

Are You an Hypnosis Expert?

Please answer true or false

1. Hypnosis involves the therapist controlling the mind of the patient
2. Patients sometimes forget what happened while they did hypnosis
3. Weak-minded people can be hypnotized most easily
4. Hypnosis can be used to help people fall asleep
5. The more ignorant you are of hypnosis the more likely it will work
6. Hypnosis can never be used to force you to do something against your will
7. When you do hypnosis you lose self-control
8. Most people go into hypnosis every day even without help of a therapist

Answers: All the odd numbers are false; All the even numbers are true.

Score:

7-8 Expert in Hypnosis

6 Knowledgeable about hypnosis

Less than 6 – You qualify as a beginning student in hypnosis

Explanations:

1. All hypnosis is self-hypnosis. The only one controlling your mind with hypnosis is you.
2. Patients who excel at hypnosis often forget what occurs while they are in hypnosis.
3. People who want to benefit from hypnosis usually do. Their strength of character has nothing to do with their ability to succeed.

4. Patients can use hypnosis to make themselves sleepy. The therapist cannot cause a patient to fall asleep.
5. The more a patient knows about the true nature of hypnosis, and is comfortable with this information, the better it can work.
6. As all hypnosis is self-hypnosis, nothing can occur in hypnosis that is against your will.
7. When you do hypnosis you may lose conscious control of some of your reactions, but at that point your subconscious takes over control. Since the subconscious is part of you, you never lose control.
8. Examples of common spontaneous hypnosis includes when a student daydreams in class, when a driver thinks about anything other than driving, or when a child plays a pretend game.