



Personalized Hypnosis Recording Questionnaire

1. What is your primary goal or intention for this hypnosis recording?

(e.g., reduce stress, increase confidence, lose weight, sleep better, overcome fear, manifest abundance, etc.)

2. Why is achieving this goal important to you?

(What impact will it have on your life? How will it improve your day-to-day experiences?)

3. How do you want to feel once you've achieved this goal?

(List emotions, sensations, or states of being—e.g., calm, empowered, joyful, free, energized, etc.)

4. What limiting beliefs, fears, or obstacles do you currently face regarding this goal?

(e.g., "I'm not good enough," "It's too hard," "I always fail," etc.)

5. What positive affirmations or phrases resonate with you?

(e.g., "I am worthy of success," "I trust my intuition," "I radiate confidence," etc.)

6. Describe a place where you feel completely safe, calm, and at peace.

(This can be a real or imaginary location—such as a beach, a forest, or a cozy room.)

7. What specific imagery, colors, or sensations help you feel relaxed and focused?

(e.g., warm sunlight, soft waves, deep blue sky, a gentle breeze, etc.)

8. Do you prefer a direct suggestion style (clear instructions) or a more metaphorical, story-based approach?

(e.g., “You are becoming more confident every day” vs. “Imagine yourself as a strong, growing tree.”)

9. Are there any specific words, sounds, or music that help you relax or motivate you?

(e.g., nature sounds, soft piano music, deep tones, certain phrases, etc.)

10. Is there anything else you’d like included in your hypnosis recording to make it more powerful and personal for you?

(Feel free to include any personal goals, symbols, or messages that resonate with you.)

*This questionnaire ensures that each recording is deeply personalized to their subconscious needs and desires.
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Disclaimer for Personalized Hypnosis Recording

The hypnosis recording provided is for **relaxation, personal development, and entertainment purposes only**. It is not intended to diagnose, treat, cure, or prevent any medical or psychological condition.

Hypnosis is a complementary practice and should **not** be used as a substitute for professional medical, psychological, or psychiatric treatment. If you have any underlying mental health conditions, please consult with a licensed healthcare provider before using this recording.

By using this hypnosis recording, you acknowledge that you are responsible for your own well-being and that results may vary based on individual experiences. No guarantees or promises of specific outcomes are made.

If you experience any distress or discomfort, discontinue use immediately and seek appropriate professional support.

By proceeding, you agree to these terms and understand that this recording is a tool for relaxation and self-improvement, **not a replacement for professional healthcare**.