

Dr. Susan's Coaching Application

Please share the following information:

Full Name:	
Email:	
Address (Street, City, State, Zip):	
Home Phone:	
Office Phone:	
Cell Phone:	
Birthday:	
Marital Status:	
Emergency Contact Name:	
Emergency Contact Phone:	
Month Entering Coaching (this month/year):	

Have you read any books by Dr. Susan? (Check all that apply)

<input type="checkbox"/>	<i>Be Your Own Brand of Sexy</i>
<input type="checkbox"/>	<i>What to Say to Men on a Date</i>
<input type="checkbox"/>	<i>Narcissists and Players</i>



Introduction from Dr. Susan

Congratulations on taking the first step to changing your love life forever! Today marks the day when you made the decision to fully invest in yourself and your future. It's the day you begin to open up, share your dreams, and decide to get moving. You'll look back on this day as the beginning of a powerful transformation in your life. I'm delighted that you reached out to me.

Your application for coaching sessions begins with this in-depth *Coaching Questionnaire* to help us clarify a few things. This questionnaire is different—it's detailed, thoughtful, and is designed to help you think through your life. It's also built to help your coach, me, understand your world and assist you in moving forward faster.

In short, I'm asking you to set aside plenty of time to honestly and openly complete this questionnaire so that you can take a good hard look at yourself. It's worth it for you to spend the time on it.

Many people who hire me as a dating and life coach say, *"I don't know why I'm where I am in life, and I don't really know how to get going again."* I know you have all the answers within you. You may just not be sure what they are yet.

Even though many people think that they don't know the answers to those questions, when I ask them what they think they need to do differently to get what they want from men, they are often very clear about what needs to happen.

They immediately say things like:

"I need to quit being a doormat,"

"I should stop beating myself up over the past,"

"I could ask for some help,"

"I want to stand my ground."

When you know that you already have all the answers within yourself, you can begin to feel more confident. Sometimes, you just need a little help to find clarity.

So, I'm giving you questions to help you figure out where you are now, where you're going, and how to get there to start our relationship together. When you complete these simple yet profound statements, you will help me understand your world a little better so that we can move forward more quickly.

Be honest and open in answering these questions. Please do not take offense if the questions sometimes seem leading or assumptive - they are designed that way in order to help you and us move forward. If the statement doesn't exactly fit you, just answer from your gut or from your heart. Every response you give will shed a little light on you. It's very likely that some of these questions may stir up strong emotions, so give yourself time to complete them calmly. Start from a place of strength and certainty that you are on the right path to making a breakthrough.

Your questionnaire will be kept confidential and never be seen by anyone but me. The goal is to give you a little more clarity about where you are and where you want to go, nothing more. It'll also give me the insight I need to help you jump into a place of greater happiness, love, and empowerment.

I ask that you simply trust the process and fill in the blanks. The solutions will come as a result of our work together. Believe me. **Believe in yourself.**

Now let's get to work.

-- Dr. Susan

Directions:

After you have filled out this questionnaire, save it and email it to info@drsusanedelman.com. Please save the file name as follows: *YourLastName-Profile.doc*. For example: *Edelman-Profile.doc*

Your coaching calls cannot begin until you fill out this form, so please do so as soon as possible. If you have any questions, email Dr. Susan at info@drsusanedelman.com.

Dr. Susan Coaching Questionnaire

Please provide open, candid responses to the following sentence starters. Take your time thinking through each one—the more complete and honest your responses, the better I am able to assess if and how I can best serve you. Remember, your responses are confidential and are only shared with me. This exercise is for your own clarity and to help me understand your world and how you think and act within it. Take your time, take as much space as you need, and enjoy the process! You're on your way!

Starter Statements: COACHING	Your Responses Please put your answers in the boxes below.
1. The thing that motivates me the <i>most</i> to join Dr. Susan's Coaching program at this time in my life is...	
2. The reason I am absolutely committed to succeeding in this program if I get in right now is...	
3. If I had to focus on just two things with Dr. Susan, they'd include...	
4. If I could have any love life, it would look like...	
5. The thing I'm really proud about in my life right now is...	
6. The thing I need to work the most on in my life right now is...	

<p>7. The main reason I am where I am in life right now is because I chose to...</p>	
<p>8. The main areas of my life where I seem to be succeeding are...</p>	
<p>9. The main areas of my life where I seem to be spinning my wheels are...</p>	
<p>10. The times when I feel overwhelmed are when things happen like...</p>	
<p>11. The emotions I have felt on a consistent basis over the past six months could be described as...</p>	
<p>12. If I am being totally honest, what's held me back from being my best in the past is...</p>	
<p>13. If I am being honest, the reason I don't have exactly what I've always wanted in life right now is because...</p>	
<p>14. If I am being totally honest, the reason enough people don't know what I really want and need is because...</p>	

<p>15. If I am being totally honest, I've held back a few times in my life because...</p>	
<p>16. The emotions that have prevented me from moving forward as fast as I know I can are...</p>	
<p>17. When I hear a disempowering voice in my head, it's usually telling me that...</p>	
<p>18. I always wish I had more time to spend doing things like...</p>	
<p>19. The work or hobbies that completely absorb my attention when I'm doing them are...</p>	
<p>20. A recent experience I had when I felt completely authentic, completely me, was when...</p>	
<p>21. In the past, the parts of me that I sacrificed or hid or buried in order to please other people were...</p>	
<p>22. One area of my life where I'm consistently adapting and acting like someone else seems to be when...</p>	

23. If I truly believed in myself, I'd step up to this person and say...	
24. If I didn't care so much about what other people thought, the first thing I'd probably do is...	
25. If I started believing a little more in myself, I'd be much likelier to...	
26. I know that the people in my life want me to be happy, because...	
27. The relationships in my life that are truly supporting my well-being and growth are the ones I have with...	
28. A person who was a real miracle worker in my life was...	
29. The person in my life who could use a miracle right about now is...	
30. The three reasons I most appreciate my current or last lover or significant other are that he or she...	
31. I would describe my ideal relationship as one that...	

32. I know I'm a worthy and capable person because...	
33. In order to be the person I know I'm capable of being, I'd have to start behaving more like...	
34. Three reasons I should be hopeful about the future are...	
35. The dream that I absolutely must start moving toward once again is...	
36. The main goal I'm going to focus on in the next three months to improve my life is...	
37. The reason I must achieve this goal is...	
38. The five bold steps I'm going to take to achieve this goal are...	
39. My ideal life is worth fighting for because...	
40. I know I'm much more courageous than I give myself credit for, because ...	

Starter Statements: MY LOVE LIFE	Your Responses Please put your answers in the boxes below.
41. In the last three years, the men in my life have been...	
42. The kind of men I'd like to meet are...	
43. If I maintain the same course I'm on now, in five years I will...	
44. A problem or fear that I've been backing down from lately is...	
45. The thing I must do right now in order to step up to this problem or fear is...	
46. My areas of real strength include...	
47. The way I really feel about what I'm doing in my love life right now is...	
48. The real reason I'm doing what I'm doing in my love life right now is...	

<p>49. On a scale from 1-10, the level of JOY I feel when I do the following is...</p>	<p>Type in 1-10, 10 being the highest level of joy you experience when doing the following:</p> <p>Meeting a new man: Getting ready for a date: Going out on a date: Making a real emotional connection with a man: Online dating: Reading/watching books, articles, videos about dating: Saying "yes" to what you want with a man: Saying "no" to what you don't want with him: Thinking about my love life:</p>
<p>50. The amount of time I'm spending a WEEK doing the following is:</p>	<p>Type in the average number of hours you are CURRENTLY spending each WEEK doing the following:</p> <p>Meeting a new man: Getting ready for a date: Going out on a date: Making a real emotional connection with a man: Online dating: Reading/watching books, articles, videos about dating: Saying "yes" to what you want with a man: Saying "no" to what you don't want with him: Feeling taken for granted: Feeling discouraged, hopeless, sad or angry about a man or your love life:</p>
<p>51. I believe my fastest route to success with men in the next five years is for me to...</p>	
<p>52. If I'm going to have a successful love life, the first thing I have to START doing RIGHT NOW is...</p>	
<p>53. If I'm going to be who I want to be, I need to stay focused on...</p>	
<p>54. The best things I've found to keep myself motivated with my love life include...</p>	

55. If I could name five qualities that make a person successful in love, they would be...	
56. I'll know I've succeeded in my love life when...	
57. In ten years, I'd like my love life to look like...	
58. At the end of my life, I want to look back at my love life and know that I...	
59. When I succeed at the level I really want to, the way I'd like to celebrate is to...	

Congratulations!

Thanks for completing this Questionnaire!

You stepped up. We'll be responding to your application within 10 days!

Next Steps and Reminder:

1. Save this file to your computer and email it to info@drsusedelman.com.
2. Please save the file name as follows: *YourLastName-Profile.doc*. For example:
Edelman-Profile.doc
3. Your coaching cannot begin until you fill out this application and email it to Dr. Susan, so please do so as soon as possible. If you have any questions, email Dr. Susan at info@drsusedelman.com.