

# EMOTIONALLY HEALTHY WOMEN

## Participant Information Sheet

NAME \_\_\_\_\_ Date: \_\_\_\_\_

SPOUSE \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

KIDS - NAMES & AGES \_\_\_\_\_

Do you use Facebook?    Yes    No                      Twitter?    Yes    No

How did you hear about this group?

What motivated you to sign up for this group?

What does it mean to you to be emotionally healthy?

How important is it to you to be emotionally healthy?

Very              Somewhat              Neutral              Not Very              Insignificant

How would your life be different if you were more emotionally healthy?

Tell me about yourself.

Describe the ideal YOU.

With what parts of your life are you most happy and fulfilled right now?

With what parts of your life are you the least happy and fulfilled right now?

What are the 5 most common thoughts (general or specific) that run through your mind daily?

- 1.
- 2.
- 3.
- 4.
- 5.

What role does God play in your life?

What is your goal for this group/what do you hope to gain from this group?

As group leader, what else would you like for me to know? How can I pray for you?