

EnerCHI Hypnotherapy

Pre-Session Questionnaire

Client Name:

Date:

Phone:

Email:

Emergency Contact:

Main reason for seeking hypnotherapy:

What changes would you like to experience from this session?

If one thing improved tomorrow, what would you choose?

Current emotional state:

What affects your mood the most?

Major stressors or worries:

Physical or lifestyle concerns:

Limiting beliefs you're aware of:

Energetic/emotional blocks you want to release:

Are relationships impacting your well-being?

Describe your ideal future self: