

Personal Review Chart:

Please check any areas that you feel are relevant. You may save, print or email this for your first consultation. To return this, please use the contact form on my at: <http://sirahvettese.com/contact-me>
Alternatley, you may also email it to me at: info@sirahvettese.com



Personal Relationships

- Broken hearted over breakup
- Can't decide about moving on
- Divorcing, children and arbitration
- Don't feel good enough
- Can't find the right person
- Need to make peace with past relationships
- Have been abused by previous relationship

Family of Origin

- Need to make peace w/ parents/step-parents
- Problems with children
- Sibling Issues
- Family lineage and heritage

Career

- Changing career
- Passionless about work
- Problems envisioning the future
- Problems with business partners
- Financial loss and devastation, starting over
- Confused about steps to change direction
- Loss from career/transision

Physical Issues

- Pain/injuries and their meaning
- Exercise/ no motivation
- Bad eating habits
- Addictions/ covert and overt
- Self-absorbed
- Fear of aging
- Fear of illness/alzheimer's

Spiritual Life

- Loss has affected my beliefs
- Unhappy with God
- Not peaceful
- Mistrusting of self and others
- No intuition
- Feeling inauthentic
- Don't forgive easily
- Lack compassion
- Fear death
- Can't let go and let God

Self- Awareness

Beliefs that are limiting
Emotional pain
Obsessions
Oversensitive
Co-dependencies
Anxiety
Fears of success
Feel invisible to others
No direction in life
Imbalanced
Fears of intimacy
Fear commitment

Dreams

Don't dream
No idea of my future
Directionless
Feel like I am wasting my life
Impotent with creativity
Don't believe in myself
Lack self worth, can't materialize
Pain of the world on my shoulders
Need direction to expand art form

Communication

Don't speak up for myself
No voice for my pain & anger
Emotional confusion
Emotionally wounded & reactive
Feel stuck
Not happy
Deprived of feelings
Joyless
Grief stricken
Shut down
Co-dependent
Can't set boundaries