

April Braswell Hypnotherapy

Before our first hypnosis session, please reflect on and consider the following questions when you have a few quiet minutes to yourself. Write out your answers and please bring this with you to your first hypnosis session with me. Thank you. I look forward to assisting you and empowering your success.

What are three things that worry you or you fear right now? Rate the emotion connected to it from 0 to 10. 10 being the most strongest emotional feeling.

1.

2.

3.

What are three things that you feel you need to do within the next three weeks?

1.

2.

3.

What are three things you like about you or feel you do really well? Please rate these from 0 to 10, 10 being The Best.

1.

2.

3.