

CRISTAL MORTENSEN  
AWARE ALIGNED AWAKE

808-265-0866 ~ awarealignedawake@gmail.com

All information shared here is strictly confidential and will not be shared unless you sign a release requesting that I share information with a specific provider/individual.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Occupation \_\_\_\_\_

Birth date \_\_\_\_\_ Emergency contact \_\_\_\_\_

Pronouns preferred \_\_\_\_\_

Are you (please choose one)

Single/partnered/married/Divorced/Widowed

Who else lives in your household (including pets)? \_\_\_\_\_

Do you have children? If so, please list their ages here \_\_\_\_\_

How often would you like to meet? \_\_\_\_\_

What time zone are you in? \_\_\_\_\_

What are your days and windows of availability for sessions?

\_\_\_\_\_

What are your symptoms?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you could have any outcome(s) from this work, what would it/they be?

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\_\_\_\_\_  
\_\_\_\_\_  
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Are there any particular life events/traumas you want to address?

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What are the current stressors in your life?

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Who are your most supportive relationships with?

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What brings you the most ease, enjoyment or support these days?

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Do you have a religious or spiritual practice? (please describe)

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Do you have any medical conditions/diagnosis/injuries/discomfort? (please describe)

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Are you currently under the care of a physician or any other providers? (please describe)

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Are you currently taking any medications/supplements? (please list them, including dosages)

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Please list any surgeries, including dental and childhood surgeries

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Please list any accidents, including automobile and childhood accidents/falls

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Are you on a special diet?

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How is your digestion/gut health? (please describe)

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About how many hours of sleep do you get nightly? \_\_\_\_\_ How would you describe your sleep?

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Do you smoke? \_\_\_\_\_ Alcohol consumption and frequency

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Do you take any recreational/mind altering drugs? (Please specify type and frequency)

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What are your passions, interests, and dreams?

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Please share any further relevant personal/family history or anything else you would like me to know

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I look forward to accompanying you on your healing journey.