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Thank you for choosing Hypnosis for Change.

Please complete this form as best as you can. The focus of our sessions is **helping you get from where you are to where you want to be**, and the following information will help guide our process.

Please List Seven Benefits of Making the Change you Want:

- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____
- ◆ _____

What is your 1 month goal regarding this issue? _____

What is your 1 year goal regarding this issue? _____

What is your 5 year goal regarding this issue? _____

Please fill in the blanks:

- When I get better, I stand to lose _____.
- If I wasn't _____, I'd be much happier.

Name _____ Date: _____