

MARCIA PROCTOR HYPNOTHERAPY

Marcia D. Proctor, CHT

CHEWING TOBACCO QUESTIONNAIRE

NAME: _____ TODAY'S DATE: _____

AGE: _____ LOCATION: _____

ANSWER THIS AS **TRUTHFULLY** AS YOU CAN. DO YOU WANT TO STOP CHEWING?

YES! Yes Really like to I guess so Maybe Not Sure No

WHY DO YOU WANT TO STOP CHEWING? *(Mark all that apply)*

Self Spouse Health Kids Work Money
Parents Fatigue Breathing Issues

DO YOU BELIEVE THAT YOU CAN STOP CHEWING?

YES! Yes Really like to I guess so Maybe Not Sure No

HOW MANY YEARS WERE YOU CHEWING?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 25 30 35 40 40+

HOW MANY TIMES HAVE YOU STOPPED CHEWING BEFORE?

1 2 3 4 5 6 7 8 9 10 11 12 >12 DAYS WEEKS MONTHS YEARS

What age did you start? What was it like to start chewing? _____

WHY DID YOU START CHEWING?

Angry Cool Peers Relatives Don't Know Other: _____

HOW MUCH HAVE YOU CHEWED PER DAY?

1 – 10 1 – 1.5 2 3 4 5 or more

WHAT TIME OF DAY HAVE YOU CHEWED MOSTLY?

Morning Afternoon Evening Night All the time

WHERE HAVE YOU CHEWED?

Bar Home Car Work On the phone Garage Outside

Other: _____

ON A SCALE OF 1 – 10, HOW MOTIVATED ARE YOU TO STOP CHEWING?

1 2 3 4 5 6 7 8 9 10 No Answer Hedges

DOES ANYONE ELSE IN YOUR HOME CHEW TOBACCO? YES NO

Spouse Children Parents Roomate Lover

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WHAT REALLY MOTIVATES YOU TO DO THINGS?

Aversion

Pain

Fear

Desire

Inner Feeling

Other People

WHAT IS GOING ON IN YOUR LIFE RIGHT NOW? IS THERE ANYTHING THAT WOULD STOP YOU FROM STOPPING CHEWING RIGHT NOW?

ARE YOU TAKING ANY MEDICATIONS? YES NO

DO YOU HAVE ANY HEALTH PROBLEMS?

Neck

Back

Lung

Heart

Head

Eye

Epilepsy

Headaches

WHICH OF THESE TERMS FITS YOU BEST? Vigilant Observant Aggressive Passive

WHICH OF THESE PHRASES FITS YOU BEST? Follow the rules Make up your own rules

ARE YOU READY TO STOP CHEWING TODAY?

YES!

Yes.

Yeah

Uh-huh

Well...

Yes... but

ARE YOU WILLING TO DO IT ALL AT ONCE OR DO YOU THINK THAT YOU NEED HELP TO DO THIS GRADUALLY? IF SO, WHAT WOULD YOU NEED?

Motivation

Reasons

Beliefs Progressive

Self Hypnosis Tape

Food

Vitamins

Weight

Reduce Desire

HAVE YOU EVER BEEN HYPNOTIZED?

Yes

No

Tried but it didn't work

Past Life Regression