

HYPNOSIS DESIRES

IDENTIFYING THE PRIMARY REPRESENTATIONAL SYSTEM

Please read each statement and identify the answer that is closest to what your response would be. You might think you could react in all the ways listed, or none of them. Please choose the answer closest to how you would react.

Name _____

Date _____

<p>1) When you are injured, what is your immediate response:</p> <p><input type="checkbox"/> a) See the wound as if it is magnified.</p> <p><input type="checkbox"/> b) Hear the sound of impact, and surrounding sounds are magnified.</p> <p><input type="checkbox"/> c) Feel the pain magnified so much that nothing else can be clearly seen or heard.</p> <p>2) When you spell a new or difficult word, do you:</p> <p><input type="checkbox"/> a) Visualize it on the table or wall in front of you.</p> <p><input type="checkbox"/> b) Sound it out in your head or out loud.</p> <p><input type="checkbox"/> c) Start writing it out, maybe with your finger.</p> <p>3) When you read, do you:</p> <p><input type="checkbox"/> a) Imagine images of what you are reading.</p> <p><input type="checkbox"/> b) Have conversations with the characters, or an internal dialog about what's going on in the story.</p> <p><input type="checkbox"/> c) Prefer to listen to books on audio, while doing something else.</p> <p>4.) When you think, do you:</p> <p><input type="checkbox"/> a) Imagine your thoughts as a movie.</p> <p><input type="checkbox"/> b) Hear yourself talking to yourself.</p> <p><input type="checkbox"/> c) Like to walk, exercise, or move in some way.</p> <p>5.) When driving, do you:</p> <p><input type="checkbox"/> a) Daydream in pictures.</p> <p><input type="checkbox"/> b) Listen to talk radio, sing, or talk on the phone.</p> <p><input type="checkbox"/> c) Enjoy feeling the movements of the car, the bumps on the road.</p>	<p>6) If you buy an assemble-it-yourself project, what do you do:</p> <p><input type="checkbox"/> a) Look at the picture on the box, and pictures in the instructions.</p> <p><input type="checkbox"/> b) Read the directions out loud, finding the pictures less helpful.</p> <p><input type="checkbox"/> c) Glance at the picture, start building, and complete it by trial and error.</p> <p>7) Which is more appealing or interesting to you:</p> <p><input type="checkbox"/> a) Artful Images of beautiful people.</p> <p><input type="checkbox"/> b) The sounds of a sensual voice speaking.</p> <p><input type="checkbox"/> c) The feeling of human touch.</p> <p>8) When you go to movies or watch TV, do you:</p> <p><input type="checkbox"/> a) Prefer visually advanced and artistically appealing shows.</p> <p><input type="checkbox"/> b) Enjoy the dialog of heavy movies or court dramas.</p> <p><input type="checkbox"/> c) Prefer to watch things while doing something else.</p> <p>9) When you give a speech, do you:</p> <p><input type="checkbox"/> a) Talk with your hands with animation and passion.</p> <p><input type="checkbox"/> b) Hear yourself telling you what to say.</p> <p><input type="checkbox"/> c) Pace around and keep your speeches short.</p> <p>10) When relating to others, do you:</p> <p><input type="checkbox"/> a) Pay attention to what they look like, visual details.</p> <p><input type="checkbox"/> b) Focus on their words, when you walk away you would have a hard time describing what they were wearing.</p> <p><input type="checkbox"/> c) Focus on your feelings, instincts, and keep the conversations short. You have things other than talking to do.</p>
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Office use: A answers = _____ B answers = _____ C answers = _____