

MANISH ADDA
PRE-SESSION WORKSHEET

To be completed before your PLR / HypnoHeal / Beyond Life session

A. Personal Details

Full Name	
Age	
Gender	
Occupation	
City / Location	
Contact Number	
Email Address	
Session Date	
Session Mode	

Preferred Language during session:

Hindi English Hinglish (Mix)

B. Session Focus & Primary Concern

What is the main reason you are taking this session? *(Be as specific as possible)*

How long have you been experiencing this issue or pattern?

How would you rate the intensity of this issue in your daily life?

1 - Mild 2 3 - Moderate 4 5 - Severe

In which areas of your life is this issue showing up? *(E.g. relationships, career, health, self-worth, finances, etc.)*

What have you already tried to resolve this? What was the result?

C. Relevant Background

Is there a specific incident, period, or relationship you feel may be connected to this issue?

Do you carry any recurring thoughts, feelings, or physical sensations related to this concern? (E.g. tightness in chest, restlessness, a voice saying 'I am not enough')

Have you ever experienced trauma (emotional, physical, relational)?

Yes No Prefer not to say

If yes, please share briefly what feels relevant (only what you are comfortable with):

Do you have any diagnosed medical or psychological condition?

Yes No

If yes, please mention:

D. Expectations & Intention

What outcome or shift are you hoping for after this session?

If this issue were completely resolved, what would your life look like? What would change?

Have you experienced hypnosis, PLR, or any energy healing before?

Yes No

If yes, please briefly describe your experience:

E. Readiness & Commitment

I have read and understood the Session Instructions:

Yes No

I am willing to go with the flow during the session without judgement:

Yes No

I commit to completing the 5-Day Guided Meditation Preparation (if applicable):

Yes No

Any additional information you would like your Therapist / Guide to know before the session:

Signature: _____

Date: _____