

Angie's Spiritual Reading

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Hypnosis/Coaching Discovery Questionnaire

Welcome! Please fill out this questionnaire as completely and legibly as possible. This form is confidential and for hypnosis/coaching purposes only. It will help me to better help you!

CONFIDENTIAL

Date: / /

Name:		Business Name (if applicable):	
Address: ☐ Residence ☐ Business			
Street: _____		Apartment: _____	
City: _____		State/Province: _____ ZIP: _____ Country: _____	
10 Digit Phone Number:		☐ Cell	Email Address:
Emergency Contact Name:		Occupation:	
Phone:		Relationship:	
Desired method for hypnosis/coaching sessions:			
☐ In Person ☐ Zoom YOUR USERNAME: _____ (Please approve Zoom contact request when received)			
Please check any of the following health conditions that apply:			
☐ Allergies / Asthma		☐ Depression	
☐ Pain Location: _____		☐ Bi-Polar Disorder	
☐ Seizures or Epilepsy		☐ Other Diagnosed Physical or Mental Condition:	
☐ Schizophrenia / Hallucinations / Delusions			
Are you presently under a doctor's care? ☐ Yes ☐ No			
If yes, please describe: _____			
Are you currently taking prescription medication? ☐ Yes ☐ No			
If yes, please describe: _____			
Are you now or have you ever been treated by a mental health professional? ☐ Yes ☐ No			
If yes, please describe: _____			

REGARDING HYPNOSIS/COACHING

1. What is your primary reason(s) for hypnosis/coaching?

2. What benefits will you gain once your desired objective(s) is reached?

3. What are you expecting to happen by using a hypnotist/coach?

4. What is the most empowering and helpful thing I can do for you during our sessions?

5. How will you know that your hypnosis/coaching was successful?

ABOUT YOU

6. Please list 3 things you like best about you.
 - 1.
 - 2.
 - 3.

7. What are you most passionate about?

8. What do you like most about your life now?

9. What do you like least about your life right now?

10. Where do you want your life to be one year from now?

11. In what area(s) would you like to grow and experience positive change within yourself?

12. Would those who know you best say that you are more outspoken or more reserved? On a scale from 1 to 10 with 1 being *very reserved* and 10 being *very outspoken*, which number do you think they would pick? (Circle Your Choice)

(Very Reserved) 1 2 3 4 5 6 7 8 9 10 (Very Outspoken)

13. Would those who know you best say that you are more emotional or more logical? On a scale from 1 to 10 with 1 being *very emotional* and 10 being *very logical*, which number do you think they would pick? (Circle Your Choice)

(Very Emotional) 1 2 3 4 5 6 7 8 9 10 (Very Logical)

14. On a scale between 1 (lowest) and 10 (highest), where would you currently rate your self-esteem?

(Circle Your Choice) 1 2 3 4 5 6 7 8 9 10

ABOUT YOUR BLOCKS

15. What do you believe is holding you back or blocking you?

16. What benefits do you gain by NOT reaching your objective(s)?

17. What fears do you have concerning moving forward with your objective(s)?

18. What is the most critical thing(s) you say to yourself?

ADDITIONAL INFORMATION AND COMMENTS

Have you ever used hypnosis/coaching before? ☐ No ☐ Yes If Yes, how long ago?

What did you like MOST about your previous hypnosis/coaching?

What did you like LEAST about your previous hypnosis/coaching?

Please feel free to add any additional comments you may have here: