



# POST HYPNOTHERAPY JOURNAL

Complementary guide for removing  
subconscious limitations

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# Week 1

**Changes in myself I've noticed**

**Things I like about my recording**

**Things That Make Me Unique**

**Things I love about myself**

**Look in the mirror. Name 3 positive traits you see.**

**How did I express myself this week**

**What am I passionate about**

**What creative activities have I tried**

**When did I speak my truth in the moment**

**When did I directly and honestly communicate**



# Week 3

The following statements allow you to measure your progress in self expression and confidence by evaluating how far you have come. Consider each statement and indicate your level of agreement or disagreement by marking the corresponding box with an [x]. There are no correct or incorrect responses; simply be truthful.

	<b>Strongly Agree (3)</b>	<b>Agree (2)</b>	<b>Disagree (1)</b>	<b>Strongly Disagree (0)</b>
I feel more confident				
I learned something new about myself				
I feel worthy				
I feel I can express myself more confidently at work				
I believe in myself more				
I feel safe				
I feel inspired				
I feel motivated				
I feel an increase in my ability to express my true feelings				
I feel more confident in my profession				
I feel confident in saying no				

Add up the numbers for each answer. The higher the total, the higher your confidence and ability to express yourself. A total of 15 or more indicates above average confidence. Don't forget to finish the next 2 pages before your follow up call!

If your total points is below 15 from the week 3 exercise or if you're feeling any type of doubt or unease just remember that healing is a marathon not a race.

It is perfectly fine to not be at 100% just yet.

You have just experienced emotional surgery and processing it all can be challenging. Scheduling a heart to heart is very simple. Just click below and I'll guide you through the rest.



[Let's Talk](#)

Select True if you agree with the corresponding statement and False if you do not.

We will discuss your answers on your follow up call. You can schedule your follow up by clicking the thought bubble in the picture below.

I feel confident that I got to the root cause of my issue

True  
False

I feel this session will benefit me in the future

True  
False

I would recommend this type of therapy to someone else

True  
False

