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Can You Be Hypnotized?

Many people think they can't be hypnotized...that they are too strong-willed or too focused, or they daydream too much. The fact is, those things usually contribute to being great at using the power of your mind... and that helps with hypnosis!

Here's a short little quiz (don't worry, it's not graded!) to help you determine how "hypnotizable" you are:

	Yes	No
1. Have you ever walked in your sleep?	_____	_____
2. Have you ever talked in your sleep?	_____	_____
3. Do you sometimes have vivid dreams?	_____	_____
4. Do you do martial arts, or yoga?	_____	_____
5. Do you get "in the zone" while running or playing sports?	_____	_____
6. Do you have a great imagination?	_____	_____
7. Can you take a "cat nap"?	_____	_____
8. Do food commercials make you hungry?	_____	_____
9. Do you ever drive on mental "automatic pilot"?	_____	_____
10. Do you ever "get lost" in a book, movie, TV or video game?	_____	_____
11. Do you ever daydream?	_____	_____
12. Do you have a good memory (of your past)?	_____	_____
13. Are you artistic or musical?	_____	_____
14. Do you believe you can do "what you set your mind to"?	_____	_____
*Your Score – Total "yes's" and Total "no's"	_____	_____

1-14 "yes's"? Wonderful! Very, Very, Very hypnotizable!
 5-10 "Yes's"? Great! You too are going to be terrific!
 1-4 "Yes's"? Great! Maybe a little be lighter subjects, you might hear a bit more around you, but, You'll get better & better the more you do it, usually with self-hypnosis practice.