



COURSE MATERIAL FOR THE
CERTIFIED HYPNOTHERAPIST PROGRAM

111 - Theory of the Mind Self Test

Student No: _____

Name: (Please Print) _____ Date: _____

1. A Baby's Mind is Totally Sub-conscious

- When you were a baby, your mind was _____.
- _____ and _____ dropped down into the _____.

2. The Critical Mind

- When you were between _____ and _____ years old, you begin to develop a _____.
- A critical mind acts like a _____.
- It accepts _____ and rejects _____.



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- When you are only eight years old, negatives just drop down into the _____ as truth.

3. Teenage Suggestibility

- You know how _____ most teenagers are to their _____, because _____ mind is not very strong yet.
- If the teenager drinks _____ or does _____, then _____ does not become _____ until later, perhaps not until the late 20s.

4. Overloading of Critical Mind

- When critical mind does become stronger, many things overload the critical mind. Name four events or situations that may do that.

1. _____
2. _____
3. _____



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4. _____

- Things that you would ordinarily say, "I am not going to let that bother me," you do, and it drops down into the subconscious mind.

5. Conscious Mind

- The conscious part of the mind is estimated to be between _____ and _____ percent.

- Conscious mind deals with your:

1. _____

2. _____

3. _____

6. Subconscious Mind

- Your subconscious mind is estimated to be between _____ and _____ percent.

- Subconscious mind handles all:



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1. _____

2. _____

3. _____

- However, your subconscious mind does not _____ or think. It uses no logic or reason

7. Set a Goal

- You _____ decide that you are not going to become _____ (Use whatever problem your client came in for), angry, or stressed out. You mean it when you say it.
- However, you get into a situation that triggers the _____ mind back into _____ and you are doing the same things again.
- Because your subconscious mind simply _____ and identifies _____ with the _____.
- Hypnotherapy is such an effective method of bringing about the changes that you desire in your life because this is the part of the mind that a _____ works with.



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8. Emotional and Physical Suggestibility

- We work with physical and emotional suggestible people.
- The Physicals are more _____ - _____ dominant.
- The Emotional is more _____ - _____ dominant. They are called Emotional because they tend to _____ their _____.
- We hypnotize them differently. Even the suggestions that we give them are different.
- Your suggestibility is the way you _____ and _____ your ideas.
- You learned your _____ from your _____ when you were a _____.
- If your mother was not around then you learned it from your main _____.
- You may have noticed that the questions you answered on the form we gave you to fill out were a lot alike.
- Those questions give me an idea of your _____



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and I am going to test you again in a few minutes. (Here you are using _____.)

9. Sexual Suggestibility

Your sexual suggestibility is your _____

- You learned this from your _____ when you were a _____.
- If your _____ was not around, then you learned it from another male figure in your life.

The term *Emotional* is confusing. Most people think of an *Emotional* as someone who lets their emotions rule them. However, this person is called Emotional because **they hide their emotions**. Think of Emotional in the opposite way you would normally think emotional. Perhaps an Emotional could be compared to an iceberg. When you see the tip of the ice above the water there is still a huge amount under the water that you never see.

10. Physical Sexual Suggestible



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- This person is more comfortable with _____, and _____.
- They have a very strong need to feel _____.
- They have _____, _____ and _____ all tied up together in their _____.
- _____ is very difficult for them.
- If they are high enough Physicals, _____ can almost be _____ to them.
- In a marriage or relationship that is good, they can make love often, maybe everyday, and still like to be cuddled or held after the _____.

11. Emotional Sexual Suggestibility

- The high Emotional Sexual has a _____ around them. They do not want anyone in their _____ or in their _____.
- When you talk to them, they often _____ unless they have taught themselves to _____.



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- They do not have _____, _____ and _____ all tied together in their heads.
- To them it is a _____.
- An Emotional Sexual operates on a _____ of every _____ to _____ days. That is the only time it is good for them.
- If the Emotional Sexual is high on the scale, then the sexual cycle may only come around once in _____ or maybe once in a _____. After the sex act, the Emotional wants to turn _____.
- If the Emotional Sexual is low on the scale, then they may still like to be cuddled or held after the _____ but nothing more than that.
- In the beginning of a _____, the Emotional acts like a _____ sexual.
- After the _____ stage is over, however long that is, usually _____ to _____ years, they return to exactly what they are – an Emotional Sexual.

12. Giving Suggestions



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- In hypnosis, the suggestions are given according to _____.
- We speak to the Physical _____ but the physical speaks with _____.
- In hypnosis, we speak to the Emotional with _____, but the Emotional speaks _____.
- The speech patterns of the _____ and _____ are a compliment to each other and usually one is _____.
- Draw a line and demonstrate various degrees of _____. Ask your client, where they would put themselves closest to - The Physical, or the Emotional? If your client does not know what kind of sexual suggestibility they have, then you probably have a low Physical or low Emotional. If your client is high on the scale, he/she will know exactly what they are. If you cannot determine by talking to them – ask them which one in the relationship initiates the sex act most. This will usually tell you.

13. Somnambulist

- The suggestibility of the somnambulist is _____. This person has _____ input from the _____ and _____ side of the brain.



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- This person is often in _____, which is not always good because the somnambulist has a tendency to absorb everything like a _____.
- Their _____ are often like a roller coaster. Something good happens and they are on top of the world. Something bad happens and their emotions drop and they feel bad.
- Hypnosis is a God given, _____ state. _____ goes into hypnosis sometime. You have been hypnotized many times. You just did not know it.
- Remember a time when you were driving down the road and you had your conscious mind on a problem.
- You got to where you were going and you did not _____ stopping at the light or turning the corner or you were ten miles past the exit?
- Your mind was on a problem, so who took you there? Your _____ did. That is _____ Hypnosis.

I saw a stage performance once where the hypnotist asked every one to throw their wallets on stage. Usually only a somnambulist would do that. They are the ones that perform silly things on stage.



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The hypnotist did not hypnotize them. The _____ is already in deep _____ before they ever met or saw the hypnotist, and before they ever walked on stage. He usually sends a few people back to their seats. That is because they are not deep enough somnambulist.

1. Hypnosis is a _____ state of mind.
2. Everyone goes into _____ sometimes.
3. The _____ does it too often.

14. Depreciation

- We put a suggestion into the _____ and all suggestions _____.
- We put the suggestion in again and it _____ less.
- We put it in again and it depreciates even less.
- As you can see, each time the _____ is given in the _____ state, the _____ holds the _____ longer until the subconscious accepts it and the suggestions become _____.



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- We still need to go a little bit past this point, so that when this person depreciates they will not return to their old _____.

15. Levels

- There are about a _____ levels of hypnosis.
- No one knows how many levels of hypnosis there are – there may be thousands. Let me explain what you experience in some levels of hypnosis. It is important that you remember these levels so you feel comfortable.
- In some levels, you are _____ and _____ than you are sitting here listening to me now.
- My voice, the cars in the street, the phone, or fan may seem _____ to you but nothing is louder. You are just more _____ and _____.
- At some levels, you may feel as if you can _____ and walk out, but you will not want to.
- At some _____, you will try to listen to what I am saying, but _____ to something totally unrelated.
- Then you may try to listen to my voice again but you may be too relaxed to care and not bother even trying to _____.



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- At some levels, you will feel _____ or _____ in your _____, your _____, your arms and legs, or your whole body may feel _____ or _____.
- At other levels, you may go _____ and lose _____. You may think you went to _____. The brain patterns are different. You did not go to sleep. You just dropped past my voice.

16. Your Subconscious tries to protect

- Your subconscious tries to look after you.
- It _____ your entire life. At night when you are asleep, you are _____ is _____.
- If you were a sound sleeper before you brought your baby home from the hospital, that changed. If your baby cried, your subconscious said, *Wake up. Your baby needs you.* (Almost anyone who has had children can relate to this).
- If you have surgery, some experts think that you should ask your doctor to talk about your healing in a positive way because they believe that it can make a difference in the healing process.



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- When a person is in coma, there is evidence that the person hears everything.
- If you are in a deep level of hypnosis and I say something to you that you do not like, you will _____ by _____ or _____.
- However, if I say something you dislike strongly, you will _____, sit up and _____.
- Then you will not let me put you back into hypnosis because you will not _____.

17. Sometimes your subconscious does not know how to protect you.

- Your subconscious tries to look after you, but sometimes it does not know how.
- Take the example of an alcoholic. In the beginning, the alcoholic drinks socially. It mellows him out and relaxes him. He does this year after year. Let us say eventually he becomes an alcoholic and perhaps he even loses his job. He knows that if he does not quit drinking he will lose his home and family also. The conscious mind says. "You have to quit drinking."
- The subconscious mind says, "Go ahead have a drink. I _____ and _____ with drinking alcohol."



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- It is like _____ to _____ horses pulling against _____ to _____ horses. Who is going to win?
- This person goes to the treatment center and does great. He does not drink alcohol for a year but then one night he is at a party and thinks, "I can handle one drink."
- However, the _____ mind has never been worked with, so it is very quick to _____ and _____ with the _____ again, and he is back to square one.
- Since that is the part of the mind we work with, that is why _____ is such an effective way of accomplishing your goals.

Notes: