

## Pre-Hypnosis Questionnaire

**Please Check YES or NO**

	Question	YES	NO
1	Do you feel more comfortable socializing one on one rather than in a group?		
2	Do you feel self-conscious, tense, or awkward when you first meet people?		
3	Do you notice how far you still are from your goal rather than how far you've already come?		
4	Do you tend to base your decisions upon factual information more than feelings?		
5	Do you prefer slipping into a room barely noticed, rather than being in the spotlight?		
6	When expressing yourself, do you like to give all the details around the story?		
7	Do you enjoy being around children, in general?		
8	If you do a good, do you like being complimented publicly, rather than in private?		
9	Do you enjoy socializing and meeting new people?		
10	Do you enjoy being the center of attention?		
11	Compliments or acknowledgements from loved ones are important to you and you like to hear them often.		
12	It's very difficult to put an argument with a loved one out of your mind.		
13	When you are upset or angry you feel discomfort in your body.		
14	Even though you love your spouse/girlfriend/boyfriend, you can put a personal upset out of your mind, and get your work done.		
15	In general, you're not comfortable with people infringing on your personal space.		
16	Your body temperature seems to be cool, rather than warm. (excluding menopause)		
17	You feel embarrassed if others see you hugging or sitting close to your spouse/partner/significant other.		
18	When watching a movie, do you get so involved that your physical body may jump or jerk at something frightening, or you may cry/well up at something emotional?		
19	Do you walk or talk in your sleep?		
20	If you think about or imagine walking past a bakery, can you smell your favorite cookie or the fresh baked bread?		
21	Does it seem like other people's moods affect your mood or other people's tragedies/joys affect your emotions?		
22	You don't care for surprises, even good ones. You'd rather know what to expect in advance.		
23	You have trouble unwinding, turning your mind off and/or falling asleep.		