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## Questions to Ask New Hypnosis Clients

### 1. What Caused You to Seek Out Hypnosis?

As part of goal setting, you must know what challenges a client wants to address. Their goals may change, deepen, or expand during your relationship with them, but you need to know where to begin.



### 2. Have You Tried Other Methods to Address This Issue?

You'll want to know what other methods they've used (or are currently using) to address their challenges. If they are working through trauma, they may also be seeing a conventional therapist or taking medication.



### 3. Do You Have Any Concerns or Fears About Hypnosis?

Hypnosis can feel mysterious or intimidating to those unfamiliar with it, and clients may hesitate to share their fears. Encouraging them to voice their concerns creates a safe space and helps build trust while addressing misconceptions.



### 4. What Are Your Expectations for This Process?

Understanding what a client hopes to achieve helps you set a roadmap for success. It also allows you to manage expectations. Make sure your client has realistic goals and understands the possible timelines required to achieve them.



### 5. What Are Your Hobbies or Interests?

Learn about your client as a whole person, not just their challenges, to show you value their humanity. Building rapport by discussing topics beyond their reason for seeking help fosters trust and a stronger connection.



### 6. Is There Anything Else You'd Like Me to Know About You?

This open-ended question allows your new client to share additional information that hasn't come up yet. It shows that you value them and their feelings. It also lets them know you are open to hearing what they have to say.

