

Bogus Pleasure Recognition Client Questionnaire

Name: _____

Date: _____

Please feel free to use the back of this sheet or attach extra papers, if necessary to answer these important questions.

A craving is a strong desire, when satisfied may produce euphoria, numbing or other effect and having difficulty with cessation.

1. List below foods, beverages or other items with cravings?

Sugar Soda Chocolate Ice Cream Coffee Cake French Fries Chips Crunchy Food Fatty Food

Other: _____

2. On a scale of 0 to 10, if 0 is Craving Free and 10 is Craving So Strong-I Will Go Out and Get Something Now, what number would you assign the Craving when it is *strongest*?

0 – Craving Free 1 – Slight 2 – Mild 3 – Uncomfortable 4 – Disturbing 5 – Highly Uncomfortable

6 – Distressing 7 – Increasingly Distressing 8 – Intense 9 – Extremely Intense 10 – Unbearable

- a. How frequently does this craving occur?

1X / 2X / 3X / 4X / 5X / 6X per Day

1 / 2 / 3 / 4 / 5 / 6 / 7 Days per Week

- b. Last time it occurred: _____

3. What do you think is the underlying cause of the above problems?

4. When did this problem start? _____

5. What have you done so far to solve this problem?

Diet Exercise Counseling Psychotherapy Meditation Medical Doctor Other, List Below

6. List any **unpleasant** or **limiting thoughts** associated with these cravings?

7. List any **activities**, **people** or **things** you **avoid** due to these symptoms?

8. Circle **others areas affected** by these symptoms? Career Business Education

Family Financial Health Home Recreation Spiritual Ethics

Weight Self-Image Confidence Self-Control Motivation

9. **Positive, yet unfulfilled thoughts** or **actions** include: _____

10. Vitamins, Herbs, Homeopathics or Medications:

11. Please list any other relevant information. _____

LIST OF MOST COMMON CRAVINGS or TENDENCIES

Please Circle or Highlight All that Apply

Alcohol	Electronics	Over eating	Sweeteners Artificial
Anger - Worry	Excitement	Over working	Torture (Power)
Aspirin	Exercise	Over anything	TV
Aerosol sniffing	Endorphins	Occult	Therapy
Action (risky)	Fantasizing	Prayer (w/o action)	Thinners
Adrenalin	Food	Pleasure	THC
Amphetamines	Fetishes	Phobias	Thrills
Anti-Depressants	Fame	Prescription Drugs	Tobacco (Nicotine)
Applause	Familiarity	Pornography	Tramadol
Approval	French Fries	People Pleasing	Tranquilizers
Art	Gambling	Perfectionism	Travel
Arson	Gossip	Power	Trichotillomania
Asthma	Grudge-holding	Procrastination	Ultram
Attention	Health	Pain Killers	Underachieving
Authority	Health Food	Predator	Valium
Auto Racing	Heroin/Opium	Pleasure in Excess	Vandalism
Bagels	Husbands (Relationships)	Religion	Vanity
Beer	Isolation	Right (Need to be)	Vicodin
Bulimia	Imagination	Racetrack betting	Video
Barbiturates	Internet	Risky Behavior	Video Games
Betting	Joking	Rebellion	Voodoo
Body Building	Job	(Being) Right	Vomiting
Colas	Junk Collecting	Safety	Voyeurism
Carbs	Kinky Sex	Sedatives	Victim
Candy	Kleptomania	Sex	Vitamins
Caring til it hurts	Lust	Sadism	Wealth
Chocolate	Laziness	Satanism	Weed
Caffeine	Love	Smoking	Weightlifting
Cell Phone	Lacquer Thinners	Shopping	Wine
Cleanliness	Liquor	Serotonin	Winning
Co-dependency	Lying	SELF	Women
Control	Masturbation	Self-Help Books/ Programs	Work
Cocaine	Masochism	Self-Mutilation	Wheat flour
Coffee	Material Things	Spotlight (Fame)	X-box
Coin Collecting	Meetings	Sniffing Solvents	XXX Movies/Magazines
Crime	Men	Sleeping	Young (Teenage) Sex
Crunchy food	Marriage	Shock Treatment	
Drugs OTC/Script	Muscle Relaxants	Spirituality	
Drunk Driving	Marijuana	Speed	
Diuretics	MSG	Spending	
Doughnuts	Nicotine	Steroids	
Dominator	Narcotics	Status quo	
Drama	OCD	Success	
Ego	Overachieving		

Don Strasburger, DC

Policies and Procedures

Dear Client,

Listed below are some of our policies and fee information.

Thank you for choosing NET. Most clients start experiencing excellent results on the first visit. It is common for clients to notice their cravings decrease on the first visit, sometimes all the way down to nothing. Also, clients also report, a food previously craved, does not have as strong a taste as it once did post-treatment. Most "food types" of cravings take 1 and occasionally 2 visits to resolve. Multiple cravings may require additional sessions.

Clients may become aware of other stressors which are affecting their life. Additional sessions can be scheduled for another day/time. The doctor may record the session for quality assurance.

In Office Rates (Fees due at time of visit).

\$ 75.00 per 1/3 hour

\$112.50 per 1/2 hour

DISCLAIMERS

I understand that Dr. Strasburger's attempts to coordinate my body and nervous system are **NOT** the practice of psychology and psychiatry. If any other medical specialist or specialized form of consulting is indicated, it is understood that a proper referral will be made. We do not guarantee results. Insurance coverage does not apply to these sessions as is true of most elective procedures.

I have read and agree with the above and acknowledge doing so by my signature.

Client's signature _____ Date: _____

Print name _____

If applicable

Parent/

Guardian _____ Date: _____

Print name _____

