



## Could you be hypnotized?

The ability to be hypnotized is kind of like the ability to draw a picture or carry a tune: Some people have it and some don't. It's estimated that only 5 percent of adults are unable to achieve any kind of hypnotic state; the rest of us fall somewhere along a range of "hypnotizability." Curious to know if you'd be susceptible? This quiz will give you an idea.

- 1** Do you have many vivid memories from your early childhood?  yes  no
- 2** Do you tend to lose yourself in movies, books, or TV shows?  yes  no
- 3** Do you tend to know what people are going to say before they say it?  yes  no
- 4** Do powerful visual images ever trigger a physical sensation in you? For example, do you feel thirsty during the desert scenes in *Lawrence of Arabia*?  yes  no
- 5** Have you ever zoned out while going somewhere and wondered how you'd gotten there?  yes  no
- 6** Do you sometimes think in images rather than in words?  yes  no
- 7** Do you ever sense when someone has entered a room, even before seeing him?  yes  no
- 8** Do you like to look at cloud shapes?  yes  no
- 9** Do smells evoke powerful memories for you?  yes  no
- 10** Have you ever been deeply moved by a sunset?  yes  no

**Scoring:** Give yourself one point for each "yes."  
**0-2 points** Hypnosis may not be for you. You may find it hard to enter a trance and may have trouble responding to hypnotic suggestions.  
**3-7 points** You're somewhere in the middle. While you should have no difficulty being hypnotized, you may not be susceptible to every suggestion.  
**8-10 points** Not only will you have no problem going under, but you should respond well to most hypnotic suggestions. Who knows? Hypnosis may help you get through your next root canal!

Sources: Auke Tellegen, Ph.D., emeritus professor of psychology at the University of Minnesota, in Minneapolis; Erez Carmeli, Ph.D., chair of psychology and anthropology at the University of Texas-Pan American, in El Paso.

If you have a great imagination, are creative and willing to be hypnotized, then you would be a great subject.

### Here are some fallacies about hypnosis

-One must be simple minded to be hypnotized/ Not true. Simple minded people have a difficult time becoming hypnotized. It takes a strong mind to concentrate.

I will tell my secrets if I go under hypnosis. / Not true. You will not do anything under hypnosis that is detrimental to your being, whether it's physical or verbal.

I will lose control. / Not true. You are in control under hypnosis. You just feel like you are supposed to do what the hypnotist tells you to do. But you will still be in control of yourself and surroundings.