



HYPNOSIS QUESTIONNAIRE

This information will be used to ensure that your hypnosis experience is tailored to your preferences and aversions.

Have you ever been hypnotized before? If so, please describe:
Please describe your favorite places in nature:
What are your favorite colors and animals?
Do you have any fears or phobias?
Do you meditate? If so, how much?
Do you think of yourself as having a guardian angel or spirit animal? If so, please describe.
What do you do or think about when you really need to calm down?
Do you remember your dreams? <input type="checkbox"/> Frequently, <input type="checkbox"/> Occasionally, <input type="checkbox"/> Rarely, <input type="checkbox"/> Never
Do you think of yourself as: <input type="checkbox"/> Visual, <input type="checkbox"/> Auditory, <input type="checkbox"/> Kinesthetic