

Inner Mind Guide Intake Form

Your full name: _____ Date: _____

Your address: _____

Your phone number: _____ Email Address: _____

Let's talk a bit about what you want to accomplish and why. The information you provide is very important and essential to our success. Please take time to really think and express your answers, giving as much detail as possible. Your answers will help you become more in touch with your Inner Mind (subconscious mind). This is the first step to reaching your goal, which we will talk about during our session.

What is your goal with Hypnotherapy? What do you want to accomplish?

Try to state it in positive wording, rather than negative wording. (For example: I want a strong, slender, healthy body, rather than - I need to lose weight.)

Why is this important to you? What are you experiencing that makes you want to change?

List as many reasons as possible.

Is this goal within **your** power and control? Meaning - you are not depending on others to change, or to making you succeed.

Have you tried to make this change before? What is comfortable about not changing?
What part of keeping this behavior/thought pattern is easier than changing?

What happened when you weren't successful with the change? Why do you think making the change was unsuccessful? What were the obstacles?

When you achieve your desired result, what will life be like? How will it affect others around you?
What will be the positive consequences of your success? What the benefits? What will it look like?

If you keep the old behavior/habit/situation, how does that benefit you - do for you - get you?
What other consequences (positive or negative) might you experience by keeping your existing behavior?

Now for information of a more general nature. I will use this information to help you relax into a meditative state.

Where is your most favorite spot in the world? _____

What relaxes you? _____

What are your hobbies? _____

What are your favorite daydreams? _____

Please provide any further information that you think may be helpful. Or any questions you may have.
