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NON-SMOKER'S QUESTIONNAIRE

This 2-page questionnaire is to be completed on request for a scheduled appointment. **Please bring it with you to the first scheduled appointment.** This information will be kept confidential and remain the property of Sharon McCann, RPC, RCCH.

Full Name:

Age:

Email:

Address:

Phone:

May I contact you at home:

Person and phone to call in emergency:

Marital status:

If separated/divorced, how long:

Current family composition:

Religion/Spiritual affiliation:

Race/ethnic/cultural background:

Occupation:

Length of employment:

How did you find my service:

Last physical exam:

Are you currently under the care of a physical or mental health care provider? If so, for what reasons:

Are you taking any medications? If so, for what reasons?

How much and what do you do to exercise daily and weekly?

Have you ever had a serious accident? Surgeries? Hospitalization? If so, please describe briefly:

Women only: Any miscarriages, abortions, postpartum depressions, give-up of a child at birth, etc?

Do you have a diagnosed mental/emotional disorder? If yes, please specify:

Do you have a history of seizures or hallucinations? If yes, please clarify:

May I contact you later to follow up on your success as a natural non-smoker?

Would you like to receive email notifications of my events, workshops and special sessions with reduced prices?

NON-SMOKER'S QUESTIONNAIRE page 2

How do you manage stress?

Describe your sleep patterns:

Describe your daily eating habits:

What types of foods do you eat for breakfast, lunch and dinner:

What types of foods do you eat for snacks:

Do you eat more when experiencing stress? If yes, what do you eat?

Circle the correct word, or insert another word, that describes when you tend to smoke more:

lonely tired bored unhappy insecure awkward uncomfortable upset stressed

List here the regular times you smoke and what you are doing:

List the 3 major benefits to becoming a natural non-smoker:

- 1.
- 2.
- 3.

On a scale of 0 to 10, with 0 being the least and 10 being the most, how motivated are you to become a natural non-smoker?