

Personal Survey in Preparation for a Sacred Sexual Healing Session

In order for us both to be better prepared for our session, I ask you to fill out this survey. If you run out of space, please use a separate piece of paper and find a way to get it to me. Once complete, please send it to me at fredburks@gmail.com.

1. Describe one or two of the most traumatic experiences of your childhood.
2. Describe one or two of the most inspiring or transformational experiences of your childhood.
3. Give descriptions of the key moments in your childhood where you felt shame.

4. Describe your relationship with your mother and father both as a child and now.
5. Describe your relationship with sexuality as a child and any significant events related to this.
6. Describe your relationship with sexuality as an adult and any significant events related to this.
7. What stories, patterns, or beliefs did you develop as a result of the above experiences? How are they still affecting your life now? Which are working for you? Which are not? What are the new stories you would like to develop to replace the old ones that aren't working for you?

8. Describe your relationship with your body. How much (or little) do you like and appreciate it?
9. List spiritual/personal growth modalities or therapies that you have been involved with and how they have affected you.
10. If you could create your life exactly as you want it, what would it look like? What would you be doing, and how would you feel?
11. Please share anything else that you feel might be relevant to this session.
12. On what would you most like to focus during our session?

Thanks for taking the time to explore and share these issues. I very much look forward to serving you in a sacred sexual healing session.

Sending you much love and warm wishes,
Fred

Note: If you have time and interest, the below links will take you to a few resources which can be helpful for our session and for your life in general.

Victim or Creator: It's Your Choice

https://www.weboflove.org/g/victim_or_creator_vs

Transform Fear Through Core Belief Work

<https://www.wanttoknow.info/coreissue>

Developing Your Life Purpose and Intentions

<https://www.weboflove.org/lifepurposeintentions>

Inspiring Online Lesson on Taking Responsibility

https://www.insightcourse.net/lessons/03a_personal_responsibility

The Sexual-Spiritual Split

<https://talksex.us/2016/09/sexual-spiritual-split>