



BreakThrough Institute

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Hypnotize This!

A Test of Knowledge

Date:

Your full name:

Address:

eMail:

Phone:

(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.

24) Name four attributes of the Conscious Mind.

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

26) List three kinds of deepening techniques:

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

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

29) What is a *post-hypnotic suggestions*

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)?

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

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

33) Name the "Triad of Powers"? _____

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

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

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

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

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

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

40) What is the difference between analgesia and anesthesia?

41) What are positive hallucinations?

42) What are negative hallucinations?

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

44) What is rapport and why is it important?

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

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

47) How would you define *Hypnosis*?

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

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*: _____

56) Would you like to become a Certified Hypnotherapist? _____
Why? _____

The End

Please submit your answers via snail mail, email or fax.
For details log onto our website www.hypnotizethis.com