**QUESTIONS FOR SHORT CONNECT SESSION**

**12825 Sycamore Ave. Grandview, MO 64030 (off Main/Highgrove)**

I want to thank you for trusting me with the issues you are facing, with your life and with your relationships. I take this responsibility seriously and prayerfully adhere to strict confidentiality. I know that choosing someone to help support you on your journey to wholeness is an important decision. I believe in divine connections and I trust that as we partner with the Holy Spirit and use my tools and gifts it will help you to move forward in the areas you are confronting.

Each tool I utilize involves connecting to the Lord, whether letting go of things and giving them to the Lord or receiving from the Lord. This accelerates healing. But it is not a magic pill, it is a process as we are creatures that are intertwined body, soul and spirit.

The Lord created us to need repetition for lasting change. Homework is encouraged to maintain what is received. I look at the whole person and will also make suggestions and referrals for other areas that could be obstacles to your healing.

**I require a deposit of $50 for your Short Connect Session at the time you schedule your**

**session. If you have scheduled your session and have not made this deposit yet please do so** **at** [http://www.HisMosaic.com/deposit/](http://www.hismosaic.com/deposit/)

If you need to cancel your appointment, the deposit will be applied to your rescheduled

appointment. When paying the balance of your session at the time of your appointment, you can pay by check or credit card.

**I am not set up to take insurance and am not licensed.** I function under Pastoral

Counseling as I’m ordained, and also as a Spiritual Coach.

If you are male and you are not comfortable meeting with me alone, or your spouse isn’t

comfortable, please let me know in advance and I will get another person to sit in, pray and

observe.

I am looking forward to working with you on your journey!

Believing for breakthrough for you,

Laurie Morris Goddu *(Go to next page)*

**QUESTIONS**

Please fill out your answers below and email them to me at lauriegoddu@gmail.com no later than three days before your scheduled Short Connect Session.

You can either save this document as a word doc and email as an attachment, copy your answers in the body of an email or scan it and attach it to the email. Thanks!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Describe what problem area or pattern you are wanting to look at most when we meet. Please share 2 issues Maximum☺

2) Do you see any similar patterns in your family members?

For example: Patterns of betrayal, my uncle had the same addictions, my parents got a divorce because of an affair, everyone in my family has self-worth issues, everyone worries, etc.

3) What do you know about your grandparents life that are negative or significant? For example: They were poor, there was abuse in their

family, there was a lot of bitterness or abandonment, etc.

4) How do you feel about yourself right now? If others are involved in your problem, how do you feel about them?

5) List some of the thoughts that have been going on internally about yourself and others around this issue. For example: I'm never going get free of this, I'm an idiot, it's my fault, I’ll never be like, they are such a jerk, etc.

6) Please describe what your relationship looks like on a daily basis with God. Can you hear Him clearly?

7) Circle or star\* any of the symptoms below that you are struggling with because of this issue.

I want to sleep

I can’t sleep

I overeat

I have headaches

I’m escaping with masturbation or porn

I’m exploding in anger

I’m cutting myself

I’m not eating

I’m throwing up everything I eat

I’m over doing exercise

I’m over-spending money

I’m numbing out with an addiction i.e. drugs, alcohol, video games, gambling, porn

8) What is your greatest fear around this issue?

9) What is your most painful or traumatic memory or memories?  
 Specifically under the age of 18 and above the age of 18.

10)  When was the last time you felt suicidal?

11) What was it like growing up in your home under the age of 13?

Describe interactions with Dad and Mom/Caregivers and you. For example: We never spoke, constant fighting, favoritism, violence, abuse, etc.

12) Describe how your parents reacted/responded to each other when there was conflict. For example: Withdrawal, yelling, etc.

13) What hurtful things have been said to you by someone throughout your life that have had a hook in you and come up periodically to bother you? For example: You’ll never amount to anything, you’re fat, you’re a piece of trash, I hope you fail, you’re just like…., etc.

14) Have you made any vows? For example: I will never marry again, I will never trust…, I will never be like…, etc.

15) What family patterns are you aware of that are negative? Circle or star\* any that apply.

Adultery

Sexual Issues

Addictions

Divorce

Premature Death

Illegitimacy

Abortion

Lying

Occult  
Anger

Depression

Chronic Illness

Chronic Fears

16) Have you ever been inappropriately touched sexually at any age? (This includes childhood exploration.) If yes, please share at what age and with whom if you know their name.

17) Which of these internal feelings or labels have you fought in your life and still struggle with? Circle or star\* any that apply or write your own.

Unworthy Trapped

Failure Weak

Unprotected Voiceless

Unheard Damaged

Victim Bad

Fearful Ugly

Dirty Abandoned

Alone Always wrong

Blamed Not enough or inadequate

Stupid Unlovable

Invisible Fat

Rejected Depressed

18) Which of these mindsets do you battle inwardly: Circle or star\* any that apply or write your own.

* 1. There must be something wrong with me.
  2. If you could see into the basement of my soul you’d reject me as bad.
  3. I will never reach my destiny because I’ve failed so much.
  4. God’s disappointed with me or mad at me.
  5. I have to be my own safe place because there’s no one to protect me.
  6. God hasn’t answered my prayers so I can’t trust Him now.
  7. I have to pretend to be someone I’m not or I’ll be rejected.
  8. I’m unworthy to receive all God’s planned for me because I’m…….(Fill in the blank.)
  9. I have to do everything just right to be accepted and loved.
  10. I can be ok with everyone else’s sins – just not mine.
  11. My anger is justifiable because ….doesn’t do what I want.
  12. Locking up my pain and pretending I’m OK is the best way to deal with it.
  13. What I do and how I look, determines my worth.
  14. Everything is my fault, so I must apologize all the time.
  15. I have to live guarded so I won’t get hurt.
  16. Mistrust keeps me safe.
  17. When something’s wrong it has to be my fault.
  18. Intimacy is hard and scary.
  19. Confrontation is too hard and scary to do.
  20. Authority figures will betray me.
  21. Fill in……..(Food, alcohol, drugs, porn, sex, TV, etc) are the best medicine for numbing out and escaping my pain.
  22. Having too much money is dangerous.
  23. God wants me to be poor. It’s more humble and righteous.
  24. God doesn’t provide for me.
  25. I have to please everyone around me because anyone getting mad is bad.
  26. Locking up my pain is the best way to cope with it. There’s really no one to trust with it.

19) Have you ever been married before? If it ended, when and why.

20) If you are married, how would you rate the health of your relationship with your spouse on a scale of 0-10 with10 being the highest.

21) When did your salvation experience occur? Have you asked for the Baptism of the Holy Spirit?

22) How do you normally hear God? Circle or star\* any that apply and/or write your own.

With pictures

Your gut

With hearing words

With scriptures

With songs

Sensing

Dreams

23) Are you aware of any Masonic or Freemasonry (this can also be Shriners) with your family in their history? Describe who and in what area. Here are possible symptoms: Inability to retain or receive the Word or memorize it, robbery of finances, robbery of health, premature death, bizarre accidents, bizarre sickness, a lot of fear, for every 1 step forward financially there are 2 steps backwards, pride and arrogance issues in the family.

24) Are you aware of whether your main personality trait is phlegmatic (steady eddy), choleric (take charge leader), sanguine (outgoing

people person) or melancholy (internal analyzing/creative)?

25) Describe how you were comforted as a child.

You will have the opportunity to forgive a lot when going through the ministry. Remember that forgiving someone is commanded in Scripture, however, it does not mean that you are saying what they did to you was OK. “I forgive,” means you are saying to that person, “I choose to

release you completely to God. He is your judge, and I am not”. You will only be keeping yourself in bondage when you don’t! Our time will also bring the release that is so often equated with forgiveness.

This information will be kept strictly confidential and the information you share will not be shared with anyone. What you share is not used for accusation or judgments about you or your family! Please be as honest and specific as

possible as we cannot be healed of anything that we won’t look at.

***Laurie is ordained and functions under Pastoral Counseling and Spiritual Coaching***

Updated Nov 2017