

## Questions about Participation at GAY-TANTRA™ 'Holiday & Seminar'

Dear Participant, Dear Person interested in participation!

Your short answers will be treated confidentially and will help Armin to get to know you in advance and to put together your 7-day-group in the best possible way.

If there is not enough space for your answers, please use an extra sheet. Please send the completed questionnaire to [armin@gay-tantra.us](mailto:armin@gay-tantra.us) as soon as possible before/after your registration. Thank you!

### 1) Do you already have group experience?

- a) If yes: Which?
- b) If no: What has kept you away so far?

### 2) What are your expectations of GAY-TANTRA 'Holiday & Seminar'?

### 3) Are there any fears regarding your participation?

- a) if yes: Which ones?
- b) if no: Why not?

### 4) Does your body cause you minor or major discomfort?

- a) if yes, which ones?
- b) if no: Why not?

### 5) Have you ever been in psychiatric or psychological treatment?

(If yes: Which clinical picture, which kind of treatment, when and how long?)

6) Stressful situations can also occur when traveling or on vacation (delays; people you can't get along with; announcements you don't like; food you don't like, etc.).

**How do you respond to stressful situations?**

### 7) Can you let go control?

- a) If yes: Give examples in which circumstances you have grown by letting go control.
- b) if no: What prevents you from doing so? Would you like to learn it in principle?

### 8) Your name: