



Client: \_\_\_\_\_

Date: \_\_\_\_\_

You've decided to work with me to discover healthier, happier relationships with the people you love most. **THAT'S AWESOME!**

You didn't get to where you are in these relationships overnight, expect things to improve over time with consistent effort and practice as you implement the new skills and perspectives you will be learning. *The only person you can work on to create the change you seek is you.*

I am here to guide, support and encourage you along the way. This work is an investment in your children today AND in the children they may someday have that will be your grandchildren! The time and effort you will exert through our sessions is incredibly important and will take courage on your part, but the relationships with our children are for a lifetime so it's worth it, right? Some bumps are inevitable along the way but we want our kids to enjoy our company as adults and we want to enjoy them as well!

So, let's begin.

In a few sentences, please tell me what is your greatest parenting challenge?

What are a few goals/intentions **for yourself** within your parenting?

(For example: I'd like to feel more confident in my parenting skills or I want to be able to trust my intuition...)

1.

2.

3.

What are a few goals/intentions **for your relationship** with your children?

(For example: I'd like to be able to pause and respond to my son instead of react when there is a tense situation between us.)

1.

2.

3.

Values are the core attributes we feel are important to our lives. They are the characteristics we wish to instill in our kids and those we should operate our decision making from. Think for a few minutes about your life, what's are the most important qualities about who you are and then write down those three values that are most important to you:

1. \* \_\_\_\_\_

2. \* \_\_\_\_\_

3. \* \_\_\_\_\_

## **YOUR DEFAULT PATTERN**

As we work together, it's going to get messy and emotional. At some step of this process, you may be challenged and you will go to your 'default pattern' of thinking and acting.

This is to be expected.

For example, when things get uncomfortable as you learn or grow, do you tend to give up? Do you resist doing the work? What happens when the going gets tough...because in order to create change in our lives we have to get comfortable with the uncomfortable and that's what I'm here to help you through!

The good news is that we're planning for this to happen now by recognizing and defining what your default pattern is right here. This process is hugely beneficial to you and will determine the success that you have as you integrate this deeper emotional work into your life.

We all get flakey when we feel challenged. We start something and we're excited and enthusiastic about our new journey! All possibilities immediately open up and all of a sudden, we feel lighter, hopeful and filled, if only for a moment, with a new burst of energy and freshness for our life.

And then, at some point, along the journey (this actually happens with ANYTHING new that you take on in life), you will be challenged. You will hit some roadblock. Some obstacle. Some place where you just feel like quitting and giving up. It's right here within these moments of challenge that you want to look now.

What happens to you within these moments of challenge?

Do you become distant? Maybe distracted with other things? Maybe you make excuses for not continuing with homework assignments – excuses like 'I'm too tired' Or maybe you will discount everything that you have been learning and chalk it up to 'just another theory' then go along with your old way of doing things.

All of these behaviors that you do when you're challenged are your default patterns. And trust me...you WILL go to your default pattern throughout our time together. My role is to guide you through it to the other side. What we want to do now is define your default pattern. Because this has been your blind spot in life – it's what 'You don't know that you don't know.'

And once you can define your default pattern and bring it out into the light, then you will be much more aware of when it starts to appear in your behavior.

Go ahead and answer the questions below. You will be setting yourself up for success now. This is a journey, a practice, and it will not end after our time together!

Here we go...

What triggers you (besides parenting your kids at times)?

When do you feel the most challenged?

What is your tendency to do when you feel the most challenged? (hint: there may be more than one thing) \*\*

\*\*This is your default pattern.\*\*

I look forward to beginning our work together, please fill this form out completely and email it to me the night before our next session.

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