



## Client Handwriting Sample – Instructions

Your handwriting sample is a very important part of understanding how your subconscious mind takes in, processes and expresses information. When you handwrite in cursive (longhand) your inner thoughts onto paper, you must engage your subconscious mind to control the movement of your hand, formulate your thoughts and express those thoughts onto the paper. Through this process, we can gain knowledge that helps us relate and communicate more effectively with your subconscious mind. This helps us to create positive changes more efficiently for you and helps you to realize results and positive changes.

### Instructions:

1. Use the attached blank, unlined pages to write on
2. Choose a comfortable place to write. Choose a time and space where you won't be interrupted, can write comfortably. It should be a space that is very familiar to you, where you feel "at home". This allows your subconscious to freely express itself.
3. Don't try to choose your words, or phrases. Just let the thoughts roll off the end of your pen.
4. Write about anything that has deep meaning to you and stirs you emotionally. It can be about the issue you are seeking help with, your family, a cause you are passionate about, or any other subject. It is important that it is something that resonates with your heart/soul.
5. It's perfectly fine if you start writing about one thing and then you switch to a totally different line of thought. Just follow the flow you're your subconscious mind.
6. The more you write, the more your subconscious will share. Please fill up at least one page. I am not concerned with penmanship, content or spelling. You won't be graded. So, feel free to let your thoughts flow. I have provided 3 pages – only 1 full page is necessary to get a good sample but feel free to write as much is necessary to fully express your thoughts and feelings.
7. Anything you write will be held in strictest confidentiality. I will not share your information with any other outside source.

When you have completed the handwriting sample, return it to me at least 72 hours before your session AND bring the original to your session.

How to send 72 hours prior to session:

Scan/Email: [info@hypnosis4Life.net](mailto:info@hypnosis4Life.net)

Fax: (970) 550-7636

Mail or Drop off: Hypnosis4Life  
832 West Eisenhower Blvd., Ste D  
Loveland, CO 80537





