

THE BURRIS LIFE COACH  
**CLIENT TRIALS - ADULTS**

<b>Certified Burris Life Coach -</b>	Dr. Janis Smith	<b>Start Date -</b>	February 23, 2009
<b>Administrator -</b>	Cassie Hendon	<b>End Date -</b>	
<b>Statistical Analysis -</b>	Cassie Hendon	<b>Follow-Up Date -</b>	March 9, 2009

<b>Females -</b>	9	<b>Average Age -</b>	44	<b>Sessions -</b>	3
<b>Males -</b>	0	<b>Average Age -</b>		<b>Number of Days -</b>	3
				<b>Total Time -</b>	7 hours

<b>Emotional Checklist</b>	Number of Clients	Percent Improvement
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1) Do you find yourself worrying about family, friends, self, future Etc?	9	50%
2) Do you get self-critical and blame yourself for everything?	9	50%
3) Have you been feeling resentful or angry?	9	40%
4) Have you been feeling sad or down in the dumps?	9	50%
5) Do you feel inadequate or inferior to others?	9	50%
6) Does your future look hopeless?	9	60%
7) Do you feel worthless or think of yourself as a failure?	9	40%
8) Have you lost your interest in your career, hobby, family or friends?	9	50%
9) Do you feel overwhelmed and have to push yourself hard to do things?	9	33%
10) Do you think you look old or unattractive?	9	43%
11) Have you lost your appetite?	9	-50%
12) Do you overeat or binge compulsively?	9	57%
13) Do you find it hard to get a good night sleep?	9	40%
14) Are you excessively tired and sleeping too much?	9	50%
15) Have you lost interest in sex?	9	25%
16) Do you have trouble making up your mind?	9	33%
17) Do you have thoughts that life is not worth living?	9	50%
18) Do you have feelings of hatred toward anyone, anything or yourself?	9	75%
<b>Total</b>	<b>9</b>	<b>41%</b>

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<b>Behavior Control Checklist</b>	Number of Clients	Percent Improvement
1) How would you rate your understanding of how the subconscious works?	9	57%
2) How would you rate your ability to unlearn subconscious programming?	9	50%
3) How do you rate your ability to regulate your emotional state?	9	33%
4) How much control do you feel you have over your subconscious?	9	67%
5) How would you rate your confidence in achieving your goals?	9	50%
6) How would you rate your ability to communicate effectively with yourself and other people?	9	0%
7) How would you rate the control you have over your eating habits?	9	40%
8) How would you rate your ability of self-motivation?	9	40%
9) How confident do you feel in making a permanent change in your food and fitness program?	9	33%
<b>Total</b>	<b>9</b>	<b>41%</b>

<b>Relationship Satisfaction Scale</b>	Number of Clients	Percent Improvement
1) Communication and openness with your partner?	9	14%
2) Resolving conflicts and arguments?	9	14%
3) Degree of affection and caring?	9	14%
4) Intimacy and closeness?	9	17%
5) Satisfaction with your role in the relationship?	9	14%
6) Satisfaction with your partner's role in the relationship?	9	0%
7) Overall satisfaction with your relationship?	9	0%
<b>Total</b>	<b>9</b>	<b>10%</b>

**\* Unanswered questions were not included in statistical analysis**