

(Figure 1)

## INNER SOUND INTERVIEW SHEET

Page 1

DATE:

HOUR:

I. **Client's name:**

Address:

Telephone number: Home:

Office:

email:

Date of birth:

II. **What do they want help with? Why have they come to you?**

III. **Personal history:**

Married/Single (Circle one)

Children y/n (ages)

Educational background

Job status

Other

IV. **Stress indicators**

Event(s) in last month

Event(s) in last 2 to 6 months

Event(s) in last 2 years

V. **Which Mode?**

1 2 3 4 5

Questions (circle appropriate number or word):

1. Do you feel that you want a lot of things you  
do not get? Yes

2

No (not a specific indicator)

2. Do you feel like you often know better than those around you?

Yes

3

No (not a specific indicator)

3. Do you enjoy flirting? Yes

5

No (not a specific indicator)

4. Are you very concerned about the way others

See you?

Yes

5

No

1

Figure 1a

5. Do you tend to be more
  - focussed and easily follow through  
with a course of action? 4
  - changeable and jump around from  
one thing to another? 1
6. Do you spend much time
  - off in a fantasy world? 1
  - in the real world? 4
7. Do you feel like you usually don't get enough?
  - Yes 2
  - No (not a specific indicator)
8. Do you do things you do not enjoy so people
  - will like you? Yes 5
  - No (not a specific indicator)
9. Do you normally know what you want from other people?
  - Yes 2
  - No (not a specific indicator)
10. Would you characterize yourself as more
  - Dependent? 2
  - Independent? 3
11. How do you feel about change? Do you
  - welcome it? 2
  - adapt into it? 1
  - have difficulty with it? 4
12. Do you smoke, drink alcohol, use drugs, sugar,  
chocolate, etc.?
  - Yes
  - No
13. Why do you do it? Because...
  - it allows you some kind of  
mental relief or escape? 1
  - you feel it gives you something  
that you lack or it makes you feel better? 2
  - to help push your limits, to get  
over depression from failure? 3
  - you feel overwhelmed by life  
and it gives you some physical relief? 4
  - of social pressure, you want  
to be more accepted in a group or  
with your partners? 5
14. What do you do with your free time?

Figure 1b

15. Why do you do it? Because...
- it allows you some kind of mental relief or escape? 1
  - you feel it gives you something that you lack or it makes you feel better? 2
  - to help push your limits, to get over depression from failure? 3
  - you feel overwhelmed by life and it gives you some physical relief? 4
  - of social pressure, you want to be more accepted in a group or with your partners? 5
16. Would you characterize yourself as a high achiever?
- Yes 3
  - No (not a specific indicator)
17. Do you feel like when you get something that it's not exactly what you wanted?
- Yes 2
  - No (not a specific indicator)
18. Do you see yourself as a good leader?
- Yes 3
  - No (not a specific indicator)
19. Is it normally easy for you to go forward and try new things that you feel were not your idea? (Adopt the ideas of others)
- Yes 1
  - No 3
20. Do you tend to be
- self-motivated? 3
  - or more apt to need instructions from someone else? 4
21. Do you have a tendency to feel burdened?
- Yes 4
  - No (not a specific indicator)
22. It is easy for you to put limits?
- Yes (not a specific indicator)
  - No 4
23. Is it difficult for you to say no?
- Yes 2
  - No (not a specific indicator)
24. Is it important to you to be accepted by others in social situations?
- Yes 5
  - No 1

Figure 1c

25.	When you are the center of attention do you feel comfortable? (2 indicators) or uncomfortable?	1	3	4	5
26.	Does that situation bring you out more? cause you to retreat?	1			5
27.	Do you dress to be comfortable (not a specific indicator) to be attractive to others				5
Totals:		__ 1	__ 2	__ 3	__ 4 __ 5

## Observable features for the modes:

Match the closest shape(s) to your client's body.

Eye tension,  
Neck, arms,  
fingers and legs-  
long



Mode 1 Front

Torso- Short  
Body parts-  
disjointed and  
disproportionate



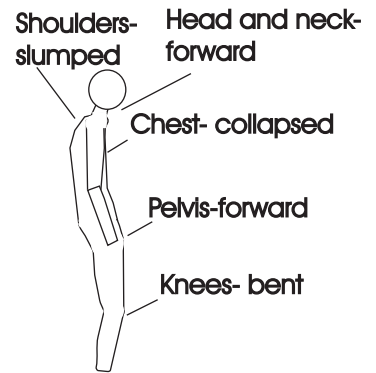
Mode 1 Front

Body- thin  
and  
straight



Mode 2 Thin Front

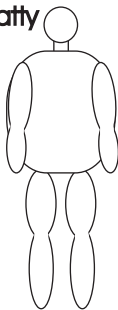
Shoulders-  
forward  
Legs-  
bowed



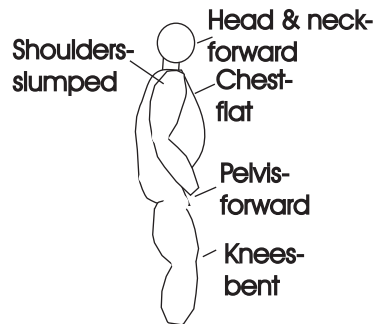
Mode 2 Thin Side

Shoulders-  
slumped  
Head and neck-  
forward  
Chest- collapsed  
Pelvis-forward  
Knees- bent

Body- rounded  
and fatty

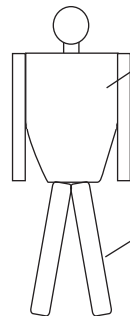


Mode 2 Round Front



Mode 2 Round Side

Shoulders-  
slumped  
Head & neck-  
forward  
Chest- flat  
Pelvis-  
forward  
Knees-  
bent



Mode 3 Male Front

Chest-  
barrel  
shaped  
Legs-  
splayed



Mode 3 Male Side

Chest-  
forward  
Neck- back  
Arms &  
shoulders-back  
Sway back

Body- pear-  
shaped



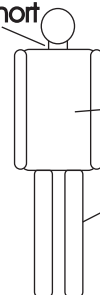
Mode 3 Female Front

Hips and  
thighs- large



Mode 3 Female Side

Neck- short  
& thick



Mode 4 Front

Torso- straight,  
thick  
with no waist  
Legs- thick &  
stocky



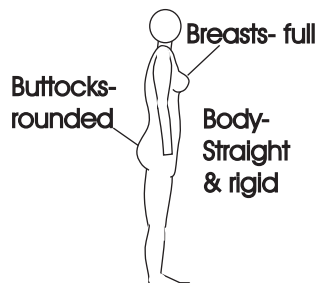
Mode 4 Side

Back-  
hunched  
Head & neck-  
forward & down

Body- Hourglass  
shape, full  
breasts and  
hips, small  
waist

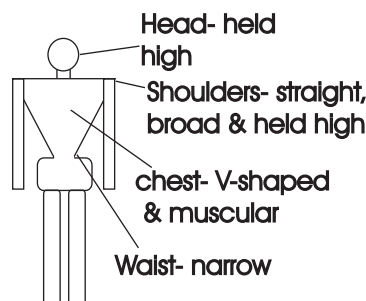


Mode 5  
Female Front

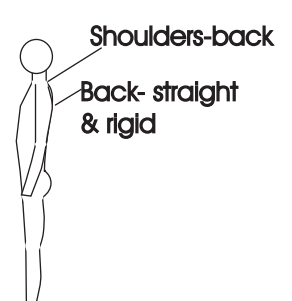


Mode 5  
Female Side

Breasts- full  
Buttocks-  
rounded  
Body-  
Straight  
& rigid



Mode 5  
Male Front



Mode 5  
Male Side

Head- held  
high  
Shoulders- straight,  
broad & held high  
Chest- V-shaped  
& muscular  
Waist- narrow

Shoulders-back  
Back- straight  
& rigid

Figure 1e

### **VI. Gestures:**

Put a check by the gesture(s), if any, you observe during the interview.

#### ***Receptive gestures:***

Hands coming forward

Leaning forward in the chair maintaining eye contact

Winking

#### ***Non-receptive gestures:***

Hands on Hips

Arms folded across the chest

Raising of hands, even slightly, with elbow bent and hand forward

Raising one eyebrow while one remains stationary

Forehead furrowed, eyebrows raised simultaneously and drawn together

Fingertips strumming on a convenient surface

Foot lock, locking one foot behind the other leg

Foot jiggle, seated person jiggles foot up and down rapidly in the air

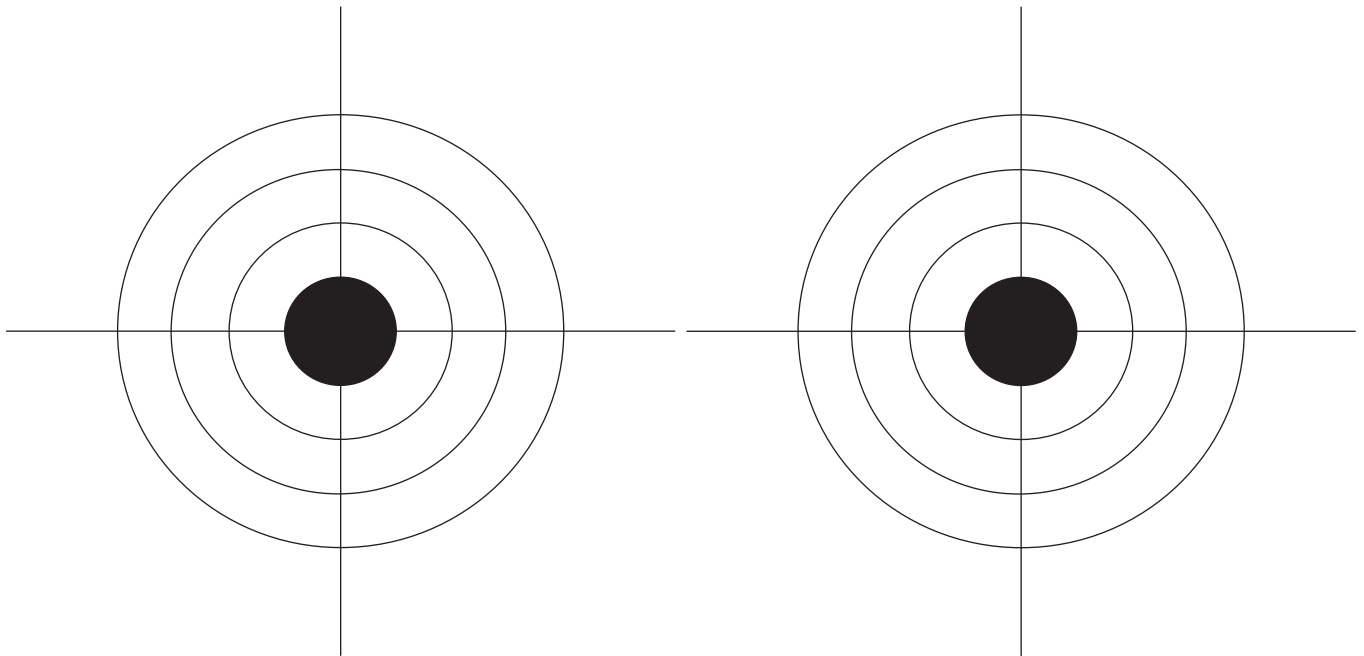
Pulling at wedding ring

Idly playing with things, pulling on ears or nose

#### ***Other:***

### VII. Iris interpretation:

Look in each eye in the 4 quadrants shown in the drawings for the following structures. Using the appropriate colored pencil indicate the position of each structure.



#### Eye structures: (Use a black pencil)

- Uniform fiber structure with subtle variations or streaks of color
- Distinctly curved or rounded openings
- Dot-like pigments

#### Rings:

Expression Ring: (Use a brown pencil)

- farther out
- farther in
- collection of darker pigmentation

Small yellow, gold or white blotches that may form

a non-continuous ring around the iris (Use a yellow pencil)

Blue ring seen at the outer extremity of the iris (Use a blue pencil)

Defined white ring normally around the outside of the eye (Use a green pencil)

Concentric ridges that encircle the iris (Use an orange pencil)

### VIII. What is their relationship to music?

Strong Expectation      Other