

Name _____ Date _____
 Address _____ City _____
 State _____ Zip _____ Home Phone (____) _____
 DOB ___/___ Age _____ Sex _____ Marital Status _____
 No. of Children _____ Employer _____
 Email: _____ Work Phone (____) _____
 How did you hear about the Jenks Hypnosis Center? _____
 Name of referring individual _____
 Has anyone ever attempted to hypnotize you? Yes No Who? _____
 Do you believe you have ever been hypnotized? Yes No

For what reason are you coming to the Jenks Hypnosis Center today?

INFORMATION ON HYPNOSIS

Hypnosis is a 100% consent state by you. You must allow things to happen. You can stop them from happening with the slightest thought if you do not want it to happen. Anyone with a normal IQ, who wants to, can be hypnotized. The only thing that would keep a person from going into the beautiful state of physical and mental relaxation is if they have a fear or misconception about what hypnosis is. There are many misconceptions and I would like to dispel the more common ones for you.

You are not asleep. Even though you are mentally and physically relaxed, your mind is three to four hundred percent more alert than in your normal waking state. That is a lifetime away from sleep!

Some people are concerned that they will be “stuck” in hypnosis and won’t “wake up”. Since you are not asleep, you can not “wake up”. You emerge from the hypnotic state. Semantics? Yes. But words are my tools and we need to use them properly. Hypnosis is not, and never can be, a permanent state. Left alone, you will emerge on your own after a few minutes or you will drift into a natural sleep and awaken refreshed.

You in control are ***at all times***. A hypnotist can not “make” you do anything against your moral fiber. If you would not rob a bank or commit murder in your normal waking state, you would

not rob a bank or commit murder in the hypnotic state. Any suggestion I give you that you do not want to accept will simply not be accepted. It is really that simple.

Since you are at in control at all times and since your mental state is more alert and enhanced, you will not divulge to me anything you do not want me to know. In fact, if I wanted to obtain proprietary information, I would have a better chance now, while you are in your normal waking state, than in hypnosis.

Will this work? The success rate of any hypnotherapist is 100%. Will yours be 100%? If you accept my suggestions for change with the correct mental attitude (I like it. I know it will work.), yes, you will be successful. If you accept the suggestions with any other mental attitude, no, you will fail. Your success is completely dependent upon you and your mental attitude. It is up to you. I know you are going to enjoy our session and together we will change your perceptions and your life.

Your signature here indicates that you have read and understand this information presented to you. It also indicates the consent of “the contract”. I am a Certified Hypnotherapist. I will at all times keep you safe to the best of my ability and will do nothing intentionally that would cause you embarrassment. All sessions are strictly confidential. Your portion of the contract is to do as I ask, when I ask, without question - remembering that you are in control at all times.

Do you have any questions about hypnosis? Yes No

Signature _____

Please turn your cell phone off.