



Custom Hypnotic Recording Form Client Name: _____ Date: _____

What do I want to change / where do I want to be?

Why do I want it?

When do I want it?

Where am I now?

How do I feel about where I am now (pick 3 or more relevant feelings from list 1 on the back)?

What is keeping me from having it already (pick 1 or more relevant beliefs from list 2 on the back)?

What will my life look like if I don't get there?

What will my life look/feel like when I get there (pick 10 or more relevant feelings from list 3 on the back)?

What can I do to get myself there?

Other / additional information about me and/or my goal:

Type of recording (mp3 file included unless cd selected): Daytime Sleep w/o hypno Burn to CD (add'l \$2)

Email address: _____

Phone: _____

List 1 - Emotions associated with current situation

Angry	Envious	Lonely	Sickened
Annoyed	Fearful	Lost	Stressed
Anxious	Fed up	Miserable	Surprised
Ashamed	Frustrated	Moody	Suspicious
Bored	Furious	Nervous	Tense
Bothered	Guilty	Numb	Terrified
Concerned	Helpless	Overwhelmed	Tired
Confused	Hesitant	Pessimistic	Torn
Depressed	Hopeless	Regretful	Uncertain
Desperate	Hostile	Reluctant	Uncomfortable
Disappointed	Hurt	Resentful	Unhappy
Disgusted	Impatient	Sad	Unsafe
Disoriented	Insecure	Scared	Unsatisfied
Distressed	Irritated	Sensitive	Upset
Drained	Jealous	Shocked	Vulnerable
Embarrassed	Lazy	Shy	Worried

List 2 - Limiting Self-beliefs

Alone	Hopeless	Poor (lacking resources)	Unlovable
Bad	In Danger	Powerless	Unsafe
Defective	Not good enough	Stupid	Unwanted
Different	Not seen	Ugly	Unsure (always wrong)
Helpless	Out of Control	Unable to express myself	Worthless

List 3 - Emotions associated with successfully achieving the goal!

Accomplished	Delighted	Impressed	Positive
Adventurous	Driven	Inspired	Proud
Alive	Eager	Intelligent	Relaxed
Amazed	Encouraged	Interested	Relieved
Appreciative	Energetic	Intrigued	Respected
Assured	Engaged	Involved	Safe
Bold	Enthusiastic	Joyful	Satisfied
Brave	Excited	Lively	Strong
Calm	Fascinated	Marvelous	Surprised
Capable	Free	Motivated	Talented
Centered	Fulfilled	Moved	Thankful
Comfortable	Glad	Optimistic	Thrilled
Compassionate	Grateful	Peaceful	Touched
Confident	Happy	Playful	Trusting
Content	Hopeful	Pleased	Understood