

THE BURRIS

# LIFE COACH LTD.

THE ONLY PROVEN PROCESS FOR  
SUBCONSCIOUS RESTRUCTURING™

## THE BURRIS LIFE COACH PATIENT TRIALS

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Patient Trials

Group 2 Assumptions

A) 3 sessions scheduled 2 days apart for a total of 5 days

B) 22 Patients

C) All 22 patients attended at least 2 sessions

19 Female, Average Age 45

2 Males, Average Age 46

### DEPRESSION CHECKLIST

# Patients % Improvement

1) Have you been feeling sad or down in the dumps?	20	53.3
2) Does the future look hopeless?	20	70.2
3) Do you feel worthless or think of yourself as a failure?	20	71.4
4) Do you feel inadequate or inferior to others?	20	66.2
5) Do you get self-critical and blame yourself for everything?	21	51.4
6) Do you have trouble making up your mind?	20	31.7
7) Have you been feeling resentful or angry?	20	51.0
8) Have you lost your interest in your career, hobby, family or friends?	15	56.0
9) Do you feel overwhelmed and have to push yourself hard to do things?	21	29.5
10) Do you think you look old or unattractive?	19	45.9
11) Have you lost your appetite or do you overeat or binge compulsively?	20	61.5
12) Do you suffer from insomnia or find it hard it hard to get a good night sleep? Or are you excessively tired and sleeping too much?	21	51.4
13) Have you lost interest in sex?	20	57.1
14) Do you find yourself worrying about family friends, self, future Etc?	22	46.0
15) Do you have thoughts that life is not worth living and you would be better off dead?	20	95.7
16) Do you ever have feelings of hatred toward anyone, anything or yourself?	16	52.6

**AVERAGE IMPROVEMENT**

**55.7%**

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BEHAVIOR CONTROL CHECKLIST

# Patients\*| Improvement %

1) How would you rate your understanding of how a behavior works?	18	16.6
2) How would you rate your ability to unlearn behaviors that do not work for you?	17	44.3
3) How do you rate your ability to regulate your emotional state?	18	17.0
4) How much control do you feel you have over your thoughts?	17	35.4
5) How much would you rate your confidence in achieving your goals?	16	9.2
6) How would you rate your ability to communicate effectively with yourself and other people?	16	36.0
7) How would you rate the control you have over your eating habits?	12	77.8
8) How would you rate your ability of self-motivation for exercise?	16	44.6
9) How confident do you feel in making a permanent change in your diet and exercise program?	16	21.0

RELATIONSHIP SATISFACTION SCALE

# Patients % Improvement

1) Communication and openness?	16	19.5
2) Resolving conflicts and arguments?	16	17.0
3) Degree of affection and caring?	16	07.5
4) Intimacy and closeness?	16	40.0
5) Satisfaction with your role in the relationship?	16	46.4
6) Satisfaction with your partner's role in the relationship?	16	09.7
7) Overall satisfaction with your relationship?	16	25.3

**Average Improvement 23.0%**

**\*Unanswered questions were excluded from statistical analysis**