

DE NOVA CONSULTING TRAUMA RELEASE EXERCISE

POST TRE SESSIONS QUESTIONNAIRE

Changes I am aware of Post TRE sessions

Name	
Date	
Telephone	
E-mail	

Please answer YES or NO to the following questions

Since doing TRE exercises, I am aware of the following changes:

Feeling physically better		
1	Deep relaxation	
2	Calmness	
3	Peaceful	
4	Feel less stressed	
5	Worry less	
6	Less nervous	
7	Less fearful and more safe	
8	Less startled	
9	Anxiety decreased or gone away	
10	Sleeping better	
11	Having more dreams and remembering them	
12	Less nightmares	
13	Energy levels improved	
14	Feeling lighter in myself	
Emotional state		
15	Less reactive, less charged, more reasonable	
16	Not as affected by negative energy around me	
17	More open and receptive	
18	More present in the moment	
19	More in my body than in my head	
20	More decisive and focused	
21	Concentration has improved	
22	Self accepting of who I am and where I am - acceptance	
23	Connecting to my heart more often	
24	Thinking differently	

25	More flexible	
26	More hopeful	
27	Feeling less empty/numb/detached	
28	My grief is subsiding	
29	Greater sense of feeling I am truly alive and awake	
30	Less irritable	
31	Less moody	
32	Less angry	
33	Less depressed	
34	I feel less guilt and self blame	
35	Inner well being - feeling happier	
36	Feeling more loving toward husband/family/friends etc. and myself	
37	More authentic - more of who I really am	
38	I laugh more	
39	More courage and confident that I can do ...	
40	Become more playful	
Behaviour habit patterns		
41	I am aware that I am no longer/less frequently, saying, doing, reacting to ...	
42	My view of life is changing	
43	Less road rage	
44	Less ego driven	
Health improved		
45	Headaches/migraines less severe, less frequent or stopped	
46	Bowel function improved	
47	Irritable Bowel Syndrome improved	
48	Improvements in weak bladder - get up less at night	
49	Lower backache improved	
50	Shoulder ache improved	
51	Neck ache improved	
52	Muscle pain improved	
53	Joint pains improved - knees, hips, hands, fingers	
54	Menstrual pain decreased	
55	Sciatic pain decreased/gone	
56	Less cramps	
57	Numbness in hands/legs/toes, etc. improved	
58	Less menopausal hot flashes	
59	My addiction to has decreased/stopped	