

# *Mind Body Skills*

*Please complete the following questionnaire and bring to your session*

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

How many of what kind of pets do you currently have?

What is your occupation?

What do you like best about your job?

What do you like least about your job?

What are your hobbies?

What do you do for fun?

Do you feel that you know yourself well?  Yes  No  Don't know

Do you feel that you are in control of your own life?  Yes  No  Sometimes

How often would you say you experience depression?

What do you do when you get depressed?

Are you able to express anger? If so, how?

On a scale from 0 - 10 (10 being best) how would you rate:

Your self-confidence overall\_\_\_\_\_ Your outer confidence\_\_\_\_\_ Your inner confidence\_\_\_\_\_

Your childhood\_\_\_\_\_ Your teenage years\_\_\_\_\_ Your current situation\_\_\_\_\_

As a child, what did you want to "be" when you grew up?

What was/is your favorite fairy-tale?

What is your order of birth among your siblings if any?

When growing up, how was dinner time at your house?

If you had a magic wand and could fix anything in your past or present, what would it be?

How long have you wished for the above?

What outcome(s) would you like to create with our work together?

On a scale from 0 - 10 (10 being highest) how important is accomplishing the above matter to you now?

Have you used hypnosis or guided imagery before? If yes, what for and how did it go?

How did you hear about Gina Vance?

How much time are you willing to devote to practice outside of our time together?

What is your religious or spiritual belief and what do you get from it?

Have you been diagnosed as dyslexic?

If you could be, do, or have anything, without needing to be practical or realistic, what would it be?

How will your life be better when you attain your desired outcome?

Without thinking about it, please finish this sentence: "I don't want to attain my desired outcome because..." (State as many reasons as possible).

Describe yourself and your life as if you'd already accomplished your plans.

Is there anything your unconscious mind wants you to know that you're not getting which if you got it would cause the problem to go away?

What's the number one question you could ask me that would allow you to know that this was a beneficial program for you?

Assuming your body and unconscious mind had positive intentions for creating this problem, what would need to happen for you to no longer have this problem?