



hypnodipity

Life History Questionnaire

All information provided will be treated as confidential and will not be released except upon your written consent. If you do not wish to answer, or prefer to discuss verbally, simply write "do not wish to answer" or "prefer to discuss" as your answer. Please note: If the reason for your visit involves a medical issue or psychological disorder, approval from your physician or licensed psychotherapist may be required to use hypnotherapy as a complementary treatment.

Family History

1. How would you describe your childhood upbringing?
2. What was your mother like when you were growing up?
3. What was your father like when you were growing up?
4. If you were not raised by your parents, who were your primary caretakers during your youth?
5. Were you able to confide in your parents/caretakers growing up? How were you disciplined?
6. What was the state of compatibility between parents (or caretakers) and children?
7. If you have a step-parent, what age were you when your parent remarried? What was the relationship like with your new family environment?
8. How did you get along with your sibling(s)?
9. Describe your spiritual or religious training:
10. What parental attitudes toward sex and dating tend to influence your relationship decisions?
11. Were you ever bullied, severely teased, or abused growing up?
12. What do you consider to be the most important aspects of your background, culture, or identity?



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Relationship Information

1. Are you currently in a relationship? Yes No If yes, for how long? _____
Name of spouse or significant other: _____ Occupation: _____
2. Describe your current marriage/relationship compatibility?
3. Describe your level of communication with your partner?
4. Describe your intimacy with your partner? very satisfied satisfied somewhat satisfied
 no intimacy abusive no partner
5. Do you have any children? Yes No If so, please list age and gender:
6. Do any of your children present special problems or concerns in the family?

Occupational Information

1. Employment status? full time part time unemployed entrepreneur homemaker
2. What kind of work are you doing now?
3. What kind of work have you done in the past?
4. Does your present job satisfy you? If not, in what ways are you dissatisfied?
5. If time and money were no concern, what would you rather be doing for work?
6. What aspirations do you have for your career or future?



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Additional Information

1. Describe your educational background and favorite subjects:
2. Do you observe any religious or spiritual practices (i.e. church, meditation, prayer)?
3. What cultural influences have shaped your attitude, values, and beliefs about the world?
4. List your three most important lifetime goals?
5. What are your favorite hobbies and interests?
6. What kind of behaviors get in the way of your happiness?
7. What motivates and inspires you?
8. Describe any negative conditions, or obstacles, that may be affecting you:
9. What are your greatest strengths, or sources of power?
10. What are your top areas for improvement?



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Learning and Behavior Profile

Please answer the following questions:

What is your favorite way to learn or process new information?

- Reading (books, blogs, magazines, newspaper)
- Listening (radio, audiobooks, podcasts, teleseminars)
- Watching (visual references, online videos, webinars)
- Experiencing (writing, typing, taking notes, interactive discussions)
- Some combination of the above (specify): _____

Check all that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> Extroverted, or social butterfly | <input type="checkbox"/> Introverted, or social homebody |
| <input type="checkbox"/> Heart-centered | <input type="checkbox"/> Head-ruled |
| <input type="checkbox"/> Enjoys socializing in groups | <input type="checkbox"/> Prefers socializing one-on-one or in small groups |
| <input type="checkbox"/> Expresses self emotionally (I feel like...) | <input type="checkbox"/> Expresses self logically (I think that...) |
| <input type="checkbox"/> Reacts impulsively | <input type="checkbox"/> Thinks before reacting |
| <input type="checkbox"/> Comfortable with affection socially | <input type="checkbox"/> Shows affection privately |
| <input type="checkbox"/> Likes reassurance/compliments | <input type="checkbox"/> Doesn't need pats on the back |
| <input type="checkbox"/> Enjoys working with people | <input type="checkbox"/> Enjoys working alone |
| <input type="checkbox"/> Enjoys team activities | <input type="checkbox"/> Enjoys solo activities |
| <input type="checkbox"/> Comfortable with body image | <input type="checkbox"/> Comfortable with intellect |
| <input type="checkbox"/> Dresses to impress | <input type="checkbox"/> Dresses for comfort |
| <input type="checkbox"/> Makes decisions on a whim | <input type="checkbox"/> Considers all the fact before making a decision |
| <input type="checkbox"/> Writes essay-long text messages | <input type="checkbox"/> Writes short and succinct text messages |
| <input type="checkbox"/> Experiences emotional pain as a physical feeling | <input type="checkbox"/> Experiences emotional pain as mental distress |

Is there anything else you would like to share?