



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

121 - 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?

Intellectual Suggestibility



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

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

Somnambulist

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

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

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

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

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

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

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?

Emotional Suggestibility

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

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

The Physical Suggestible

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

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

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?

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?

