) How would you like your life to look a year from now?**

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**2) How does your life look right now?**

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**3) What do you think is the biggest thing holding you back right now?**

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**4) How would you describe your family of origin?**

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**5) Why is it so important for you to get your problem solved now?**

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