



SuccessFit Session Notes

Please take notes as you view each pretalk and each full session. These notes will help you stay focused (sometimes it is hard to not go into deep trance while watching sessions!). After you have viewed the videos and taken notes, review the videos experientially and enjoy your own self-hypnosis experience.

Session Number _____

Pretalk:

What conversational suggestions did you note: Write down each suggestion you heard. (Use additional paper if needed).

What did you notice that elicited a verbal or non-verbal response in the form of an emotional shift?

What did you notice about rapport?

What key concept was the client taught in this pretalk?

Actual Session Notes:

What language patterns do you notice being used in this session?

What is the client's response to the induction?

What deepening techniques can you identify?

Write out the suggestions that you hear in this session:

What technique or idea from this session do you want to model in your sessions?

