

# *Let's Talk Pain*

Helping You To Discover Purpose In Suffering

The most common reason why people seek help from the medical profession is because they want to get rid of some type of pain. And one of the most common reasons why people come to Jesus is because they want to get rid of some type of pain.

Physical pain, emotional, and spiritual pain are all similar in many ways, in that each lets us know that something is not functioning in us according to God's design for our body, soul and spirit.

Pain is not God's way of punishing us for our mistakes or making us suffer because we deserve it. But pain is merely an indicator that:

- There is an issue in our lives that must be addressed.
- We are on the verge of coming into a new season in our lives.
- We are about to birth the purpose that the Lord has ordained for our lives.
- We are being made to suffer for Jesus' name sake.
- There are lessons that we must learn to equip us for where we are going.

Pain and adverse experiences both have a purposed driven cause that will always work for good in our lives. Experiences are simply character tests. Your character is the mental and moral qualities

that distinguish you, that make you, you. It is your nature, your personality, your disposition, your temperament, and your mentality all of which must be tested.

Your character is made up of these qualities:

1. How you act every day of the year.
2. How you handle people and situations.
3. How you process your thoughts.
4. How you come to the conclusions that you come to.

Through character development, you will not only be tested, but you will also go through a series of changes in your life so that you will have to learn how to function in unfavorable conditions and learn the lessons that these experiences have come to teach you.

You must learn how to handle yourself in every situation that comes up in your life without freaking out, without falling apart, without giving up every other day, without acting childish or doing anything contrary to a good moral character, and come to an understanding of the root problems in your life that have formed the negative behavior patterns that have caused you to be stuck in cycles.

In my Let's Talk Pain Program I will teach you how to identify the root cause of many of your issues and help you to pluck those things out of your life.

Will the process be easy? Absolutely not. But it will be necessary for growth, advancement and success in every area of your life.

Together, we will:

1. Help to identify your purpose with goals and objectives
2. Identify the obstacles/barriers to obtaining those goals
3. Deal with the root cause of those obstacles
4. Help you to know your worth
5. Challenge you to stretch yourself and expand your thinking

As your strategist I will:

1. Be as excited and committed to your goals as you are (but not more than you)
2. I will push you to discover who you really are

3. Hold you accountable to make sure you live up to what you have committed to do.
4. Provide support and structure to help you accomplish more.
5. Help you to focus on the what matters in order to produce results more quickly.
6. Always be honest and direct with you.
7. Maintain your confidentiality.

As my client I ask you to:

1. Be fully prepared to work on yourself.
2. Be honest with yourself and with me.
3. Be accountable with your assessments of your progress.
4. Be open to new thoughts and ideas.



## CLIENT DATA FORM:

Date & Time of Consultation Call: \_\_\_\_\_

Personal Info.:

Name: \_\_\_\_\_

Spouse/Partner's Name: \_\_\_\_\_

Children's Name(s) & Ages (birthdates?):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Client's Birthday: \_\_\_\_\_

Employment Info: Occupation: Employer/Name of Company:  
\_\_\_\_\_  
\_\_\_\_\_

Phone Numbers: \_\_\_\_\_

Time Zone PT, MT, CT, EST

(H) \_\_\_\_\_

(O) (Mobile) \_\_\_\_\_

Preferred Time to Call am, pm, evg, wkd, wknd \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Web Site Address \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Street: \_\_\_\_\_

Apt: \_\_\_\_\_

City: \_\_\_\_\_

Province/State: \_\_\_\_\_

Country: Postal / Zip Code: \_\_\_\_\_

Referral Source: \_\_\_\_\_



## Let's Talk Pain Personal Strategic Planning Program Agreement

*I am so happy that you have decided to take this next step in your life with me. This is an exciting moment for both of us in that I will have the honor of sharing my expertise with you and you will have the honor of watching your life expand in ways that you may not have considered. During this process I plan to be your greatest cheerleader and even your toughest critic if needed, however you will play the most important role in advancing your life in a way that is purposeful and fulfilling.*

Description of Strategic Planning Program: The program is defined as a Strategic partnership (defined as an alliance, not a legal partnership between the Strategist and the Client in a spiritual based process that inspires the client to maximize spiritual and personal potential by addressing the spiritual and emotional hindrances that are preventing the Client from progressing in their life's purpose and reaching their goals. The program is designed to facilitate and assist the development of spiritual and/or personal goals to develop and carry out a strategy/plan for achieving those goals.

### 1). Strategist-Client Relationship

A. Strategist agrees to maintain the ethics and standards of behavior established by the Word of God and The Let's Talk Pain Program.

B. Client is solely responsible for creating and implementing his/her own physical, spiritual, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the strategy relationship and his/her strategic calls and interactions with the Strategist. As such the Client agrees that the Strategist is not and will not be liable or responsible for any actions or inactions, or for any direct or indirect results of any services provided by the Strategist. Client understand that strategic planning is NOT therapy and does not substitute for therapy or any other professional medical or psychological services that may be needed. Client also understands that strategic planning does not prevent, cure, or treat any mental, spiritual, emotional or medical disorder or disease.

C. Client further he/she may terminate or discontinue the strategic planning relationship at any time, however, no refunds for pre-paid services will be given.

D. Client understands that strategic planning is a comprehensive process that may involve different areas his/her life, including work, church, finances, health, relationships, education and recreation. The Client agrees that deciding how to handle these issues, incorporate strategic principles into those areas and implementing choices is exclusively the Client's responsibility.

E. Client acknowledges that strategic planning does not involve the diagnosis or treatment of mental disorders as defined in the American Psychiatric Association and that strategic planning is not to be used as a substitute for counseling psychotherapy, psychoanalysis, mental health care, substance abuse treatment, or other professional advice by legal, medical or other qualified professionals and that it is the Client's exclusive responsibility to seek such independent professional guidance as needed. If Client is currently under the care of a medical professional, it is recommended that the client promptly inform the mental health care provider of the nature and extent of the strategic planning relationship agreed upon by the Client and the Strategist.

F. The Client understands that in order to enhance the strategic planning relationship, the client agrees to communicate honestly, be open to feedback and suggestions.

2) Services.

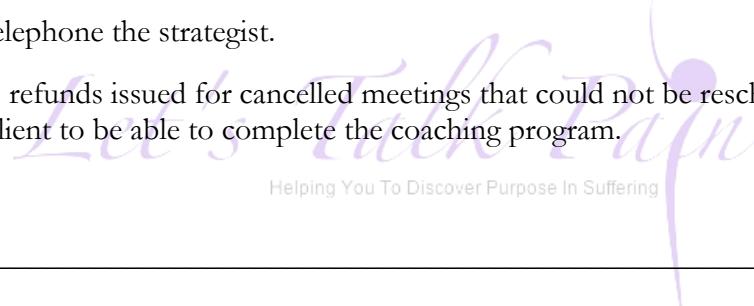
The parties agree to engage in a three (3) month strategic planning program through telephone and internet meetings. Strategist will be available to Client by e-mail in between scheduled meetings as defined by this agreement. Strategist may also be available for additional telephone time per Client's request on a prorated bases of \$20 per 15 minutes of call time. (payment must be made in advance).

This program is a three-month process with three sessions per month. The first session will be a 90-minute session with the remaining sessions being 30 minutes in length per session. The sessions will be held during the first three weeks in the month leaving the fourth week as a break for the client and a time to complete work outlined in the three sessions.

All sessions are held by telephone at an appointed time, on a regular basis agreed upon both by client and the strategist. Sessions cancelled less than 24 hours in advance may be forfeited. If you must cancel a session, we will make every attempt to reschedule a session for the same week but cannot guarantee a makeup time.

The client will telephone the strategist.

There will be no refunds issued for cancelled meetings that could not be reschedule or for failure on the part of the client to be able to complete the coaching program.



Your Name\_\_\_\_\_

Address\_\_\_\_\_

State\_\_\_\_\_ Zip Code\_\_\_\_\_

Email\_\_\_\_\_

Primary Phone\_\_\_\_\_

Cell Phone\_\_\_\_\_

**Fees: \$100 per month based on a three (3) month coaching commitment.**

Session(s): 2 per month for the 3 months.

First initial intake session will last nor more than 90 minutes. Each session after that will be a 30-minute phone session at a pre-arranged time.

Schedule: The session dates will be agreed upon monthly and booked in advance of the first

Session.

**Brief and Fee Structure:**

The agreement is that the initial term is 3 months. Additional coaching sessions will be booked on a "rolling" month if there is an agreement to continue.

1. 2 Sessions per month of 30 minute in length per session. 1 hour in length total.
2. All sessions will be conducted over the phone unless otherwise agreed upon.
3. Sessions will take place (where applicable) on the same day/time each week, within the first 3 weeks of each month.

**EASY PAYMENT STRUCTURE:**

Fees paid in advance through either:

- PayPal™ (a safe, secure payment system email invoice) – allows you to pay by credit card or bank account withdrawal
- Check – Personal Checks will be accepted. (Note: NSF Checks will be charged a \$60. penalty and sessions will not be renewed). Checks must be written out to Brtyca Publishing Company.

I have read the agreement and I confirm my understanding of this agreement and agree to the terms by signing below:

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Cheryl Jones-Ross, Strategist \_\_\_\_\_  
Date\_\_\_\_\_

Client\_\_\_\_\_ Date\_\_\_\_\_