



Questionnaire for Prospective HSP Clients

Name:

Date:

Hello and thanks for contacting me. I know it might be challenging to take the first step to reach out for help so kudos to you for asking for help.

Please look at the items below to help determine if we are a good fit for spiritual counseling and life coaching.

1. [Take the quiz](#) to see if you are a highly sensitive introvert. Send me your score if you want to.
2. Watch my [book video](#). It's an emotionally intimate sharing designed for highly sensitive introverts.
3. [Read my book](#), *The Gifted Highly Sensitive Introvert, Wisdom for Emotional Healing and Expressing Your Radiant Authentic Self*. It's a memoir and teaching stories to jump-start your learning and help you see if you resonate with my work.

I would like to guide a conversation to help us both predict if we'll enjoy working together. May I ask you a few questions to see if we are a good fit? If you would like to proceed, please return this completed questionnaire.

How did you find me? If you did an internet search, what keywords did you use?

What is your full address?

What is your email address?

What is your cell phone number?

What is your age and date of birth?

→ Please write **two paragraphs** describing your current situation and your goals. Why are you interested in working with me in particular?

Do you experience now ... or have you ever experienced ... any of the following:

1. Severe depression, suicidal thoughts or suicidal attempts?
2. Have you experienced physical, sexual or emotional abuse or other forms of trauma?
3. Do you drink to excess, or use drugs without a prescription, or use recreational drugs?
4. Do you experience any other addictions, an eating disorder or bipolar symptoms?
5. Have you ever attended an in-patient treatment center for emotional or substance abuse issues?
6. Have you ever had a psychiatric diagnosis? If so, what?
7. Have you ever had legal trouble other than parking tickets? Possible upcoming court cases?

DISTANCE SPIRITUAL COUNSELING AND LIFE COACHING

I only see clients on Zoom which is HIPAA compliant. You'll need the following:

- a private setting so we can have a confidential session without noisy people, pets, or devices.
- a stable internet connection.
- You can use your smartphone, computer or iPad to access zoom.
- I'll email Zoom instructions if we decide to work together.

Is Zoom going to work for you?

SCHEDULE: I see clients Monday-Thursday, 10am-7pm **Eastern** during winter months ... and 10am-6pm Spring through Fall. Meetings are 50-53 minutes. You can schedule an 80-minute appointment if you would like to make faster progress.

Please tell me when you are available:

If I have a waiting list, would you like to be added to it?

COMPUTER SKILLS

You'll need to be able to read my Welcome Package forms in a WORD or a PDF document. You'll print forms, sign them, scan them, and return them via email. Or you could mail the forms via USPS if necessary. We need to be able to communicate regularly via email and/or text within 24-48 hours.

Can you do that?

FEES

Out-of-Pocket Fees

Intake & Follow-up Ala Carte Meetings: \$200 per session @ 53 minutes. Or \$300.00 for 80 minutes.

After the first meeting, you may receive a discounted rate when you purchase a package.

- 6 meetings to be completed within 3 months: \$175 per session. Total \$1,050. Save \$150.
- 12 meetings to be completed within 6 months: \$165 per session. Total \$1,980. Save \$420.
- A sliding scale is available on a limited basis depending on your income.

Insurance: Anthem BCBS is the only insurance I can process, and only for residents of Georgia or North Carolina. I do not process Medicare or Medicaid or EAPs.

Do my fees work for you?

GROUPS and RETREATS

I offer [weekly coaching groups for HSPs](#) on Zoom and [HSP Retreats](#). Most participants also have private sessions on a weekly, bi-weekly or monthly basis. A minimum of three private sessions are required before joining a group or a retreat. We need to get to know each other and build trust.

HOW TO MAKE PAYMENTS

Please make your payment one day before each session via **PayPal**. It is the only online payment system that I use. You could also mail a check.

Does PayPal work for you?

~ Continued ~

CANCELATION POLICY – 48 HOURS

If you can give me a week or more cancellation notice, it is most appreciated because I schedule clients at least one week ahead of time. I want to be able to fill your time slot if you cancel. Appointments broken within 48 hours must be paid in full before future sessions will be scheduled.

Does this policy work for you?

NEWSLETTER: Would you like to receive my email newsletter? I send at least one every 1 – 2 months. They contain educational articles about relationships, personal growth, holistic healing, and events notices.

Yes, please No thanks.

If you think we might be a good fit ...

- Please email your answers to all these questions to Benita@SensitiveIntrovert.com.
- I will reply within 48 hours Monday-Thursday. If you don't hear from me, please contact me again. There might be a technical glitch.
- I offer a complimentary 10-minute Discovery Call Monday-Thursday if I think we are a good fit. If you want to proceed, please email me with three days that you can talk on the phone.

I look forward to hearing from you soon.

Bright Blessings,
Benita A. Esposito, MA
Life Coaching and Spiritual Counseling globally

E: Benita@EspositoInstitute.com

www.SensitiveIntrovert.com

Psychotherapy in GA and NC
www.Flourishing-Lives.com

Cell: 770 998 6642



RESOURCES

Read my bestselling book to see if we are a good fit. It's a memoir and teaching stories. [**The Gifted Highly Sensitive Introvert: Wisdom for Emotional Healing and Expressing Your Radiant Authentic Self**](#)

[**A Journey Into Wholeness – A Guided Meditation MP3 Download**](#). Create a lifestyle with less stress and more inner peace. Our HSP nervous systems can become quickly overwhelmed by relationship conflicts and job stress. All of us benefit from daily downtime where our bodies experience a deep state of rest. After meditating, you'll feel calmer and stronger. You won't get triggered when people do things you don't like. Use "A Journey into Wholeness" meditation to create balance in your life. It will help you reduce anxiety and stress, depressed mood, fatigue, pain, insomnia, fibromyalgia, and irritability. It can also help you repair damaged relationships and increase your self-worth. Make meditation a daily part of your self-care routine.