



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

143 – Stages of Hypnotherapy

Student Number: _____

Name: (Please Print) _____ Date: _____

1. If the **Physical Suggestible** is 75% Physical, he will be 25% Emotional. He will respond to any _____ suggestion affecting his _____, but will not respond to suggestions affecting his _____.
2. The **Emotional Suggestible** subject will respond to all suggestions affecting his _____ but will not respond to suggestions affecting his _____.
3. The term Emotional is used differently than we would normally think of the word emotional. Explain how it is different and why.

4. There is a sub-category of Emotional Suggestibility called _____. This person must have a reason for everything. You can usually reach this person only through _____ suggestions using the _____ method.
5. The suggestibility of the somnambulist is _____ and _____.
6. How do Physicals handle rejection?

7. Suggestibility is a person's _____ determined by all of the conditioning and all of the experiences he has experienced.



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8. The suggestible pattern of an Emotional is based on a defense to protect his _____ . He will put his _____ out first before he will accept physical touch. So if he is faced with uncomfortable physical contact, attention, or pain, or if he senses he is about to be put in such a position, he responds with _____ .
9. The Physical, uses his physical body as a defense to protect _____ .
10. A child will grow up to have the same type of suggestibility that as _____ or _____ , although it may vary in degree.
11. Is it the Emotional who becomes aggressive when closeness and contact is taken away? _____
12. The Physical will respond to physical touch with pleasure and has a great need for it because it represents _____ .
13. The Physical speaks _____ and understands _____ .
14. What will the Emotional often do when he does not feel understood? _____
15. When the _____ becomes involved with explaining something, he tends to be animated in movement and gestures and to move close to the person he is talking to.
16. The Physical will often _____ a conversation.
17. The Emotional speaks _____ and understands _____ .
18. The _____ may cut someone off in the middle of a sentence in order to get a point across.



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19. Whether the _____ recognizes it or not, he has difficulty understanding the emotions of others because he can relate only to what he feels and not to what others say and feel.
20. Because _____ relates to physical communication, he attempts to reach others through _____ and _____.
21. The _____ suppresses his ability to relate verbally on more than a surface conversational level. Only when he has achieved enough acceptances and feels comfortable can he open up to positive emotional communication.
22. The _____ is the best subject for stage hypnosis.
23. Since the Physical prefers to carry the conversation, and the Emotional prefers to sit back and listen it would seem perfect, so why does a communication barrier arise between the two opposites?

A clear-cut distinction between Physical and Emotional suggestibility will be difficult to achieve if you confuse the way a Physical or Emotional respond with the way they would like to respond.

Both feel the loss of not being able to experience the opposite of their suggestibility, and they do search for that missing opposite. It is not what a person wants that indicates his suggestibility, but what he has been conditioned to consider threatening, pleasurable, or painful.

24. What produces Physical Suggestibility?



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25. What produces Emotional Suggestibility?

If we accept the premise that most problems are learned and that our suggestibility is the how and why we learn, then it follows that most of our problems are caused by suggestibility.

In hypnotherapy we deal with how an undesired behavior can be unlearned and how a desired one can be learned to replace it.

It is for this reason the modern hypnotherapist is most appropriately called a Suggestibility Behaviorist.