Hypnotherapy Intake Form - Confidence

Please return this form to hello@katische.com

1a) What aspect of confidence do you want to focus on? *(Public Speaking, Stage Fright, Flying, Interviews, Exams, Driving Test, Driving, Stuttering, Professional Confidence, Social Confidence, Dating Confidence, Relationship Confidence, Shyness, Assertiveness, Self Esteem, Sports Performance, Other...)*

1b) Is your level of confidence lower than your level of competence? How so?

Are you also now working on gaining a higher level of competence, to match with a higher level of confidence?

2) Are you aware of root causes that lead to lower confidence? How old were you then? How old are you now? Describe the events or people involved.

3) Give two recent examples of significant recent times of low confidence.

*Choose examples that are likely to reoccur in the near future.*

i)

ii)

4a) What old behaviors do you want to stop doing?

*What are the negative actions or effects of low confidence?*

4b) What new behaviors do you want to start doing?

*What are positive actions or effects could come with higher confidence?*

4c) Is there a specific event you're preparing for? What is it?

*(If so, aim to start your sessions at least three weeks before that date.)*

5a) What are your feelings and thoughts *about* your lower confidence?

5b) What new emotions & thoughts do you want to experience instead?

6) What, or who, has triggered you to have sessions for confidence?

*(How long has this been an issue? Why is now the time to deal with this?)*

7a) Are there other issues affecting you now that are in some way related to the confidence?

7b) Are there current significant issues in your personal or professional life?

8a) Have you experienced hypnosis? Do you feel you were hypnotized?

How did you know you were hypnotized?

8b) Have you experienced hypnotherapy? What were your presenting issues?

Was it for confidence? If so, how many sessions, and what outcomes?

If it was for other issues, what were they, and what were the outcomes?

9) What other methods have you used for confidence? What were your thoughts and feelings going through it? What were the outcomes?

10a) What success have you had with past confidence *or* other related issues?

10b) What blocks have you had with confidence?

11a) What long term benefits can come from increasing confidence?

11b) What message could you get or give to your wise subconscious?

11c) What spiritual lesson might your experiences with confidence be teaching?

12) For Online Sessions; Do you have, or can you get, a) a headset with an inbuilt microphone, b) a camera that captures your face and upper body, c) a solid device and wifi that's stable for 90+ minutes? These are all required.

12a) Do you have any questions?

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