



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 114 - Characteristics of Physical and Emotional Suggestibility

Student Number \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_ Date: \_\_\_\_\_

1. For generations hypnotists divided suggestibility into three different stages. What are those stages?
2. A light hypnotic state is called \_\_\_\_\_
3. A medium hypnotic state is called \_\_\_\_\_
4. A deep hypnotic state is called \_\_\_\_\_
5. 60 to 70 percent of the population was believed un-hypnotizable; probably most of those individuals were \_\_\_\_\_
6. What kind of suggestions would a high Emotional respond to the best?  
\_\_\_\_\_  
\_\_\_\_\_

7. The way a hypnotherapist would use the word Emotional is different from the way we are used to thinking of emotional. What is the difference?  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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#### Intellectual Suggestibility



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8. What makes an Intellectual Emotional different from working with other Emotionals?

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9. Which method of hypnosis usually works best with an Intellectual Suggestible individual?

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### Somnambulist

10. What percentage Physical and Emotional Suggestibility is a Somnambulist?

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11. Why is a Somnambulist the best subject for stage hypnosis?

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There is a Natural Somnambulist, Physical Somnambulist and an Emotional Somnambulist and they all respond differently to suggestions.

12. The Emotional Somnambulist (100% Emotional) responds to suggestions that affect his

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13. The Physical Somnambulist (100% Physical) responds to suggestions relating to his

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14. Is it the Emotional or Physical that often experiences delayed reactions?

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15. What suggestibility is it that appears to be in a very light state of hypnosis or perhaps not in hypnosis at all?

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16. What suggestibility is it that will respond equally to suggestions affecting his Emotions and Physical body?

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17. What is Suggestibility?

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### Emotional Suggestibility

18. We base the suggestible pattern of an Emotional on what?

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19. How do you think an Emotional might react if he is uncomfortable or afraid you might put him in an embarrassing situation?

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### The Physical Suggestible

20. The Physical Suggestible responds to physical touch with pleasure and it represents what to him?

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21. The Physical speaks inferentially and how does he understand or hear?

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22. Why would you say the Physical is or is not a good listener?

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23. Since the Physical feels his emotions strongly do you think he understands the emotions of others more because of that?

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24. How does the Physical attempt to reach others?

### The Difference between Physical Suggestible Behavior and Emotional Suggestible Behavior

25. How does the Emotional speak? \_\_\_\_\_

26. Is it the Emotional or the Physical who prefers to carry the conversation?

27. Why does a communication barrier often arise between the Physical and Emotional Suggestible?

### How Suggestibility is Learned

28. A child learns his suggestibility from whom? \_\_\_\_\_

### Physical Suggestibility

29. What produces Physical Suggestibility?



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**Emotional Suggestibility**

30. What **produces** Emotional Suggestibility?

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