

# Suggestibility Questionnaire 1

Everyone is hypnotizable. The following is a conditioned response test designed to help your Hypnotherapist assist you more rapidly with your program. Please print and complete in the privacy of your home; bring with your Health Form to your session where Cherylann will explain your score. If you cannot print save to your computer and email to [Cherylann.thomas@yahoo.com](mailto:Cherylann.thomas@yahoo.com) before your appointment. This is a wonderful tool we use in your personalized hypnosis experience. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Go with the first answer that comes to mind after you read the question. Have fun with it!

QUESTION		YES	NO
1	Have you ever walked in your sleep during your adult life?		
2	As a teenager, did you feel comfortable expressing your feelings to one or both of your Maternal and Paternal figures?		
3	Do you have a tendency to look directly into people's eyes and/or move close to them when discussing an interesting subject?		
4	Do you feel that most people you meet for the first time are uncritical of your appearance?		
5	In a group situation with people you have just met, would you feel comfortable drawing attention to yourself by initiating a conversation?		
6	Do you feel comfortable holding hands or hugging someone you are in a relationship with while other people are present?		
7	When someone talks about feeling warm physically, do you begin to feel warm also?		
8	Do you occasionally have a tendency to tune out when someone is talking to you, and at times not even hear what the other person is saying, because you are anxious to come up with your side of it?		
9	Do you feel that you learn and comprehend better by seeing and/or reading than by hearing?		
10	In a new class or lecture situation, do you usually feel comfortable asking questions in front of the group?		
11	When expressing your ideas, do you find it important to relate all the details leading up to the subject so the other person can understand it completely?		
12	Do you enjoy relating to children?		
13	Do you find it easy to be at ease and comfortable with your body movements, even when faced with unfamiliar people and circumstances?		
14	Do you prefer reading fiction rather than non-fiction?		
15	If you were to imagine sucking on a sour, juicy, yellow lemon, would your mouth water?		
16	If you feel that you deserve to be complemented for something well done, do you feel comfortable if the compliment is given to you in front of other people?		
17	Do you feel that you are a good conversationalist?		
18	Do you feel comfortable when complimentary attention is drawn to your physical body or appearance?		
<b>TOTAL</b>			

## Suggestibility Questionnaire 2

*The wording is somewhat odd and repetitive. Simply lean one way or the other...*

QUESTION		YES	NO
1	Have you ever awakened in the middle of the night and felt you could not move your body and/or could not talk?		
2	As a child, did you feel that you were more affected by the tone of voice of your Maternal and Paternal figures than by what they actually said?		
3	If someone you are associated with talks about a fear that you too have experienced, do you have a tendency to have an apprehensive or fearful feeling also?		
4	If you are involved in an argument with someone, after the argument is over do you have a tendency to dwell on what you could or should have said?		
5	Do you have a tendency to tune out occasionally when someone is talking to you, perhaps not even hear what was said, because your mind has drifted to something totally unrelated?		
6	Do you sometimes desire to be complemented for a job well done, but feel embarrassed or uncomfortable when complemented?		
7	Do you often have a fear or dread of not being able to carry on a conversation with someone you have just met?		
8	Do you feel self-conscious when attention is drawn to your physical body or appearance?		
9	If you have your choice, would you rather avoid being around children most of the time?		
10	Do you feel that you are not relaxed or loose in body movements, especially when faced with unfamiliar people or circumstances?		
11	Do you prefer reading non-fiction rather than fiction?		
12	If someone describes a very bitter taste, do you have difficulty experiencing the physical feeling of it?		
13	Do you generally feel that you see yourself less favourably than others see you?		
14	Do you tend to feel awkward or self-conscious initiating touch (holding hands, kissing, etc...) with someone you are in a relationship with while other people are present?		
15	In a new class or lecture situation, do you usually feel uncomfortable asking questions in front of the group even though you may desire further explanation?		
16	Do you feel uneasy if someone you have just met looks you directly in the eyes when talking to you, especially if the conversation is about you?		
17	In a group situation with people you have just met, would you feel uncomfortable drawing attention to yourself by initiating a conversation?		
18	If you are in a relationship or are very close to someone, do you find it difficult or embarrassing to verbalize your love for him or her?		
<b>TOTAL</b>			