



PERSONALIZED HYPNOTHERAPY RECORDING

Client Questionnaire

Thank you for purchasing a personalized relaxation recording. Your answers below will help me create a recording centered around the goals, affirmations, imagery, and positive outcomes that are most meaningful to you.

Name: _____

Email: _____

Date: _____

1. What would you most like this recording to help you focus on?

Examples: confidence, motivation, relaxation, healthy habits, sleep, self-esteem, career success, letting go of stress, preparing for an event, or another personal goal.

2. What specific outcome would you like to imagine yourself achieving?

Describe what you would like to **see, feel, experience, or believe** as a result of reaching your goal.

3. What positive affirmations or messages would you like included?

Examples: *I trust myself. I am confident and capable. I remain calm and focused. I make choices that support my goals.*

4. Are there any words, phrases, images, places, colors, or experiences that feel especially calming, motivating, or meaningful to you?

5. Is there anything you specifically DO NOT want mentioned or included in your recording?

6. Complete this sentence: When I listen to this recording, I would like to feel more:



Important Information

This personalized recording is intended to support **relaxation, focused attention, positive imagery, affirmations, and desired personal outcomes**. It is not psychotherapy, medical or mental-health treatment, and it is not intended to diagnose, treat, cure, or replace care from a qualified healthcare or mental-health professional.

A personalized recording is not a substitute for individualized therapeutic work, including cognitive behavioral therapy, psychotherapy, or one-on-one hypnotherapy when those services are appropriate.

If you are experiencing significant emotional or psychological distress, please seek support from an appropriately qualified healthcare or mental-health professional.

I understand the purpose and limitations of this personalized recording.

Signature: _____

Date: _____