

# WILLOW HYPNOSIS

## Self-Esteem Input Form

Name \_\_\_\_\_ Date \_\_\_\_\_

How do you know you have an issue with self-esteem/confidence? \_\_\_\_\_

\_\_\_\_\_

How would you rate yourself on a scale of 1-10, 10 being most, for the following:

Self-like? \_\_\_\_\_

Self-respect \_\_\_\_\_

Self-love \_\_\_\_\_

When did you start noticing this challenge? \_\_\_\_\_

Was there a specific incident or person that you believe caused it or contributed to it? \_\_\_\_\_

Do either of your parents or siblings struggle with this issue? \_\_\_\_\_

If so who? \_\_\_\_\_

How do you see yourself? \_\_\_\_\_

What does your self-talk sound like? \_\_\_\_\_

\_\_\_\_\_

Who is the most confident, self-loving person you know? \_\_\_\_\_

What do you imagine their self-talk sounds like? \_\_\_\_\_

\_\_\_\_\_

Are you willing to try some of those thoughts/beliefs on? \_\_\_\_\_