

Inquiry Worksheet

Complete the following client worksheet.

Client:

Date:

PATH OF INQUIRY	PATTERNS OF THOUGHT AND EMOTIONS
<ol style="list-style-type: none">1. What is the client experiencing?2. What does s/he want?3. What pain does the client suffer?4. What is the client <u>not</u> saying?	<p>▶ Write in here what you know about the client based on the questions.</p>
PRACTICES	ASSIGNMENTS
<ol style="list-style-type: none">1. Self Observation of:<ul style="list-style-type: none"><input type="checkbox"/> Thoughts<input type="checkbox"/> Emotions2. Journal writing3. Meditation4. Calming or relaxing exercises5. other...	<p>▶ Write in any assignments you have given which apply to this quadrant.</p>

Client:

Date:

PATH OF INQUIRY	BEHAVIOR AND HEALTH
<ol style="list-style-type: none">1. What is the client doing ?2. What are the client's capabilities?3. In what condition is the client's body/health?4. What are client's habits?5. What harm to self or others is the client doing?	<p>▶ Write in here what you know about the client based on the questions.</p>
PRACTICES	ASSIGNMENTS
<ol style="list-style-type: none">1. Exercise: (weight, toning, muscle, stretching)2. Eating habits3. Mental exercises or meditation	<p>▶ Write in any assignments you have given which apply to this quadrant.</p>

Client:

Date:

PATH OF INQUIRY	RELATIONSHIPS
<ol style="list-style-type: none">1. Who is the client with?<ul style="list-style-type: none"><input type="checkbox"/> Relationships (what kind, how many)?<input type="checkbox"/> Expectations (of client, by client)?2. What are the client's roles?3. What relationship patterns exist?4. Who is toxic for client?5. Does the client have a reliable, positive network of support?	<p>▶ Write in here what you know about the client based on the questions.</p>
PRACTICES	ASSIGNMENTS
<ol style="list-style-type: none">1. Listen2. Speak3. Design conversations4. Make assessments5. Build relationships	<p>▶ Write in any assignments you have given which apply to this quadrant.</p>

Client:

Date:

PATH OF INQUIRY	EXTERNAL FACTORS
<ol style="list-style-type: none">1. Where are the client's:<ul style="list-style-type: none"><input type="checkbox"/> Possibilities,<input type="checkbox"/> Capabilities,<input type="checkbox"/> Limitations?2. What resources does the client have for support?3. What does s/he use currently?4. What is limiting the client?	<p>▶ Write in here what you know about the client based on the questions.</p>
PRACTICES	ASSIGNMENTS
<ol style="list-style-type: none">1. Inventory2. Discard3. Organize4. Simplify	<p>▶ Write in any assignments you have given which apply to this quadrant.</p>