

Hypnotherapy Intake Form - Anxiety Stress

1a) What aspect of Anxiety Stress do you want to focus on as a priority?
(e.g. *Generalized Anxiety Disorder, Social Anxiety Disorder, Panic Attacks, Fear. Specific Stress. Chronic Stress. PTSD. Shyness. Lack of assertiveness.*)

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

2) Give an example of an event and your level of Anxiety Stress out of 10 when faced with an event that's...

a) highly challenging; __ /10. Event e.g.;

b) moderately challenging; __ /10. Event e.g.;

c) mildly challenging; __ /10. Event e.g.;

d) level of your *general* Anxiety Stress in life *regardless of any event*; __ /10.

3) a) Are you aware of root causes for Anxiety Stress? Describe the events or people involved.

b) How old are you now? What age ranges were you when it happened?

4a) What are the symptoms of Anxiety Stress that you'd like to change?

4b) What new emotions and thoughts do you want to experience instead?

5a) Do you 'self-medicate' Anxiety Stress with alcohol or drugs?
If yes, describe your current use, and history of use as relates to the Anxiety Stress.

5b) Is Anxiety Stress your major and priority issue? So if you resolve Anxiety Stress, many other issues would benefit.

Or are other issues as priority as they cause Anxiety Stress, so they should be managed directly, and that would benefit Anxiety Stress?

(E.g. do you have issues with poor sleep, bad food habits and weight gain, excess alcohol or nicotine dependence, low confidence, fears or phobias, or depression, sadness, anger or guilt. I offer specialist sessions on Sleep, Weight Control, Alcohol Reduction, Stop Smoking, Confidence, Phobias and General Hypnotherapy for Emotions and Trauma. All these are possible alternatives or compliments to specialist sessions on Anxiety Stress.)

Describe any issues that that influence or are influenced by Anxiety Stress.

6a) What old behaviors do you want to stop doing?

6b) What new behaviors do you want to start doing?

7a) Have you experienced hypnosis? Do you feel you were hypnotized?
How did you know you were hypnotized?

7b) Have you experienced hypnotherapy? What were your presenting issues?

Was it for Anxiety Stress? If so, how many sessions, and what outcomes?

If it was for other issues, what were they, and what were the outcomes?

8a) What other methods have you used for Anxiety Stress? What were your thoughts and feelings going through it? What were the outcomes?

8b) Have you been diagnosed by a psychologist or psychiatrist?
Have you been prescribed medication? When? Is the prescription still current?

9a) What success have you had with past Anxiety Stress or related issues?

9b) What blocks have you had with Anxiety Stress?

10a) What long term benefits can come from managing Anxiety Stress?

10b) What message could you get or give to your wise subconscious?

10c) What spiritual lessons your experiences with Anxiety Stress be teaching?

11) For Online Sessions; Do you have, or can you get, a) a headset with an inbuilt microphone, b) a camera that captures your face and upper body, c) a solid device and wifi that's stable for 90+ minutes? These are all required.

11a) Do you have any questions?