

Now Your Life

Breaking Free from Narcissistic Relationships

New Coaching Client Forms Packet

WELCOME and CONGRATULATIONS on giving yourself permission to break free and move forward from narcissistic relationships. Before scheduling our first session, it's beneficial to review and complete this confidential form packet (the best you can) and e-mail back it to me.

Enclosures (to be reviewed in full, signed, and returned via e-mail)

- New Coaching Client Agreements
- Client Intake
- Statement of Intent
- Final Signature of Recognition and Consent

New Coaching Client Agreement

Having complete empathy, every new client longing to move forward from toxic or narcissistic relationships, is celebrated because you are likely ready to discover authenticity for yourself, leading to something better in your life. Our complimentary session established that you are ready to take this step, demonstrating a mutual wish to work with one another.

With any relationship, both parties must bring complete clarity and understanding to one another to create a safe space connection.

Basic Shared Agreements

- When entering this specific professional client/coach relationship agreement, it's essential to acknowledge that a life coach's job isn't working on past emotional wounds that may or may not have attracted a toxic or narcissistic personality into your life. That is the job of a professional psychotherapist or counselor for mental health care. The life coach's role focuses on where you are now and moving forward to bring clarity and awareness to your personal goals and self. I bring complete empathy and honor to you without any judgments and believe all your answers exist within yourself. Together, we will work on getting to those answers while focusing on your authentic you.
- Session purchases and packages are to be paid in full **within 24 hours before your first scheduled session**. Each scheduled session is one hour and takes place by Skype, Zoom, or phone. Skype and Zoom can be done with or without live video—whichever you prefer most. Any long-distance phone charges are the client's full financial responsibility, not the coach. All purchased sessions and packages are non-refundable. Payments are accepted via check, credit card, or pay-pal.
- For those purchasing coaching packages, it is recommended to oblige to three sessions for the first month (developing commitment), and two sessions bi-weekly for the remainder. This recommendation will form a consistency for the coaching process and establish where you are in the now. Sessions may also be spaced out and scheduled however you desire. You decide what works best for you.
- Our scheduled time is valuable, demonstrating a secure client/coach relationship with a mutual agreement of showing up to all scheduled sessions on time with no distractions. A coaching session in a public venue with background noise does not symbolize a comfortable, productive environment.

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Basic Shared Agreements (continued)

- Any rescheduling requires a **48-hour minimum notice**. I understand emergencies sometimes arise. Therefore, only one missed session with notification will be granted a free pass. If any further cancellation/rescheduling occurs outside of the 48-hour policy, your session will have to be forfeited. If this happens **more than two times** (after the granted free pass), a \$25.00 cancellation fee will occur. This fee is part of your motivational self-value, keeping you on a consistent path towards enlightenment. Cancellations or rescheduling requests can be made via e-mail, text, or phone only.
- For mutual respect, any session missed without any notice or warning will automatically be forfeited. This is **not included as a granted free pass** and will automatically result in a \$25.00 fee for the client to continue their program. If this happens twice, we will review whether or not coaching is suitable for you at this time.
- All clients **currently working with a package program** may have “relapse moments” outside our scheduled sessions (i.e., checking on your narcissist when you should have “no contact” or, if necessary, “minimal contact”). Non-lengthy but not too minimal e-mails are welcomed outside our scheduled sessions. You will receive an appropriate feedback response ASAP. Depending on availability, you can schedule an uncharged 10-minute chat via Skype without video or instant message.
- Everything covered in our client/coach relationship is to remain strictly confidential unless the client shows an indication of harming others or themselves. If a client is currently attending counseling from a professional psychotherapist, please continue that process along with coaching. I welcome all clients to be open and honest with their coaching process and communicate what is working best for them. Our time together is all about uplifting you back to your true authentic self and opening up to greater possibilities for yourself, because it’s now your life!

I have carefully read each shared agreement with complete understanding and will honor them during our coaching relationship.

Client (Print/Sign)

Date

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Client Information & Intake

To understand where you are in your situation, I welcome you to complete the following information the best you can. It's an honor to learn more about you!

Name:	
Street Address:	
City/State/Zip:	
Country:	

Preferred E-mail:	
Preferred Phone:	
Alternate Contacts: (i.e. E-mail, Fax, Skype, Google Chat, etc.)	

Occupation:	
Name of Employer:	
Single or Married:	
Children: (how many, ages, etc.)	
Referral Source: (if any)	

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Answer the following questions and allow yourself to share any additional information.

Are you currently in a romantic relationship or separated from someone who may be a narcissist?	
Are you currently dealing with a possible narcissistic family member?	
Are you currently dealing with a possible narcissistic friend?	
Are you currently in contact with the individual that may be a narcissist? If so, how?	
What is the most important thing I should know about you today regarding your situation right now?	
Are you currently involved with any narcissistic abuse forums (either online or in-person)? If so, which ones?	
Are you currently attending a form of counseling with a psychotherapist or any other medical professional?	

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Are you currently following a method of religion or spiritual practice?	
Are you currently involved in an exercise program?	
Are you currently getting enough sleep?	
What is your biggest dream in life?	
What is the greatest thing you would like to gain from this coaching experience?	

The following pages list some natural emotions you may feel today. Take a moment and rate yourself with **10 being ABSOLUTELY** and **1 being BARELY or NOT AT ALL**

Confused

1	2	3	4	5	6	7	8	9	10
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Heart-Broken

1	2	3	4	5	6	7	8	9	10
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Worthless

1	2	3	4	5	6	7	8	9	10
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Pain

1	2	3	4	5	6	7	8	9	10
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Depressed

1	2	3	4	5	6	7	8	9	10
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Grief

1	2	3	4	5	6	7	8	9	10
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Anxious

1	2	3	4	5	6	7	8	9	10
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Exhausted

1	2	3	4	5	6	7	8	9	10
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Unfocused

1	2	3	4	5	6	7	8	9	10
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Shocked/Flabbergasted/Surprised

1	2	3	4	5	6	7	8	9	10
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Weak

1	2	3	4	5	6	7	8	9	10
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Shame

1	2	3	4	5	6	7	8	9	10
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Embarrassed

1	2	3	4	5	6	7	8	9	10
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Obsessed

1	2	3	4	5	6	7	8	9	10
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Reckless

1	2	3	4	5	6	7	8	9	10
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Restless

1	2	3	4	5	6	7	8	9	10
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Angry

1	2	3	4	5	6	7	8	9	10
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Vengeful

1	2	3	4	5	6	7	8	9	10
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Relieved

1	2	3	4	5	6	7	8	9	10
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Acceptance & Hope

1	2	3	4	5	6	7	8	9	10
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Take a moment and congratulate yourself on completing this revealing process. Feel free to share anything you may have learned about yourself and any additional information below.

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Statement of Intent

All coaching practices with Eric Casaccio are meant to thrive, challenge, uplift, and focus on where you are today and move you forward. During this journey, healing may certainly occur, symbolizing psychological support. However, it is imperative to reiterate that coaching is not psychotherapy. If you are feeling severe symptoms of stress, anxiety, depression, inability to function, or thoughts of suicide, please seek the guidance of a professional psychotherapist. The life coaching process may enhance your situation with your therapy. Still, the work of a coach is not to work on your past emotional wounds. Instead, we focus on bringing clarity and awareness to your authentic road of personal empowerment. It's all about your authentic you at Now Your Life. With complete understanding, please read the following statements and should you agree to each statement and desire to proceed, sign below:

- I am healthy and responsible enough to engage in life coaching services received with Eric Casaccio at Now Your Life.
- I understand and accept that all life coaching services at Now Your Life are not a substitute for any counseling, psychotherapy, mental health, or any other medical assistance.
- I accept my coach is not a psychotherapist, counselor, psychologist, or medical care provider to offer mental health care. If I believe I have a psychological or medical condition, I advise myself to seek qualified professional care from a licensed psychotherapist, counselor, or appropriate medical care provider to maintain myself as a healthy, responsible person able to engage in coaching.
- I understand that Now Your Life will maintain strict confidentiality with the information shared in coaching.
- I understand my confidential information can be shared with my written consent or if a court judge demands it. I also know if I exhibit signs of harming, abusing, or killing others or harming myself, my coach is obligated by law to break our confidentiality agreement without my permission.
- I understand that my full and honest participation in life coaching is required and that I am fully responsible for showing up to my scheduled sessions on time.
- I understand and accept that life coaching is a process of personal empowerment.
- I understand and accept that any results or outcomes cannot be guaranteed.

I have carefully read the statement of intent above with complete understanding and agree with all points contained therein:

Client Signature

Date

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Final Signature of Recognition and Consent

I, _____, have fully read this new client forms and understand all of its contents and commit myself to _____ sessions for the rate of _____.

Client Signature and Date

Coach Signature and Date

I look forward to working with you so you can break free!

It's NOW all about YOUR AUTHENTIC YOU!

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Additional Notes, etc.