



# BreakThrough Institute

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## Hypnotize This!

Date:

Your full name:

Address:

eMail:

Phone:

## A Test of Knowledge

(Circle True or False)

- |  |      |       |
|--|------|-------|
| 1) Hypnosis is a paranormal, supernatural phenomenon.  | True | False |
| 2) Hypnosis is sleep.  | T    | F     |
| 3) A hypnotized person has a weak willpower and surrenders to the strong willed hypnotist.           | T    | F     |
| 4) Hypnotized people involuntarily reveal secrets.   | T    | F     |
| 5) Relaxation is not necessary for hypnosis.   | T    | F     |
| 6) People cannot get stuck in Hypnosis and never wake up.  | T    | F     |
| 7) Hypnotized people do not remember what happened during the session.                               | T    | F     |
| 8) People of certain personality types are more likely to be hypnotized.                             | T    | F     |
| 9) Hypnosis can enable people to perform impossible feats of strength, endurance and sensory acuity. | T    | F     |

- 10) Hypnosis is dangerous. T F
- 11) Responding to hypnosis is like responding to a placebo. T F
- 12) Only about 33% of all people are hypnotizable. T F
- 13) A person's ability to enter the state of hypnosis depends on the technique used and the skill of the hypnotist. T F
- 14) Self-hypnosis could easily be learned by reading a good book on the subject. T F
- 15) A subject always knows when he is in hypnosis T F
- 16) A weak-willed person makes a better subject than a strong-willed one. T F
- 17) A person could be hypnotized by telephone or mail. T F
- 18) The Hyperemperia script should be used with clients who have a height phobia. T F
- 19) In 'True Age Regression, the client speaks only in the present tens. T F
- 20) In "Pseudo' Age Regression, the client speaks only in the past tense. T F
- 21) The "Affect Bridge" technique is not effective in understanding a present uncomfortable experience by exploring a past causative experience. T F
- 22) Which of the following fits most closely into your conception of hypnosis?
- ( ) Type of sleep
  - ( ) Conditioned reflex
  - ( ) Trance state
  - ( ) State of heightened suggestibility

23) Name four attributes of the Subconscious Mind.

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24) Name four attributes of the Conscious Mind.

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25) What is a *Pre-Talk* and what are the benefits of conducting it?

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26) List three kinds of deepening techniques:

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27) What is the difference between permissive and authoritative type induction technique?

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28) What is the difference between autosuggestion and self-hypnosis?

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29) What is a *post-hypnotic suggestions*

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30) Is there any objection to having a hypnotized subject taking on a physical activity more strenuous than he could in a wake state (like trying to lift heavier weights)?

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31) Is it beneficial to hypnotize an emotionally disturbed person? Why?

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32) Which one of the essays, contributed to the book by world renowned hypnotists, appealed to you? Why?

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33) Name the "Triad of Powers"? \_\_\_\_\_

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34) Give one of your own examples of how "Filtering" works.

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35) Give one of your own examples of how "Generalizing" works.

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36) Explain briefly how hypnotizability is a trait that contributed to the survival of the species.

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37) Do you perform waking hypnosis on a client, while conducting the intake interview/pretalk? Explain; \_\_\_\_\_

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38) Name the *Suggestibility Tests* you would use with a new client.

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39) Name the *Depth Tests* you would use with a new client.

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40) What is the difference between analgesia and anesthesia?

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41) What are positive hallucinations?

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42) What are negative hallucinations?

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43) How do you emerge a person from hypnosis? (Mention at least 2 ways)

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44) What is rapport and why is it important?

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45) From all the hypnosis induction techniques described in this book, which one do you like most? Summarize its outline.

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46) Name at least 3 main categories of the induction techniques.

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47) How would you define *Hypnosis*?

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48) What is *Five Phase Abreactive Therapeutic Hypnosis*? What are its main components? \_\_\_\_\_

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49) Name at least one state in the US that is using hypnosis in forensic investigation. \_\_\_\_\_

50) What is Electronic Hypnosis? \_\_\_\_\_

51) What is Stage Hypnosis? \_\_\_\_\_

52) What is your opinion about it? \_\_\_\_\_

53) Why is it important to obtain a medical referral before treating clients for medical issues? \_\_\_\_\_

54) What is the Clients Bill of Rights? \_\_\_\_\_

55) Name four important points of the *Code of Ethics for the Hypnotherapist*:  
\_\_\_\_\_  
\_\_\_\_\_

**The End**

**To receive your certificate:**

- 1- Submit your answers via Email to: [quiz@hypnotizethis.com](mailto:quiz@hypnotizethis.com)
- 2- Submit \$15.00 to cover costs, on our website at the following link:  
[http://hypnotizethis.com/oscommerce/product\\_info.php?products\\_id=179](http://hypnotizethis.com/oscommerce/product_info.php?products_id=179)