

The Amen Clinic: FOUR CIRCLES EVALUATION

In the four circles below, check off the issues that might apply to you and contribute to your problems.

PHYSICAL

- Genetics –issues run in family
- Brain trauma/injuries
- Toxins –drugs, alcohol, smoking, excessive caffeine, environment
- Infections
- Physical Illnesses—diabetes, high blood pressure, thyroid problems, hepatitis, etc.
- Abnormal hormones
- Poor nutrition
- Lack of exercise
- Poor Sleep
- Medication
- Dehydration
- Allergies (food, mold, pet hair)

EMOTIONAL

- How we talk to ourselves
- Self-concept
- Body image
- Upbringing
- Developmental issues
- Past or present emotional trauma
- Past successes and failures
- Grief
- Generational histories and issues (i.e. immigrants, survivors of trauma, children/grandchildren of alcoholics)
- Hope
- Sense of worth
- Sense of power or control

- Quality of current environment
- Connection to family, friends & community
- Pets
- Stresses
- Relationships
- Health
- Finances
- Work/School
- Thrilling Behavior
- Current successes or failures
- Information

- Sense of meaning and purpose (Why does my life matter?)
- Connection to higher power (Who am I accountable to? What happens after I die?)
- Connection to past generations
- Connection to future generations
- Connection to the planet
- Morality
- Values

SOCIAL

SPIRITUAL

The Amen Clinic: FOUR CIRCLES Wellness Approach

In the four circles below are strategies to get well in a physical-emotional-social-spiritual way.

PHYSICAL

- Optimizing brain function
- Protecting brain from trauma
- Avoiding toxins (drugs, much alcohol, nicotine, much caffeine, food, or environmental allergens)
- Healthy sleep
- Treating any physical illness
- Treating any psychiatric illnesses
- Brain healthy diet
- Exercise, especially with coordination
- Eliminate unnecessary meds
- Neurofeedback, alpha stim
- Supplements or medications
- Hyperbaric oxygen
- Bright light therapy
- Meditation/hypnosis (both have biological effects)

EMOTIONAL

- Understanding your brain leads to forgiveness
- ANT Therapy (questioning and correcting your own thoughts)
- Gratitude
- Healing past emotional traumas (EMDR/Havening)
- Meditation/hypnosis (have psychological benefits)
- Offering hope
- Clearly written goals to stay on track
- Deep breathing
- Hand-warming
- Stress reduction

- Optimizing the environment
- Group support
- Keeping yourself safe
- Improving relationships and community connections
- Problem-solving techniques
- Work or school accommodations
- Hope for the future
- Opportunities
- Information/education
- Options
- Financial help

- Discovering a sense of meaning and purpose
 - Why does my life matter?
- Evaluating your connection to higher power
 - Who am I accountable to?
 - What happens after I die?
- Explore connection to past generations
- Explore connection to future generations and the planet
- Define your morality
- Clarify your values

SOCIAL

SPIRITUAL