

DIVINE INTERACTIONS EQUINE FACILITATED WELLNESS, LLC

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Name: _____

What is out of balance in your life?

Circle any of the following that are currently a struggle/stressor for you:

- | | |
|----------------------|----------------------|
| Sleep | Nightmares |
| Appetite (increased) | Appetite (decreased) |
| Attention | Concentration |
| Overwhelm | Worry |
| Thinking | Fearfulness |
| Energy | Loneliness |
| Motivation | Sadness |
| Identity | Fulfillment |
| Organization | Time Management |
| Family | Friends/Social life |
| Dating/Relationships | Parenting |
| Sexuality | Health |
| Work | School |
| Other: _____ | Other: _____ |

Which one or two would you rate as your MOST concerning right now?

Please describe how the above is impacting your life right now:

If tomorrow you woke up and a miracle had taken place overnight while you slept, and suddenly your life was how you wanted it to be, how would things be different? What would be better?

