

## TEST YOUR HYPNOTIC STATE

Some people are naturals at receiving benefits from hypnosis. Hypnosis allows you to enter into a calm, receptive state where you can focus on helpful suggestions. You can never be forced to do anything against your will: the subject, not the hypnotist, is in control. Yet some people are more easily hypnotized than others. To see how easy it would be for you to be hypnotized, take this quiz.

### Choose A, B or C

1. Close your eyes and imagine yourself at a movie. How clearly can you picture your favorite actor?  
(A) Extremely clearly (B) Vaguely (C) Not at all
2. You're on a diet and you're bored. Ice cream is in the freezer. Will you:  
(A) Leave it there (B) Take one bite (C) Finish it
3. You're most comfortable in a:  
(A) Plane (B) Train (C) Your own car
4. Imagine a place where you were happy. How well can you re-experience it?  
(A) Well (B) so-so (C) Barely
5. Your boss chews you out in front of co-workers. How well can you control your emotions?  
(A) I'm in control and won't "lose it" (B) I can hold it in for a while (C) I blow up
6. How long does it take for you to fall asleep?  
(A) Ten minutes (B) Closer to a half hour (C) At least an hour
7. Imagine you are in love. How vivid is your image or feeling?  
(A) Very vivid (B) Somewhat vivid (C) Not clear at all
8. You are last off a bus and you find a wallet filled with money. Assuming your intentions are honest, you'd:  
(A) Take it to the driver (B) Take it to the police (C) Take it and call the owner
9. You daydream:  
(A) A lot (B) From time to time (C) Rarely, if ever
10. Think about a proud moment when friends cheered you. Close your eyes and try to re-experience it. It was:  
(A) Easy to re-experience (B) You finally got it (C) Difficult or impossible.

### Scoring:

Give yourself 10 points for each A answer, 5 points for each B and 0 for each C.

55-100: You have a great imagination; you trust and let go. You're a natural; for hypnosis and for reaping its benefits.

25-54: If you can get past your analytical approach and focus longer on the imaginary, hypnosis will become easier for you.

0-24: You are very analytical and fear giving up control. It would take longer than average to hypnotize you. You need to remember that all hypnosis is self-hypnosis and that you are actually the one in control.