



AS YOU ANSWER EACH OF THESE CONSULTATION QUESTIONS, JOT DOWN THOUGHTS, IDEAS, REACTIONS... WHATEVER POPS INTO YOUR MIND FIRST.

1. What makes your **heart sing**?!

2. What **hobbies** do you have?

3. What is **the issue(s)**?

4. What **signs** or **symptoms** do you have now?

5. When did you **start noticing** it as an issue(s)? When is the **1st time** you felt like that?

6. What's going to be **different** or **better** when you resolve this?

7. Have you ever walked or **talked in your sleep**?

8. Do you have a **vivid imagination**?

9. Are you able to **follow directions**?

10. Have you ever **meditated**?

11. If you were to **imagine** sucking on a sour, bitter, juicy, yellow lemon, would your mouth begin to water?

12. Do you **believe it's possible** for a person to be healed by the power of his or her mind?

13. Do you enjoy reading fiction & **get involved** in the stories?

14. From 1-10, how **motivated** are you to stop/resolve this? Why? Why now?

15. What will happen *if* you keep experiencing this issue? (**How** has the problem affected life? Relationships? Work? Health?)

16. What's it **going to take** to get closer to a 10?

17. What's your favorite **color**?

18. Have you **ever been hypnotized**? Seen anyone hypnotized? Results?

19. Are you **open** to new ideas?

20. Do you feel comfortable being touched by someone you **trust**? Are you basically a **trusting** person?

21. Are you able to **get in touch** with your emotions easily?

22. What's your favorite place to **relax**? What is the **most relaxing thing** you like to do? When you think of a **relaxing**, awesome place, what comes to mind?

23. Describe your favorite **vacation place**? Where would you rather be if you could be anywhere right now?

24. **Who** are you going to **be** without this issue?

25. **How** are you going to celebrate when this is resolved?