

FIRST SESSION WORKSHEET

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This worksheet will prepare you for your first session. Please fill it in to the best of your ability and ***bring it in with you to your first appointment.***

My belief is that we must first make changes in the mind before we can create them in our reality. It is important to re-program the mind from what is not working for you, to what you really want.

Make a list of what is NOT working for you right now.

Include:

Physical Symptoms (example: muscle tension, tight breathing, discomfort, over weight)

Mental Symptoms (example: over thinking, worries, self criticisms, negative projections, fear thoughts)

Emotional Symptoms (example: negative feelings about yourself or others, anger, frustration, hurt, loss, sadness, anxiety, fear, etc.)

THEN Make a list of how you want to be when the problem or issue is resolved.

Include:

Physically how you will be (example: relaxed, breathing deeply, free from a habit, trim)

Mentally what type of positive thoughts you will have. (example: I am successful)
and/or how your mind will be (example: clear thoughts, focused, good memory)

Emotionally what type of positive emotions you will experience (example: relieved, powerful, confident, trusting, happy)