

the home therapy intake form

Wellness

How is your diet, and where in the home do you eat?

Do you have challenges sleeping?

What activities or exercise regimen do you follow?
Where do they take place?

Are there any major health issues impacting your daily life?

Childhood Home(s)

Where did you grow up?

With whom did you live?

Was there seasonality that affected your routine and energy?

Describe the home or homes in which you grew up. Did you move around? Did your family decorate or modify your home or even build it from the ground up?

Did you participate in decorating, designing, or fixing up your home or a space of your own within it?

Did you have meals with your household often?

Did you celebrate events and milestones at home?

Did your household entertain in the home often?

Where did you spend the most time with others?

Where did you study for school?

What spaces did you seek out? Did you have places of comfort? Inspiration? Discovery?

What spaces did you avoid?

Were there rules about where things went, or was there more flexibility?

Did you struggle with sleep? If yes, how did your household address this?

How emotionally safe did you feel in your home? How physically safe?

Other Homes in Your Past

When did you first move away from your family of origin?

Describe your experience in that first home of your own. Was it stressful in any way, whether financially or emotionally?

How many times have you moved since then?

Beyond price, what are the most important factors in choosing a dwelling: outdoor space, good light, spacious kitchen, and so on?

Tell me about a friend's home, a home on TV or in a book, a rental home, or a hotel you loved. What were the rooms and the common areas like? How did it make you feel? What details stood out to you?

Current Home

Describe your home.

How long have you lived there?

Are you currently: Married Partnered
 Divorced Single Widowed

List everyone who currently lives with you (people and animals):

Describe your relationship with your partner:

Do you have children? Yes No
If yes, list ages and gender:

If you have children, describe your relationship with them:

What do you love about this home?

What do you do just for you at home? Where does this activity take place? Does that space work? If not, what ideas do you have to make it better?

Now that you are in your current home, do you desire something better or different? If so, what might that be?

What ideas do you have to expand the wellness aspect of your home: for your mental health, for your physical health, for you, and for those with whom you live?

Common Issues

Now choose one space in your house that you feel isn't working. Stand in the space and observe it with fresh, neutral eyes, like a scientist might, and identify any of the following.

APPEARANCE

- Cluttered
- Incohesive
- Nonsensical
- Drab

NOISE LEVEL

- Loud
- Quiet

FURNITURE SIZE

- Bulky
- Disproportionate size
- Undersized

FURNITURE PLAN

- Room flow blocked
- No logical flow
- Too much space
- Too sparse

AESTHETICS

- Lack of theme/cohesive tone
- Fighting patterns or colors
- Lack of personality or color

LIGHTING

- Too dark
- Too much artificial light
- Wrong use of light fixtures
- Lack of lighting variety

ORGANIZATION

- Stray objects on floor
- Objects disorganized on surfaces
- Dishes, food left on tables
- Messy drawers and cabinets
- Overstuffed closets

What relationships exist in this space? What goals do you have for those relationships?

What pain points are you seeking to solve in said space, both functionally and aesthetically? Are there elements that you avoid and why? Are there objects or activities without a home?

Current symptom(s) that occur in the problematic space experienced by you and/or your family:

- Depressed mood
- Fatigue
- Inability to enjoy activities
- Decreased libido
- Racing thoughts
- Sleep pattern disturbance
- Impulsivity
- Increased irritability
- Loss of interest
- Crying spells
- Lack of concentration
- Excessive worry
- Change in appetite
- Anxiety attacks
- Excessive guilt
- Avoidance

Current positive attributes in specific areas of your home experienced by you and/or your family:

- Blissful mood
- Energy
- Ability to enjoy activities
- Healthy libido
- Positive thoughts
- Healthy sleep patterns
- Cautious behavior
- Minimal irritability
- Ability to keep interest
- Laughing
- Maintain concentration
- Low levels of worry
- Steady appetite
- Calming demeanor
- Excessive joy
- Involvement

To solve your design pain points, we'll take what you loved and what worked for you in previous spaces and bring those things into your current space. We'll also edit out the negative things from the past that have subconsciously crept into your current home.

For example, if you really loved the color purple because you and your grandma loved baking in her purple kitchen, purple might evoke a sense of intimacy and happiness. You might find that your home office lacks inspiration and happiness, and perhaps purple is the inspiration color you want to start with.

Let's get to it!