

Are my symptoms likely to respond to hypnosis therapy?

How many of these statements apply to you?

1. I often feel anxious, angry, or sad when I feel my symptoms
2. I often become dizzy when I feel my symptoms
3. Sometimes I feel like something is stuck in my throat when there is nothing there
4. Sometimes I feel my heart is skipping beats
5. Sometimes I feel tingling or numbness in my arms or legs
6. Sometimes I develop shakiness when I feel bad
7. My symptoms often feel better when I am distracted
8. Sometimes I develop my symptoms after I become upset or stressed
9. I have been through trauma in my life
10. My symptoms have not improved with medicines

Score:

0-2 – Your symptoms could improve with hypnosis

3-4 – Your symptoms likely will improve with hypnosis

5+ - Your symptoms should improve with hypnosis