

# Are YOU Hypnotizable?

√ YES

√ NO

1. Are you able to follow simple instructions?
2. Do you believe Hypnosis can help you?
3. Have you ever daydreamed?
4. Can you imagine the sound of a train whistle blowing?
5. Have you ever been traveling in a car, lost in conversation and the travel time appeared to pass rather quickly?
6. Can you sometimes arise from sleep to get a drink of water and go right back to sleep?
7. Are you willing to accept new ideas for change?
8. Have you ever 'rested your eyes' in front of a television set because you were too comfortable to get up and go to bed?
9. Are you able to meditate or pray?
10. Have you ever been so caught up in reading a good book that you couldn't put it down?
11. While listening to a favorite song, can you remember where you were, what you were doing and who you were with when you first heard it?
12. Have you ever cried or been frightened while watching a movie?
13. Did you ever lose track of time while engrossed in something enjoyable?
14. Do you have a strong belief system?
15. Do you shudder at the thought of someone scratching his or her fingernails down the front of a chalkboard?
16. Does your mouth water at the thought of sucking on, or biting into a plump, juicy, sour lemon?
17. Have you ever impulsively purchased a bag of popcorn, cinnamon roll or caramel apple because of the aroma filtering through the air?
18. Do you have a vivid imagination?

If you overwhelmingly answered **YES** to the questions posted above...

***Congratulations!***

You are definitely **HYPNOTIZABLE!**