

CLIENT TRIALS – AGES 7 - 17

Certified SR® Counselor -	Jeffrey T. Litchford, Ph.D.	Start Date -	8-12-09
Administrator -	Jeannie C. Litchford, RN	End Date -	8-19-09
Statistical Analysis –	Lisa D. Keith, BSW	Follow-Up Date -	

Females -	2	Average Age -	15	Sessions -	2
Males -	1	Average Age -	14	Number of Days -	2
				Total Time -	5 Hours

<h2>Emotional Checklist</h2>	Number of Clients	Percent Improvement
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1) I worry about my family, friends, self, future, Etc.	3	24
2) I am hard on myself (self-critical) and blame myself for everything.	3	83
3) I feel resentful or angry.	3	150
4) I feel sad or down in the dumps.	3	17
5) I feel inadequate (less important) or inferior to others.	3	29
6) My future looks hopeless, or my future doesn't look good.	3	0
7) I feel like I can't do anything right.	3	0
8) I have lost interest in school, my hobbies, family or friends.	3	83
9) I feel overwhelmed and have to push myself hard to do things.	3	0
10) I have lost my appetite, or lost my hunger for food.	3	0
11) I eat too much and eat too often.	3	50
12) I don't sleep through the night or I awake up in the middle of the night.	3	21
13) I am always tired and sleep too much.	3	57
14) I have trouble making up my mind.	3	75
15) I have thoughts that life is not worth living.	3	0
16) I feel hatred toward myself, others, or anything.	3	0
Total	3	63

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Behavior Control Checklist	Number of Clients	Percent Improvement
1) I understand how my mind works.	3	15
2) I know how to change my thoughts and thinking.	3	16
3) I can change my feelings or the way I feel.	3	16
4) I have control over my mind.	3	4
5) I know I can do or be anything I want if I work hard and stay focused.	3	3
6) People understand what I am trying to tell them and I understand myself.	3	15
7) I can control my eating habits.	3	4
8) I can get myself to do the things I need to do.	3	4
9) I can make complete changes in the way I eat and exercise.	3	4
Total	3	9

Relationship Satisfaction Scale	Number of Clients	Percent Improvement
1) My family understands what I am trying to tell them.	3	13
2) My teacher understands what I am trying to tell them.	3	25
3) I am good at resolving (fixing) conflicts, disagreements and arguments.	3	8
4) I understand what my family tells me.	3	0
5) I understand what my teacher tells me.	3	0
6) My friends understand what I try to tell them.	3	15
7) People understand what I am trying to tell them, I understand what people are trying to tell me.	3	24
Total	3	12

* **Unanswered questions are not included in statistical analysis**