

Name: _____ Date: _____

Sometimes in life bad things happen to us and we react emotionally. If they are severe enough, these emotional events get “locked into” our body and, given time, become harmful. We call them “Neuro Emotional Components.” NET® is specifically designed to identify and resolve these emotional blocks keeping you from complete wellness.

You are holding in your hands a worksheet to identify **Significant Emotional Events** in your life. If you feel comfortable sharing some of these, in confidence, with Dr. Hoover please check any items that have significance to you. Do your best to pinpoint the year(s) or age(s) these events took place. Use the back side of this form for additional space or for comments.

Get the most benefit out of your NET® sessions with Dr. Hoover: review this list carefully and note anything else they may bring to mind, even if you think they’re not particularly significant right now.

- | | |
|--|--|
| <input type="checkbox"/> Mother’s environmental history at conception and pregnancy. | <input type="checkbox"/> Moving Long or short distances, changing schools (list if possible) |
| <input type="checkbox"/> Birth history | <input type="checkbox"/> Parental conflict: separation/divorce |
| <input type="checkbox"/> Birth of siblings | <input type="checkbox"/> Graduation: high school & college |
| <input type="checkbox"/> Toilet training | <input type="checkbox"/> Abortions, miscarriages |
| <input type="checkbox"/> Babysitters | <input type="checkbox"/> Any betrayal |
| <input type="checkbox"/> Perceived abandonment | <input type="checkbox"/> First indifference to life |
| <input type="checkbox"/> First year of school (list age enrolled) | <input type="checkbox"/> Attending college |
| <input type="checkbox"/> Significant teachers | <input type="checkbox"/> Financial disruptions |
| <input type="checkbox"/> Junior high transition | <input type="checkbox"/> Any romantic failure |
| <input type="checkbox"/> Peer relationships in junior high | <input type="checkbox"/> Any job failure |
| <input type="checkbox"/> Onset of puberty (list age) | <input type="checkbox"/> Criminal or civil lawsuit threat |
| <input type="checkbox"/> Onset of sexual relationships | <input type="checkbox"/> Illness, accidents, or operations (list) |
| <input type="checkbox"/> Fights | <input type="checkbox"/> Learning of a morbid diagnosis |
| <input type="checkbox"/> Romances | <input type="checkbox"/> Death or illness of a loved one (list) |
| <input type="checkbox"/> High school | <input type="checkbox"/> Death or illness of a pet (list) |
| <input type="checkbox"/> Peer acceptance in high school | <input type="checkbox"/> Any suicide contemplation or attempt |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Family of Origin & Childhood Years*

Male	
Name	Significance/Age Difference
<u>Tom</u>	Father-Died age 34 plane crash
John	Adopted Father - 26 years older
Jerry	Identical Twin-15 Min. younger
Hank	Paternal Uncle 13 yrs. Older
<u>Gilbert</u>	Maternal Uncle died at age 47
<u>Patrick</u>	Paternal Grandfather died at 76
<u>Josh</u>	Maternal Grandfather died at 78
Steven James	Babysitter when I was 7-9
Jack Mayer	Childhood friend grades 1-12
Coach Johnson	Football Coach-really great mentor
Mr. Nixon	Geometry Teacher-didn't like me
Mike Anderson	Neighbor when in Jr. High
Mark Anderson	Neighbor when in Jr. High
Rev. Sanford	Minster who baptized me at age 14
<u>Grover</u>	Dog died at age 17 when I was 19

Female	
Name	Significance/Age Difference
<u>Mary</u>	Mother-Died at age 32 plane crash
Beth	Adopted Mother - 23 years older
Cindy	Sister - 9 years older
Shirley	Maternal Aunt
Betty	Maternal Aunt-messy divorce from Gilbert
<u>Barbara</u>	Maternal Grandmother died at 90
<u>Mary Jane</u>	Paternal Grandmother died at 65
Tammy	Childhood sweetheart Grades 8-12
<u>Ms. Landers</u>	Grade School Nurse died in cafeteria Grade 4
Mrs. Durst	2 nd Grade Teacher-unfairly treated by some of her students
Mrs. Erdman	1 st Grade Teacher-my favorite teacher
Mary Patton	Mom's friend from High School-30 yrs. older
<u>Odie</u>	Dog hit by car when I was 7
<u>Tweety Bird</u>	Canary when I was in kindergarten

* Please underline the names of any deceased people or pets significant to you.