NEWQUAY hypnotherapy

# POSITIVE REFLECTION QUESTIONS

## PAST

What's been good?
What else?
What have you been pleased to notice about yourself?
What has anyone else noticed?

## SCALING

Where are you now on a scale of 1 to 10, if 10 is where you want to be?
What's the lowest you've been?
What's the highest you've been? When was that? What was happening? What was it like?

Imagine you were another step higher on this scale:

- What's the first thing you would notice?
- What small things would be different?
- Where and when would this be happening?
- What would others notice? Who else would be there?
- What would this mean to you?

What small steps might you take?
What would you notice that tells you you already are moving in that direction?

## STRENGTHS

What strengths do you have that can help you achieve your goals?
The times when you successfully dealt with a similar challenge, what did you do?
When has it been easier for you?

## FUTURE

What do you want more of in your life?
What will be different in your life when all the issues have been resolved?
What are your best hopes for tomorrow? Next week? Next month? Next year?
How will you know you have achieved your goal?

Adam Pearson
Newquay Hypnotherapy
*Calm, confidence, control*

01637 852394 - 07775 715672 - www.newquayhypnotherapy.com - www.facebook.com/newquayhypnotherapy