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?		
	Empowerment 22. Are you currently under the care of a Psychiatrist?		
90	23. Do you take any prescription drugs?		
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