



LEVEL ONE QUESTIONNAIRE

Name: _____ Date _____ Phone _____

Address: _____

Date of previous evaluation: _____

Answer all questions in reference to when you first began care in this office, or to your last full progress evaluation, if applicable.

1) I am (**more less same**) aware of my spine. This awareness is especially noticeable (**at work, at rest, standing, sitting, walking, moving**).

2) This awareness (**is, is not**) a result of greater discomfort or pain.

(If the answer to #2 is yes) I am (**aware, not aware**) of what positions or movements of the spine bring about this awareness.

They are: _____.

4) I am (**aware, not aware**) of spinal tension and restricted movement independent of pain during my day.

5) I am (**aware, not aware**) of an increase in pleasant sensations in my spine. These are:

_____.

6) I am (**aware, not aware**) of changes in the way I carry my body.

They are: _____.

7) I am (**more, same, less**) aware of my breathing when I am entrained.

8) I am (**more, same, less**) aware of my breathing in between entraining sessions.

9) In general, my breathing is (**deeper, same, more shallow**) and (**easier, same, more difficult**).

10) In general, movement is (**easier, same, more difficult**).

11) In general, I (**feel, do not feel**) greater ease standing straighter.

12) In general, I (**feel, do not feel**) my spine or areas of my spine to be more at peace.

13) I am (**more aware, same, less aware**) of where I hold tension in my body or spine.

14) I am (**more aware, same, less aware**) of when my body holds tension.

15) I am (**more aware, same, less aware**) of what releases tension from my body.

16) My body is becoming (**more effective, same, less effective**) at releasing its tension.

17) I (**have, have not**) experienced spontaneous movements of a part of my spine when another region was entrained.

18) I (**have, have not**) experienced my body trying to unwind its tension while being entrained.

19) I (**have, have not**) experienced a deeper awareness of knowing exactly what my body wants me to do. This has come in the area of: (**rest, exercise, sleep,**

movement).

20) I **(have, have not)** been more able to listen to my body's needs.

21) I have experienced the following additional marked **mental, emotional, chemical, and physical stresses** during this period, in addition to those I listed on the last questionnaire I filled out:

22) I have had the following major **relationship, job, residence or other life changes** during this period:

23) I **(have, have not)** changed my dietary habits.

Explain:

25) I **(have, have not)** participated in classes or programs to enhance my healing capacity.

Explain:

26) Use this space to write about anything else that you would like to discuss with your NS Practitioner about your spinal progress at this point in care:
