

# Intake Form - General Hypnotherapy

*This intake is important and will be closely read. A well complete form is required to be appropriate to receive hypnotherapy sessions. The more you put into this whole process, the more you get out. :)*

1a) What is your top priority issue to resolve with hypnotherapy?

1b) Are there other issues to address, in order of priority?

2a) What old behaviors do you want to stop doing?

2b) What new behaviors do you want to start doing?

3a) What old emotions and thoughts do you want to change?

3b) What new emotions and thoughts do you want to experience instead?

4a) What success have you had in the past with these or related issues?  
What resources do you already have to help? What resources can you get?

4b) What blocks have you had with this issues? Do you know a cause?

5a) Have you experienced hypnotherapy? What were your presenting issues?How many sessions, and what outcomes?

5b) Have you used other modalities for this issue? What were the outcomes?

6a) What long term benefits will you gain from resolving this issue?

6b) What might happen if you don't resolve this issue?

7a) What message could you give to your wise subconscious?

7b) What message could you receive from your wise subconscious?

8) For Online Sessions; Do you have

- a) a headset with an inbuilt microphone,
- b) a camera that captures your face and upper body with good light,
- c) a solid device and wifi that's stable for 90+ minutes? These are all required.

9) Can you attend three to five personal sessions, once a week for three to five weeks?

10) Do you have any questions?