

Hypnosis Responsiveness Questionnaire

YES NO

1. Have you ever been hypnotized? _____
2. Have you ever seen anyone hypnotized? _____
3. Do you believe hypnosis can help you? _____
4. Have you ever walked or talked in your sleep? _____
5. Have you ever awakened like you couldn't move or speak? _____
6. Are you basically a trusting person? _____
7. Do you have a vivid imagination? _____
8. Do you daydream or involve yourself in fantasy? _____
9. Are you able to concentrate on an idea or thought? _____
10. Do you feel comfortable being touched by someone you trust? _____
11. Are you open to new ideas? _____
12. Are you able to follow directions? _____
13. Are you able to get in touch with your emotions easily? _____
14. Do you believe that it's possible for a person to be healed by the power of his or her mind? _____
15. Have you ever wished that you could avoid taking any medication? _____
16. Do you enjoy reading fiction and getting involved in the stories? _____
17. Are you basically a religious or spiritual person? _____
18. Have you ever meditated? _____
19. Are you able to sit or lie still for a period of time? _____
20. If you were to imagine sucking on a sour, bitter, juicy, yellow lemon, would your mouth begin to water? _____

21. Do you have nightmares? _____
22. Are you currently under the care of a Psychiatrist? _____
23. Do you take any prescription drugs? _____

If yes, name(s) _____

