

Silicon Valley Hypnosis Center
(650) 417-3187
www.SiliconValleyHypnosisCenter.com

Please briefly tell your story of your time at Silicon Valley Hypnosis Center. You may share what kind of changes and experiences you've had, or you may share why you came here in the first place, and how well you're doing now. I have met with Dan for 7 sessions. Hypnosis has worked for me to feel more comfortable and relaxed, and to create positive, rather than negative "movies" in my ^{mind} ~~be~~.

For what issue(s) did you come to the Silicon Valley Hypnosis Center? anxiety about needing to use a bathroom, urgently & frequently

Please share how successful hypnosis has been for you.

I have found hypnosis very helpful. From the time of my first session until now, I don't find myself having as many anxiety attacks, if any, nor am I doing any stress reactions (i.e. handshaking/wringing, or squirming in my seat)

What has been unique about your hypnosis experience compared to other methods you've tried before?

Hypnosis has provided me with tools that I can use daily to continue improving

Why did you choose Silicon Valley Hypnosis Center?

Reviews online and how quickly I was able to make an appointment when I first enquired.

How have we succeeded in meeting your expectations? I am better equipped to handle my anxiety and feel more comfortable in myself.

Would you feel comfortable referring this service to others?

☒ Yes

No

Should the opportunity present itself, would you use our services again?

☒ Yes

No

May we use your comments to help others?

☒ Yes

No

Other comments: _____

Client Name: Lauren Ross Date: 12/13/19