



Application For Hypnosis For Smoking Cessation

While it may appear to be treatment and it is referred to as such, hypnosis is really learning or re-learning process. You weren't born a smoker. You learned the habit. Through hypnosis and other techniques you will re-learn how once again to be a non-smoker.

We are about to create for you a custom, positive mental-fitness training program that will address your particular situation, special needs and desires. In order to achieve maximum effectiveness in your training (treatment), we must have as much accurate information about you and your situation as possible. Therefore, we ask that you be thorough in completing this application. All of your answers are kept strictly confidential.

Thank you for your cooperation.

Please Print Clearly or Type Your Answers

Date _____

Name _____ Nickname _____

Street Address or P. O. Box _____ Apt. # _____

City _____ State _____ Zip _____

Day Time Phone () _____ Evening Phone () _____

Cell Phone () _____ Fax No. () _____

E-Mail Address _____

Age _____ Date Of Birth _____ Male or Female

Occupation _____ If Student, Grade or Classification _____

Name of Place of Employment or School _____

Religious Preference (optional) _____

Interests and Hobbies _____

Have you previously been hypnotized? Yes or No • If Yes, when, for what purpose and the result?

Do you take or use any type of mind-altering drugs (alcohol, prescription drugs or other)? Yes or No

If yes what and how often? _____

Have you ever been diagnosed as having: Attention Deficit Disorder? Yes or No ;

Schizophrenia? Yes or No ; Bipolar Disorder? Yes or No ; Clinical Depression? Yes or No ;

Do you usually snore when you sleep? Yes or No

Are you allergic to anything? **Yes** **or No** • If Yes What? _____

How did you learn of our services? _____

How long have you been smoking? _____

Do you **truly** want to stop smoking? **Yes** **or No**

Are you **really ready** to quit smoking? **Yes** **or No**

Do you regularly get up at night to smoke? **Yes** **or No**

Have you ever burned clothing, furniture, and/or other items as a result of your smoking? **Yes** **or No**

Can you find a better way of spending the money you will save when you stop smoking? **Yes** **or No**

Would you consider it to be a positive example for your family for you to quit smoking? **Yes** **or No**

At what time of the day do you smoke your first cigarette? _____

Do you smoke **more**: (check the items that apply)

- when you are lonely
- when you need to take a break
- for comfort
- for relaxation
- in place of food
- to be noticed
- to look occupied
- when you feel awkward
- when you feel uncomfortable
- when you are angry or upset
- in your car/vehicle
- while watching TV
- at work and/or at home
- in bed
- while reading
- when you are on the phone
- at social events
- before breakfast
- with meals
- with coffee and/or with other drinks

How many packs of cigarette do you smoke a day?

How much do you pay for a pack of cigarettes? \$ _____

How much are you spending each year on cigarettes? \$ _____

At this rate how long will it take you to save enough money to pay for this program? \$ _____

Do you have a fear of gaining weight after becoming a non-smoker? Yes or No

Communicator Style Questionnaire

This following assessment questionnaire will provide us with knowledge on how you receive, process, store, act upon and communicated information. This is necessary so that we will know how to phrase the wording of the suggestions that we give to you while you are in hypnosis.

There are five parts to this questionnaire. Some of the questions may appear to be the same as others, but there will always be some slight, but important differences. Please read each question very carefully and **answer every question**.

Check One ✓

#	PART ONE QUESTIONS	YES	NO
1.	Have you ever walked in your sleep during your adult life?		
2.	As a teenager, did you feel comfortable expressing your feelings to one or both of your parents?		
3.	Do you have a tendency to look directly into a person's eyes and/or move closer to them when discussing something interesting?		
4.	Do you feel that when you meet people for the first time they are uncritical of your appearance?		
5.	In a group situation with people you have just met, would you feel comfortable drawing attention to yourself by initiating a conversation?		
6.	Do you feel comfortable holding hands or hugging someone you are in a relationship with in front of other people?		
7.	When someone talks about feeling warm physically , do you begin to feel warm also?		
8.	Do you occasionally have a tendency to tune out when someone is talking to you because you are anxious to come up with your side of it, and at times not even hear what the other person said?		
9.	When asked a question that can be answered with a simple "yes" or "no" do you usually find it difficult to give an answer without also qualifying or explaining your answer?		
10.	When expressing your ideas, do you often leave sentences unfinished or "dangling" and go on to your next idea?		
11.	When expressing your ideas, do you find it important to relate all the details leading up to the subject so the other person can understand it completely?		
12.	Do you enjoy relating to and being with other people?		
13.	Are you at ease and comfortable with your body movements, even when faced with unfamiliar people and circumstances?		
14.	Do you prefer reading (or watching on TV) fiction (not real) rather than non-fiction (real)?		
15.	If you were to imagine sucking on a sour, bitter, juicy, yellow lemon, would your mouth water?		
16.	If you feel that you deserve to be complimented for something well done, would you feel comfortable if the compliment is given to you in front of other people?		
17.	Do you feel that you are a good conversationalist?		
18.	When speaking do you have a tendency to use a lot of pronouns , such as "he", "she" and "it"?		
19.	Do you have many vivid memories from your childhood?		
20.	Do you tend to lose yourself in movies, books, and/or TV shows?		
21.	Do you tend to know what people are going to say before they say it?		
22.	Do powerful visual images ever trigger a physical sensation with in you? (For example: do you feel thirsty while watching a desert scene in a movie or on TV?)		
23.	Have you ever " Zoned Out " while going somewhere and wondered how you had gotten there?		
24.	Do you ever sense when someone has entered a room before you see actually that person?		
25.	Do you like to look at cloud shapes and relate then to physical objects?		

PART TWO QUESTIONS		YES	NO
1.	Have you ever awakened in the middle of the night and felt that you could not move or talk?		
2.	When you were a child were you more affected by the tone of your parents' voices rather than by what they actually said?		
3.	Can you usually take a hint and/or get the point of a joke quickly?		
4.	If you have been in an argument with someone, after the argument is over do you have a tendency to think about what you could have or should have said?		
5.	Do you have a tendency to give direct orders to others and to make blunt statements?		
6.	Do you sometimes desire to be complimented for a job well done, but feel embarrassed or uncomfortable when the compliment is given?		
7.	Do you often have a fear or a dread of not being able to carry on a conversation with someone you've just met?		
8.	Do you feel self-conscious when attention is drawn to your physical body or your appearance?		
9.	If you had your choice, would you rather avoid being around young children most of the time?		
10.	Do you feel that you are not relaxed or loose in your body movements when you are faced with unfamiliar people or circumstances?		
11.	Are you usually offended or upset when someone gives you a direct order to do something?		
12.	If someone describes a bitter taste do you have difficulty experiencing the physical feeling of it?		
13.	Do you generally see yourself less favorably than others see you?		
14.	Do you feel awkward or self-conscious initiating touch (holding hands, kissing, etc.) with someone you are in a relationship with in front of other people?		
15.	In a new class or lecture situation do you usually feel uncomfortable asking questions in front of the group even though you may desire further explanation?		
16.	Do you feel uneasy if someone you have just met looks directly into your eyes when talking to you, especially if the conversation is about you?		
17.	In a group situation with people you have just met, would you feel uncomfortable drawing attention to yourself by starting a conversation?		
18.	If you are in a relationship or very close to someone, do you find it difficult or embarrassing to speak of your love or affection for that person?		
19.	Do smells or odors seldom or never produce memories for you?		
20.	Do you seldom experience any emotions when looking at a beautiful sunset?		
21.	Are you often surprised by comments made by other people?		
22.	Do you consider yourself to be quiet and reserved ?		
23.	Do you have a tendency to remember your mistakes and or failures more than your successes?		
24.	When you are angry do you usually try to suppress that anger?		
25.	Do you have a low tolerance for pain?		
PART THREE QUESTIONS		YES	NO
1.	When you put something together, do you usually read the directions first?		
2.	Wherever you are can you usually tell directions like north and south?		
3.	When looking at objects on paper, can you usually determine if they are the same no matter which way they are turned?		
4.	When others are talking, do you usually create images in your mind (mental pictures) of what they are saying?		

5.	Do you prefer reading a newspaper to hearing the news on radio?		
6.	Do you like to write letters or keep notes in a journal?		
7.	When you recall an experience do you usually see mental pictures of it?		
8.	Do you often doodle when you are on the phone or in a meeting?		
9.	Do you like reading more than listening to audiotapes or CDs?		
10.	Can you multiply and add quickly in your head?		
11.	Do you like spelling and think you are a good speller?		
12.	Do you like to write down instructions that people give to you?		
13.	Do you like to keep written records ?		
14.	Do you typically read billboards while driving?		
15.	Can you put something together easily using written directions?		
16.	If you were cooking could you follow written recipes easily?		
17.	Do you review for a test by writing summary or notes?		
18.	Do you write on napkins in a restaurant?		
19.	Do you commit a zip code or phone number to memory by writing it ?		
20.	Do you use visual images to remember names?		
21.	Do you consider yourself to be an avid reader or even a bookworm?		
22.	Do you plan the upcoming week by writing it down?		
23.	Do you prefer written directions from an employer, teacher or customer?		
24.	If you were in a strange city would you prefer to get a map and find your own way ?		
25.	Do you often think in images rather than words?		
	PART FOUR QUESTIONS	YES	NO
1.	When watching a sporting event (in person or on TV) do you like to listen to the radio broadcast of the same event?		
2.	When you are alone, do you usually have music playing or do you hum or sing to yourself?		
3.	When you talk, are you likely to say things like, "I hear ya", "that sounds good" or "that rings a bell."?		
4.	Do you feel that without music, life wouldn't be as good?		
5.	Are you usually very comfortable in social groups and/or can you usually strike up a conversation with most anyone?		
6.	Do you like talking better than writing?		
7.	Is it easy for you to talk for long periods of time on the phone with your friends?		
8.	When you recall an experience, do you usually hear the sounds and talk to yourself about it?		
9.	Do you know most of the words to the songs you listen to?		
10.	Can you easily remember what people say?		
11.	Do you get very distracted if someone talks to you when the TV is on?		
12.	Do you like music better than art?		
13.	Do you prefer to have someone else read instructions or directions while you are building or assembling something or cooking?		
14.	Do you review for a test by reading notes aloud or by talking with others?		
15.	Do you talk aloud when working on math problems or crosswords?		
16.	Do you prefer listening to an audio recording over reading the same material?		
17.	Do you commit zip codes or phone numbers to memory by saying them aloud?		
18.	Do you use rhyming words to remember names?		
19.	Do you plan the upcoming week by taking it through with someone?		
20.	Do you prefer oral instruction from an employer, teacher or customer?		
21.	If you were in an unfamiliar location would you feel comfortable asking a stranger for directions?		

22.	Do you prefer talking / listening games over playing video games?		
23.	Do you keep up on the news by listening to the radio (rather than TV)?		
24.	Are you able to concentrate deeply on what another person is saying ?		
25.	Do you spend much of your free time by talking with others on the phone or in person?		
	PART FIVE QUESTIONS	YES	NO
1.	Do you like playing physical sports better than reading books?		
2.	Is your room, office, desk, car and/or house usually disorganized ?		
3.	Had you rather do something rather than watch someone else do it?		
4.	Do you think you are a good athlete ?		
5.	Do you usually say things like, "I feel, I need to get a handle on it, or get a grip"?		
6.	When you recall an experience, do you mostly remember how you felt about it?		
7.	Do you prefer to act things out rather than to write about them?		
8.	Do you usually speak slowly?		
9.	Is your handwriting usually not neat?		
10.	Do you often use your finger to point at the words when you read?		
11.	Do you learn best by doing ?		
12.	Is it hard for you to be still for a long period of time?		
13.	Do you like to build things or working with your hands ?		
14.	Do you use your sense of touch to put things together?		
15.	Can you easily distinguish items by touch in the dark or blindfolded?		
16.	If you were to take a typing course do you think that you could learn the touch system rapidly (or did you)?		
17.	Do you often move with the rhythm or beat of music?		
18.	Do you often doodle or draw on any available paper?		
19.	Are you an out-of-doors person?		
20.	Are you well coordinated in your body movements?		
21.	Do you spend a large amount of your leisure time on crafts, handiwork or physically building things?		
22.	Do you like to feel the texture of things?		
23.	Do you prefer physical games to video games?		
24.	Do you find it fairly easy to keep physically fit?		
25.	Do you use your free time for physical activities such as sports or exercise?		

I, (**print name**) _____ do hereby make application to **MFTI, Inc.** for Positive Mental Fitness Treatment for the purpose of becoming a non-smoker and to improve certain other areas of my life that I have listed and/or indicated on page 3 of this application. I am aware that hypnotherapy (hypnosis for therapeutic purposes) and Emotional Freedom Techniques (EFT) for non-medical and non-health care purposes will be used in this treatment.

I have been informed that the methods used in EFT are designed to reduce life stress, increase physical and emotional wellbeing and in the long term attain a more peaceful and empowered life-style as a non-smoker.

I further understand that, because these methods are relatively new, the extent and breath of their effectiveness, including risks and benefits, are not yet fully known. I have been advised of the following:

- Emotional and/or physical discomfort due to memories of past stressful situations may surface briefly during any session that neither Dr. Rhodes nor I can fully anticipate.
- I will be learning how to perform personal self-care by working with my own energy system to resolve any and all such issues.
- Previously vivid memories of stressful situations may fade. This could adversely impact my ability to provide detailed legal testimony regarding a past traumatic incident.

I have been advised that there are currently no known side effects to the use of hypnosis or energy-oriented techniques, when properly used by a trained practitioner.

I acknowledge that this is not medical treatment and that no diagnosis or treatment of any medical condition or disease will be done. I have been advised that hypnosis and EFT are not substitutes for adequate medical or psychiatric treatment. I have been advised **not** to stop any current medical treatment without previous consultation with my health care practitioner.

I further acknowledge that the procedures and cost of this training have been explained to me to my satisfaction and I also acknowledge that this is a guaranteed program. I understand that, if I follow the instructions given to me, I will pay only a one-time charge of (\$_____) regardless of the number of hypnosis/EFT sessions that may be required to insure that I am a non-smoker. I understand that such sessions will continue as needed until I am certain that I am a non-smoker.

I take full responsibility for all of my actions and agree to indemnify and hold harmless MFTI, Incorporated and Jack D. Rhodes.

Applicant's Signature _____ **Date** _____

Accepted for MFTI, Inc By _____ **Date** _____

Please complete this application by answering every question and bring it with you when you come in for your first session.

Jack D. Rhodes, PhD is the founder, president and CEO of MFTI, Inc. (Your Mental Gym) formerly of Fort Worth, Texas, now located in Oklahoma City.

He holds a Ph.D. in Behavioral Science from Chatworth College. He is a 1981 graduate of the Monaghan Hypnosis Institute where he received a Bachelor Of Science - Hypnosis degree. He did his post-graduate work in hypnotherapy with the late Dr. John Kappas of the Hypnosis Motivation Institute. In 1996 he received his National Certification as a Master Hypnotist.

He is an ordained minister, a member of the American Academy Of Natural Health and a former professor of Hypnotherapy at the McDade Institute in Norman, Oklahoma. He has authored a number of textbooks on the subject of hypnotherapy. His articles on sports mental training frequently appear in national publications.

Beginning in 1988 his private practice was focused, primarily on working with young adults,

teenagers and pre-teens for sports and/or scholastic improvement. However, in recent years he has expanded his practice to include a wide variety of adult problem areas, such as weight loss, smoking cessation, stress and anger management and other forms of personal development.

He has helped hundreds of people to reach their goals and improve the quality of their lives.

He is a lecturer and public speaker. For more than 40 years he has also been a professional motorsports announcer, specializing in motocross, arenacross and motorcycle flat track racing, working major events from coast to coast.

The MFTI, Inc. home office is located in suite 221 of the Weokie Credit Union Office Building at 5909 North West Expressway in Oklahoma City. That is near the intersection of MacArthur and N.W. Expressway. Web site: www.YourMentalGym.com

If coming from the south take Interstate 35 into Oklahoma City to the junction with Interstate 40 west (toward Amarillo). Go west on I-40. Exit onto I-44 east toward Tulsa. You will actually be going north on I-44, but the designation is east.

Move into one of the two center lanes and stay there for a little while. After about 3 miles or so I-44 will split off to your right. By staying in the center lane you will then be on the Lake Hefner Parkway.

After the I-44 split you can move over into the extreme right lane and look for the N.W. Expressway exit. Take that exit ramp and stay in the left lane. It's up a rather steep grade. At the top of that hill, at the signal light, take a left. You are then on N.W. Expressway about 2.5 miles from my office building.

If you are coming in from the southwest on I-44, after you pass under I-40 move into the center lane and stay there for a little while. After a couple of miles or so, I-44 will split off to your right. By staying in the center lane you will then be on Lake Hefner Parkway.

After the I-44 split you can move over into the extreme right lane and look for the N.W. Expressway exit. Take that exit ramp and stay in the left lane. It's up a rather steep grade. At the top of that hill, at the signal light, take a left. You are then on N.W. Expressway about 2.5 miles from my office building.

The entrance to the Weokie Credit Union Office building will be on your right, just beyond the intersection of N.W. Expressway and MacArthur. It is just passed a drive in restaurant called the Charcoal Oven.

If the parking lot in front of the building is full there is plenty of parking in the rear. If you park in the rear enter the building through the tunnel and take the first entrance. The elevator is just inside. Take it to the 2nd. floor. When you exit the elevator on the 2nd floor go to your left into the Executive Suites lobby. Call me when you get there and I will come to meet you.