



NAME _____

What is the goal you would like to achieve with hypnosis?

How will you feel when we have achieved your desired outcome?

Please mark any as YES that you like and NO if you STRONGLY dislike.
(Comments are encouraged - for instance: I feel peaceful at the beach)

Day	Night	Sunrise	Sunset
Beach	Desert	Hills	Orchard
Lake	River	Snow	Tropical island
Waterfalls	Forest	Woods	Mountains
Magical	Realistic	Drama	Fantasy

Other Places I like: _____

Other places I dislike: _____

Describe yourself (funny, nice, angry, happy, sad etc) _____
