

SAMPLE INTAKE TEMPLATE



SYMPTOMS:

Issue: symptom, behavior, felt sense, person, belief, emotion, way of being or thinking:

Context: where, when, with whom, to what extent, how often:

“How is this affecting your life?” “What is this causing?”

EMOTIONS & BELIEFS:

Emotions <small>COL A EMOTIONS: Use Emotion Stem Sentence below to get 5 to 7 Emotions.</small>	A (Where they Are)	B (Where they want to Be)  <small>Use this content in this entire column for Suggestions, Visualizations & Future Pace</small>
<i>“Finish this sentence for me... when I think about ____ (issue in context), I feel so ____ (gets Col A Emotion.)”</i>	1	
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Beliefs <small>COL B EMOTIONS: Use Beliefs Stem Sentence below to get 5 to 7 Beliefs.</small>	A (Where they Are)	B (Where they want to Be)  <small>Use this content in this entire column for Suggestions, Visualizations & Future Pace</small>
<i>“Finish this sentence for me... when I think about ____ (Issue in context) and feel so ____ (Col A Emotion), I feel like I am ____ (gets Col A Belief).”</i>	1	
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COL B REFRAMES: Transition Language Pattern: *“Allow your eyes to open and let’s just take a few breaths to clear away that experience for a moment, so we can focus on what you want to experience, and how you want to feel and what is possible to believe or remember or know about yourself, especially in relationship to _____ (issue in context.)”*

1. **Get COL B Beliefs:** Using Col A Beliefs, start reframing each one from the bottom up. After you reframe the first Belief, repeat it back to help support getting the next one, stacking from the bottom up every time to get the next one Belief. You are not just asking for the opposite of the word.

- To get first (bottom) Col B Belief reframe:


*“Instead of feeling _____ (bottom Col A Belief)
what would rather think, feel, remember, believe or know,
especially in relationship to _____ (issue in context)?”*

- To get the rest of the Col B Belief reframes, using the bottom reframed Belief, build a new foundation of Beliefs. Work from the bottom up, stacking them as you go to get the next belief.

*“So now, if you were feeling _____, (Col B reframed Beliefs stacked starting from bottom),
especially with respect to _____ (issue in context),
you wouldn't feel _____ (Col A Belief),
how would you feel? (or what would like to believe, remember or know about yourself, or even, what
would be more useful?)”*

2. **Get COL B Emotions:** Using the entire set of reframed COL B Beliefs, repeat them back to the client stacked, starting from the bottom up and be sure to reference the context. Do the same for the rest of the emotions working from the bottom up.


*“If you were feeling _____ (Col B Beliefs stacked from the bottom up),
you wouldn't likely feel _____ (Col A Emotion – one at a time)
with respect to _____ (issue in context),
you might feel what instead? (or what would you like to feel instead?)”*

GOAL / VISION: AFTER completing all of the reframes above. Feedback to the client all the following to get a narrative for how life can be different. You are looking for things the client can do, be, think, feel,  experience, remember, know etc. in their new way of being. If the client does not give you much content, ask the question “what will come of that?” several times to get more content. Use this content in this content for Suggestions, Visualizations & Future Pace.

1. All COL B Beliefs stacked in a group, and
2. All COL B Emotions stacked in a group, and then
3. Point the client back to the context of the issue and ask the following:

*“So now, if you were feeling _____ (Col B Beliefs in a group),
and _____ (Col B Emotions in a group),”*

what would life be like (or what would be different, or what could you experience, or what would you be doing) with respect to the _____ (context of issue.)”

CREATING SUGGESTIONS: Using the reframes from Col B Beliefs, Col B Emotions, and Goal  Content, create 6 to 8 suggestions. You can use some of the sample suggestions in the template below, or you can create your own template drawing from the sentence structure found in the Student Success Suggestions in the Student Resources Section of your training module and also in Exercise 6.

Transition Language Pattern: *“I would like to work together to create some powerful and positive suggestions to align your deep inner mind with your goal. When you get into the state in a few minutes, I will read these suggestions back to you 3 times each and because they are your words and connected to your goal, they will drop right in and become real for you.”*

SAMPLE SUGGESTION TEMPLATE

1. When you wake up in the morning, your feet hit the floor, and you think or remember you are _____ (Col B Belief).
2. As you move through the day, you notice more and more evidence of being _____ (Col B Emotion or Col B Belief, or action or behavior, outcome from Goal / Vision).
3. Every day in every way, you feel more and more _____ (Col B Emotion or Belief) and _____ (Col B Emotion or Belief) especially as it relates to _____ (Context).
4. Because you are _____ (Col B Belief), you _____ (Col B Emotion) and find it easy and natural to _____ (activity or behavior or new way of being in Context from Goal / Vision).
5. Because you are more _____ (Col B Belief) you feel more and more _____ (Col B Emotion / Belief), _____ (Col B Emotion / Belief), and _____ (Col B Emotion / Belief).
6. When you lay your head on your pillow at night, you fall asleep with _____ (Col B Emotion / Belief) remembering / knowing (Col B Emotion or Col B Belief, or action or behavior, outcome from Goal / Vision).
7. Create your own using the client’s words.
8. Create your own using the client’s words.

DRAWING OUT SPECIAL PLACE DETAILS:

Transition Language Pattern: *“When we do this work today, I would like to take you to a special place - either real or imagined - someplace comfortable, peaceful, relaxing - someplace we can connect you to your deep inner mind where these suggestions will just drop right in and become true for you. Where can I take you?” “Tell me a few things about it....”*

- Place / Location / Environment:

- Are you sitting or lying down? And on or against what?
- What's the time of day / time of year / temperature?
- *"Tell me some things you can...."*
 - See:
 - Hear:
 - Smell:
 - Feel:
 - General quality of being there: *"And what's the overall quality or feeling of being there?"*

DRAWING OUT THE INTENTION: (Example - Feel free to use your own words.)

"Knowing your goal and how you want to feel and what you want to experience with respect to _____ (context of issue), let's create a really powerful intention for this recording. This will be the first thing you hear when you listen. It will set the tone for your experience and align your subconscious mind with your goal from the very start of the recording."

"So, when you start the recording, you will hear me say something like this..."

"Welcome _____ (Client name) to this customized hypnotic programming recording designed to....."

Tell me what I should say in the part about what the recording is designed to do - something really powerful and meaningful for you."

Maybe it's to support you in doing or being.....

Maybe it's to remind you.....

Or to help you.....

especially as it relates to (Context.)

DO NOT MENTION THE OLD THING THEY WERE DOING OR THE OLD FEELINGS.