



An American Board-Certified Institute of NLP & School of Hypnosis

Breakthrough Session Questionnaire

Company Name: _____

Name: _____ Position : _____

Office Tel:Mobile _____ :

Email: _____ Coach: _____

Date: _____ Time: _____ Location: _____

Detailed Personal History Questions:

(As you ask these, note if the answers suggest the client is at cause or effect. If at effect, then who or what is the authority or the cause?)

1. Why are you here? Why else? Why else? Etc.

Elicit all reasons for client being here.

2. How do you know you have this problem? How is that problem?

How do you do it? When do you do (not do) it?

Can you do the problem now?

Elicits a reality strategy for problem and any diagnoses made.

3. How long have you had it?

Was there ever a time when you didn't?

What have you done about it?

4. What happened the first time you had this?

What emotions were present?

5. What events have happened since then?

What emotions were present?



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6. In each of these events, what is the relationship between the event and your current situation in life?

7. Tell me about your parents, brothers, sister, ect.

What is the relationship between this person (mother, father, etc.) and your current situation?

8. Tell me about your childhood in relationship to this problem?

9. Is there a purpose for this problem?

Is there a reason for having the problem? Ask your conscious mind.

10. When did you choose to have this situation be created?

Why? Ask your unconscious mind.

11. Is there anything your unconscious mind wants you to know, or is there anything you're not getting which, if you got it, would allow the problem to disappear?

12. Is it OK with your unconscious mind to support us in removing this problem today, and for it to allow you to have an undeniable experience of it, when we are complete?



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13. How will you know when this problem has totally disappeared?

(Get the client's evidence procedure.)