



Enhance your **M**otivation....

Become more **O**ptimistic....

Improve your **R**elationships....

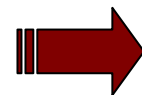
Maximize your **E**njoyment in all ways....

What Do You Know About Hypnosis?

The following True/False questions are designed to reveal what you really know about hypnosis:

- ___ Nearly everyone can be hypnotized.
- ___ I have never been hypnotized.
- ___ A person under hypnosis gives control of his or her thinking and behavior to the hypnotist.
- ___ Hypnosis has no medical validity; it is for entertainment only.
- ___ Hypnosis doesn't work. It can't help a person stop smoking or lose weight.
- ___ Hypnosis is dangerous.
- ___ Sometimes people who are hypnotized never wake up.
- ___ All hypnosis is self-hypnosis.
- ___ Hypnosis enables a person to learn more quickly and remember more.
- ___ Most of the things we do automatically are actually a form of hypnosis.

To see how many you got right, turn the page over....



True Nearly everyone can be hypnotized.

Not everyone can be hypnotized using the same technique, but everyone can learn to enter a state of hypnosis and use it to facilitate achieving desired goals.

False I have never been hypnotized.

Everyone enters a state of hypnosis at least twice a day—when going to sleep at night and when waking up in the morning. People are in a trance state more often than they may realize.

False A person under hypnosis gives control of his or her thinking and behavior to the hypnotist.

The person who is hypnotized retains control. He or she is choosing to cooperate with the hypnotist to achieve an objective, even if that objective is to entertain an audience.

False Hypnosis has no medical validity; it is for entertainment only.

Hypnosis has been recognized as medically valid since the 1950s. It is being used increasingly for a wide variety of therapeutic purposes.

False Hypnosis doesn't work. It can't help a person stop smoking or lose weight.

Hypnosis may not do the trick alone, but it has been demonstrated to be a valuable adjunct to smoking cessation and weight management programs.

False Hypnosis is dangerous.

Hypnosis is a natural process and is perfectly safe when used appropriately in a safe environment.

False Sometimes people who are hypnotized never wake up.

People sometimes enjoy the trance state so much that they are slow to respond to the hypnotist's suggestion that they wake up. If left alone, they will simply fall asleep and wake up when they are ready. A trained hypnotist also knows a number of ways to speed the process of returning to full consciousness.

True All hypnosis is self-hypnosis.

The individual being hypnotized is in control of the trance. All the hypnotist does is facilitate and serve as a guide.

True Hypnosis enables a person to learn more quickly and remember more.

Hypnosis is one of the best ways for bringing conscious and unconscious resources into alignment for the purposes of learning and recalling.

True Most of the things we do automatically are actually a form of hypnosis.

All trance states are a form of hypnosis, so virtually everything we do automatically, from brushing our teeth to driving a car, involves some degree of hypnosis.

For more information about hypnosis, visit www.scs-matters.com