

Will I be good at hypnosis?

Pick the best answer

1. When you watch a movie, do you lose track of where you are sitting?

- A. Frequently
- B. Sometimes
- C. Rarely

2. When reading a good book, do you become completely immersed in the story?

- A. Regularly
- B. Occasionally
- C. Never

3. When you hear a sad story, do you become emotional?

- A. Frequently
- B. Sometimes
- C. Hardly ever

4. When you roll your eyes as if you are looking through the top of your head, how much of your eyeball is showing (you will need to ask someone else to tell you.)

- A. Only the whites of my eyes are seen
- B. Half my eyeball can be seen
- C. My whole eyeball can be seen

5. When chatting to a close friend, do you lose track of time?

- A. Nearly always
- B. On occasions
- C. Rarely

6. When you see someone else yawn, do you start yawning?

- A. Usually
- B. Sometimes
- C. Rarely

7. Do you salivate when thinking about sucking on or sinking your teeth into a sour, juicy lemon?

- A. Frequently
- B. Sometimes
- C. Hardly ever

8. When you like a new song, does it keep going round and round in your mind?

- A. Often
- B. Sometimes
- C. Not very often

9. If you close your eyes, can you imagine what your room looks like?

- A. Images are clear, as if it's real
- B. Can visualize some details
- C. Not really

10. Do you consider yourself to be an intuitive person?

- A. Yes
- B. Sometimes
- C. Rarely

11. When you drive to a familiar place does your mind switch to auto-pilot?

- A. Nearly every day
- B. Sometimes
- C. Hardly ever

12. If you see a crowd of people looking at something, do you tend to look in the same direction out of curiosity?

- A. Most of the time
- B. Some of the time
- C. Rarely

Scoring: For every answer A score 2 points. For every answer B score 1 point.

19 and above: Highly receptive to hypnosis

You likely will do very well with hypnosis, and may be able to learn to easily interact with your subconscious as a way of becoming more creative and gaining much knowledge and wisdom.

13 – 18: Moderately receptive to hypnosis

Once you learn how to relax your conscious mind you will be able to gain access to many skills with the aid of hypnosis.

Below 13: Somewhat receptive to hypnosis

Hypnosis can help you, but you will likely need to practice hypnosis regularly in order to achieve a lot of benefit.