

## EXPLANATION OF HYPNOSIS

The American Society of Clinical Hypnosis (ASCH) was founded in 1957 by Milton Erickson, MD. It is an interdisciplinary organization of medical, dental and mental health professionals interested in the clinical use of hypnosis. ASCH promotes greater acceptance of hypnosis as a clinical tool with broad applications in medicine, dentistry and mental health. ASCH offers training and certification programs and provides practitioners with ethical and treatment guidelines for the clinical use of hypnosis by trained, licensed professionals. Currently, ASCH has 2,100 members in the US, Canada and other countries.

### Definition of Hypnosis

Hypnosis elicits and makes use of the experience of inner absorption, concentration and focused attention. When our minds are concentrated and focused in this way, we are able to make use of the power of our minds to bring about change. Using hypnosis and self-hypnosis can allow people to have increased control over their behaviors, thoughts, emotional responses, and even physiological responses and physical health.

While there is a general agreement that certain effects of hypnosis exist, there are differences of opinion within the research and clinical communities about how hypnosis works. Some researchers believe that hypnosis can be used by individuals to the degree they possess a hypnotic trait, much as they have traits associated with height, body size, hair color, etc. Other professionals who study and use hypnosis believe that there are strong cognitive and interpersonal components that affect an individual's response to hypnotic environments and suggestions.

Recent research supports the view that hypnotic communication and suggestions effectively changes aspects of the person's physiological and neurological functions.

Practitioners use clinical hypnosis in three main ways. First, they encourage the use of imagination. Mental imagery is very powerful, especially in a focused state of attention. The mind seems capable of using imagery, even if it is only symbolic, to assist us in bringing about the things we are imagining. For example, a patient with ulcerative colitis may be asked to imagine what his/her distressed colon looks like. If she imagines it as being like a tunnel, with very red, inflamed walls that are rough in texture, the patient may be encouraged in hypnosis (and in self-hypnosis) to imagine this image changing to a healthy one.

A second basic hypnotic method is to present ideas or suggestions to the patient. In a state of concentrated attention, ideas and suggestions that are compatible with the individual's goals seem to have a more powerful impact on the mind and body, and are therefore more readily translated into desired changes.

Finally, hypnosis may be used for unconscious exploration, to better understand underlying motivations or identify whether past events or experiences are associated with causing a problem. Hypnosis avoids the critical censor of the conscious mind, which often interferes with the discovery and ability to make use of new possibilities.

### Myths About Hypnosis

There are two primary myths about hypnosis. One is the common belief that a loss of control takes place, with the hypnotized person falling under control of a powerful person who takes over their mind and gains behavioral control. The second myth is that hypnosis always results in a deep state of unconsciousness, with no memory of what took place.

While a hypnotized person is generally more susceptible to suggestion, there is little evidence to suggest this results in loss of control. Good hypnosis is a collaborative experience, and can be thought of as an invitation by the hypnotist for the person in experience ideas, feelings, sensations, and physical processes that are different than those that occur in their normal, waking state.

Most hypnotic processes can be accomplished in a light to medium state of trance, where the patient or client has a clear memory of what was said and done.

### Uses of Hypnosis in Psychotherapy

- Anxiety and stress management
- Controlling habit/behavioral disorders, such as trichotillomania
- Performance enhancement for athletes, and concentration skills for test anxiety and learning disorders.
- Obesity and weight control.
- Sexual dysfunction
- Sleep disorders
- Smoking cessation
- Victims of physical and sexual abuse and trauma

### Medical Applications of Hypnosis

- Gastrointestinal disorders (ulcers, Irritable Bowel Syndrome, colitis, Crohn's Disease)
- Dermatologic disorders (eczema, herpes, neurodermatitis, pruritus [itching], psoriasis, warts)
- Surgery/Anesthesiology (In unusual circumstances, hypnosis has been used as the sole anesthetic for surgery, including the removal of the gall bladder, amputation, cesarean section, and hysterectomy. Reasons for using hypnosis as the sole anesthetic may include: situations where chemical anesthesia is contraindicated because of allergies or hypersensitivities; when organic problems increase the risk of using chemoanesthesia; and in some conditions where it is ideal for the patient to be able to respond to questions or directives from the surgeon)
- Pain (back pain, cancer pain, dental anesthesia, headaches and migraines, arthritis or rheumatism)
- Burns: Hypnosis is not only effective for the pain, but when hypnotic anesthesia and feelings of coolness are created in the first few hours after a significant burn, it appears that it also reduces inflammation and promotes healing. A second degree burn can often be kept from going third degree if hypnosis is used soon after the injury.
- Nausea and vomiting associated with chemotherapy and pregnancy (hyperemesis gravidarum)
- Childbirth: Based upon our members' anecdotal evidence, approximately two thirds of women have been found capable of using hypnosis as the sole analgesic for labor. This eliminates the risks that medications can pose to both the mother and child.
- Hemophilia: Hemophilia patients can often be taught to use self-hypnosis to control vascular flow and keep from requiring a blood transfusion.
- Controlling asthma and allergic responses.

More information is available on the ASCH website at [www.asch.net](http://www.asch.net).

## What to Expect Of Hypnosis (From American Hypnosis Clinic by Permission)

One of two things will happen when you use hypnosis to help you achieve your goal:

- The "Magic Wand" Effect
- The "Snowball" Effect

The "Magic Wand" Effect is what everyone wants from hypnosis and is the most exciting and fun effect. That's when it's as if your therapist simply taps you over the forehead with a magic wand and it's as if you simply have changed. Instantly, effortlessly... almost magically you may be free of the urge for cigarettes or alcohol or perhaps you're thinking of food differently and find it easy to eat right and exercise.

That happens a lot with hypnosis and it **ONLY** happens with hypnosis. No other treatment modality can ever claim that kind of success.

But it's not the only kind of success hypnosis can have nor is it necessarily the best.

The "Snowball" Effect is when you work with the hypnosis — following along with your hypnotherapist's advice (both mental exercises and practical advice) listening to your customized hypnotherapy recording, etc. and begin to see subtle changes. Little by little you come to new realizations and develop new habits that grow in effect like a snowball rolling down the mountain. Like a seed that's placed in the ground, sometimes you may not see an immediate result but roots are forming and branches are waiting to pop up out of the soil. And just as a tiny seed can create an immense tree or a snowball can grow to enormous size and with unstoppable momentum — so does hypnosis help you make immense and **PERMANENT** life changes!

**Hypnosis is always quicker than any other kind of therapy!**

But, whether it's immediate and dramatic or it takes a few sessions with more gradual progress doesn't matter. What matters is that you **accomplish your goal once and for all!**

Many people have a very wrong idea of what hypnosis is supposed to feel like based on what they've seen on television and the movies. Light hypnosis is a state that we all experience to some degree every day such as:

- When you're driving and you get so caught up in your imaginings that you miss your exit — that's a kind of hypnosis.
- When you are so involved in a movie that you actually imagine yourself in the character's shoes and physically jump when something startling happens to that character — that's also a type of trance.

- A runner in "the zone" (runner's high); or a kid playing make-believe on the playground; or when you're driving for hours and by "being elsewhere" mentally you completely lose track of time ...– they are all examples of light altered states.
- When you lie down to go to sleep at night and you let your mind wander in that daydreamy state right before you drift off to sleep – that's hypnosis.

Now, in the past you've probably never called these things hypnosis. You haven't ever thought of them as mystical experience or mind control or being "zombified" or anything of the sort have you? No, because trance really is normal, natural and something you do accidentally every day without being aware of it. **EVERYONE CAN ACHIEVE HYPNOSIS.** The difference is that at The American Hypnosis Clinic we are going to deliberately guide you into trance, deepen the trance – and USE these simple states of mind to help you learn with a different part of your brain how to change habits much more quickly and easily.

Sometimes people are surprised because they really expected a foreign feeling – something exotic and amazing – and so they wonder if they've even been hypnotized. But it doesn't feel foreign at all... especially when people go into a lighter or "uptime" trance. Only an unusually deep trance feels unusual.

The good news is that light-to-medium depth trances are just as effective as deep trance experiences at making the changes you need to make. It's not the depth of trance that matters for change – it is REPETITION of the RIGHT post-hypnotic suggestions that matters most. The suggestions have to meet your values and needs and take care what psychologists call the secondary gains of your behavior. That kind of thing is why The American Hypnosis Clinic has the best-trained therapists in the nation – to make sure we can find out what makes you tick and make sure you get what you need.

That's also why we always make a tape or CD for you to take home and use over and over. The more you use it, the more your unconscious mind learns and the more easily you can consciously change your habits. Sometimes it's effortless and the change can be AMAZING! Other times, you still have to put real effort into changing your habits – but you will succeed this time because it gets much easier and much faster thanks to hypnosis.

You will go deeper with practice simply as a byproduct of doing hypnosis regularly (hence the recording). The only thing that keeps people from going deep is anxiety. So the more you do it, the more at ease you become with it and therefore the deeper you go. Also, just like anything else – the more you do it, the better you get at it. Your experience will vary from time to time. Sometimes you'll just feel relaxed and wonder if anything happened at all, sometimes you'll think you've dozed off and eventually (when you've gotten REALLY good at it) you may feel completely numb (hypnoanesthesia) or even like you are floating outside your body!

To start, just expect to relax and to enjoy listening to the soothing sounds of your therapist's voice.

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*Except people with brain damage or who are presently using certain mind-altering drugs.*

### What You Will NEVER Experience

Being out of control — like someone's taken control of you or making you do anything

### What You WILL Experience

Being very relaxed

You WILL hear your therapists voice (at least at first)

(At least in the beginning) Very aware of the sounds around you and what you feel

(At least in the beginning) Very aware of your own thoughts

### What You PROBABLY WILL NOT Experience

Probably will not forget anything (unless you go very deep)

Your thought processes will not stop. You will still be thinking, wondering, questioning, etc.

### What You MIGHT Experience (Especially if you go very deep)

More or less than the usual amount of water in your eyes or mouth

Might feel heavy or even numb in fingers or (if very deep) all over body

What you imagine may become unusually vivid

Might forget bits and pieces or large chunks of conversation

There are actually several different types of altered states. In some your mind is very focused and you are imagining very vividly. In others, your conscious mind recedes to the point that you might almost think you are sleeping. The truth is, it's not that important what your conscious mind is doing —it's your unconscious mind that needs to be listening and learning. Remember, you've been trying to fix this problem consciously and utterly failed. So what we're doing is very different.

Your therapist may use traditional directive hypnosis, or what is called a regression or use NLP (neurolinguistic programming) exercises that don't seem like hypnosis at all but simply imagination exercises. It all depends on the nature of your problem and where you are along the path to solving it. In any case, they are all ways to teach a part of your mind that is normally inaccessible.

Remember, there is no wrong way to do hypnosis. You really can't mess it up, so just relax and enjoy it! You WILL succeed if you simply follow your therapist's instructions.

This is how to get the best experience:

- Repeat what your therapist says in your own voice within your own mind.
- Follow his or her instructions carefully when they tell you to relax one muscle at a time or imagine certain things.
- Imagine what you are asked to **as vividly as you can**: See it, hear it, feel it, smell it and/or taste it in as much detail as possible. Focus all your attention on THAT and the other thoughts that otherwise might have distracted you will fade naturally into the background. Remember that this is relaxing playtime. You're just playing make-believe like you did as a child. In the past you may have been taught not to daydream... but today it's OKAY!
- If your mind wanders into work problems, worries about your success, or anything negative focus it back to where your therapist is leading.

Remember your hypnotist is a guide and a teacher. He or she does not "hypnotize you..." Your hypnotist **guides you** into hypnosis.

You have to do it. Just like it's been you that has been "doing" the behavior in question all this time.

But because you have taken responsibility for your actions and your decision to change your life... **YOU WILL DO GREAT!** I promise.

Hypnosis is normal, natural and **easy**. It's so easy you do it by accident! With the proper coaching it can be as easy as allowing gravity help you fall back into your favorite easy chair. And you've got Olympic-quality coaches here at The American Hypnosis Clinic to help you succeed.

We respect and admire the fact that you've chosen to take control of your life and here at The American Hypnosis Clinic we're proud you have chosen us to help you do it!

# Checklist for Utilizing Life Experiences, Interests and Values

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University of Utah School of Medicine

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Instructions: This is a checklist of experiences and interests that many people have had. It will help us better understand and appreciate you as an individual. In the space beside each item **which you have experienced** please rate the degree to which you have liked or enjoyed (past or present) the activity on a scale of 1 to 7. The number 7 represents something that you love or enjoy very much, and the number 1 represents something that you have strongly disliked. A rating of 4 signifies that you feel neutral about the item. If you liked or disliked something in the past and this has now changed more than two numbers, you can give two ratings and write "past" or "now" beside the different number ratings. Leave items blank that are not in your background of experience.

- |  |   |
|--|---|
| _____ 1. Acting in a play              | _____ 26. Christmas eve or morning        |
| _____ 2. Afraid of failing in school   | _____ 27. Circus                          |
| _____ 3. Amusement park rides          | _____ 28. Climbing a tree                 |
| _____ 4. Anesthesia                    | _____ 29. Coloring books                  |
| _____ 5. Aquarium/watching fish        | _____ 30. Comic books                     |
| _____ 6. Archery                       | _____ 31. Cooking                         |
| _____ 7. Attending church              | _____ 32. Creative writing                |
| _____ 8. Ballet                        | _____ 33. Creeks or rivers                |
| _____ 9. Bedtime stories/fairy tales   | _____ 34. Dancing                         |
| _____ 10. Best friend moving away      | _____ 35. Death of a loved one            |
| _____ 11. Bicycle riding               | _____ 36. Death of a pet                  |
| _____ 12. Bird watching                | _____ 37. Deep sea fishing,               |
| _____ 13. Blowing bubbles              | _____ 38. Dinner in a restaurant          |
| _____ 14. Boating                      | _____ 39. Diving in a swimming pool       |
| _____ 15. Body building (with weights) | _____ 40. Doodling                        |
| _____ 16. Bowling                      | _____ 41. Drug use                        |
| _____ 17. Broken arm/leg               | _____ 42. Electric trains                 |
| _____ 18. Building a snowman           | _____ 43. Elevators                       |
| _____ 19. Bullied                      | _____ 44. Embarrassed by acne             |
| _____ 20. Camping out                  | _____ 45. Embarrassed in front of a group |
| _____ 21. Candlelight                  | _____ 46. Escalators                      |
| _____ 22. Canoeing or rowboating       | _____ 47. Exercising                      |
| _____ 23. Card playing                 | _____ 48. Feeding the birds               |
| _____ 24. Carpentry/woodworking        | _____ 49. Feeling awkward on dates        |
| _____ 25. Carving                      | _____ 50. Feeling left out                |

- \_\_\_\_\_ 51. Feeling unattractive
- \_\_\_\_\_ 52. Fishing
- \_\_\_\_\_ 53. Flying an airplane
- \_\_\_\_\_ 54. Flying in an airplane
- \_\_\_\_\_ 55. Flying a kite
- \_\_\_\_\_ 56. Fog
- \_\_\_\_\_ 57. Gambling
- \_\_\_\_\_ 58. Gardening
- \_\_\_\_\_ 59. Gliding
- \_\_\_\_\_ 60. Going barefoot
- \_\_\_\_\_ 61. Going for a drive
- \_\_\_\_\_ 62. Going to a party
- \_\_\_\_\_ 63. Going to the dentist
- \_\_\_\_\_ 64. Going to the zoo
- \_\_\_\_\_ 65. Golf
- \_\_\_\_\_ 66. Grandfather clocks
- \_\_\_\_\_ 67. Gymnastics
- \_\_\_\_\_ 68. Halloween
- \_\_\_\_\_ 69. Hang gliding
- \_\_\_\_\_ 70. Having a collection (coins, etc.)
- \_\_\_\_\_ 71. Hiking
- \_\_\_\_\_ 72. Hockey
- \_\_\_\_\_ 73. Hopscotch
- \_\_\_\_\_ 74. Horseback riding
- \_\_\_\_\_ 75. Hot tub or jacuzzi
- \_\_\_\_\_ 76. Hunting
- \_\_\_\_\_ 77. Ice skating
- \_\_\_\_\_ 78. Inpatient surgery
- \_\_\_\_\_ 79. Jogging
- \_\_\_\_\_ 80. Jumping rope
- \_\_\_\_\_ 81. Karate/judo/aikido
- \_\_\_\_\_ 82. Knit/crochet
- \_\_\_\_\_ 83. Lakes or reservoirs
- \_\_\_\_\_ 84. Last chosen for a team
- \_\_\_\_\_ 85. Listening to music
- \_\_\_\_\_ 86. Lived in a rural (farm) area

- \_\_\_\_\_ 87. Looking at the stars and moon
- \_\_\_\_\_ 88. Lovemaking/sex
- \_\_\_\_\_ 89. Lying in a hammock
- \_\_\_\_\_ 90. Making a snow sculpture
- \_\_\_\_\_ 91. Mechanics work
- \_\_\_\_\_ 92. Meditation
- \_\_\_\_\_ 93. Motorcycle riding
- \_\_\_\_\_ 94. Movies
- \_\_\_\_\_ 95. Not asked out for dates
- \_\_\_\_\_ 96. Nursing a baby
- \_\_\_\_\_ 97. Ocean cruise
- \_\_\_\_\_ 98. Operations
- \_\_\_\_\_ 99. Overweight
- \_\_\_\_\_ 100. Painting/sketching
- \_\_\_\_\_ 101. Pets (dogs, cats, etc.)
- \_\_\_\_\_ 102. Picnics
- \_\_\_\_\_ 103. Pillow fight
- \_\_\_\_\_ 104. Ping pong
- \_\_\_\_\_ 105. Pipe smoking
- \_\_\_\_\_ 106. Playing a musical instrument
- \_\_\_\_\_ 107. Playing baseball/softball
- \_\_\_\_\_ 108. Playing basketball
- \_\_\_\_\_ 109. Playing checkers
- \_\_\_\_\_ 110. Playing chess
- \_\_\_\_\_ 111. Playing darts
- \_\_\_\_\_ 112. Playing football
- \_\_\_\_\_ 113. Playing hide-and-go-seek
- \_\_\_\_\_ 114. Playing horseshoes
- \_\_\_\_\_ 115. Playing in a hideout/clubhouse
- \_\_\_\_\_ 116. Playing in the sprinklers
- \_\_\_\_\_ 117. Playing "king of the hill"
- \_\_\_\_\_ 118. Playing marbles
- \_\_\_\_\_ 119. Playing with a puppet
- \_\_\_\_\_ 120. Playing with a wagon
- \_\_\_\_\_ 121. Playing with babies/infants
- \_\_\_\_\_ 122. Playing with dolls



- ..... 123. Playing with jacks
- ..... 124. Playing with toy cars
- ..... 125. Playing with toy soldiers
- ..... 126. Pool/billiards
- ..... 127. Porch swings
- ..... 128. Pottery making
- ..... 129. Public speaking
- ..... 130. Quilt making
- ..... 131. Racketball
- ..... 132. Rafting on (running) a river
- ..... 133. Raising flowers
- ..... 134. Reading
- ..... 135. Receiving a massage (back rub)
- ..... 136. Receiving an award, recognition
- ..... 137. Recess during school
- ..... 138. Riding a tricycle
- ..... 139. Riding in a hot air balloon
- ..... 140. Rock climbing
- ..... 141. Rocking chairs
- ..... 142. Rodeos
- ..... 143. Sailing
- ..... 144. Sand pile play
- ..... 145. Sauna
- ..... 146. Scuba diving
- ..... 147. Sculpting/modeling in clay
- ..... 148. Security (cuddle) blanket
- ..... 149. Sewing
- ..... 150. Shooting (rifle, pistol)
- ..... 151. Singing
- ..... 152. Sipping wine/cocktail
- ..... 153. Sitting in front of a fire
- ..... 154. Sitting in the backyard
- ..... 155. Skateboarding/roller skating
- ..... 156. Sky diving
- ..... 157. Sleeping in late
- ..... 158. Sleigh riding

- ..... 159. Slippery slide
- ..... 160. Smoking
- ..... 161. Snowmobile riding
- ..... 162. Snow ski/cross country ski
- ..... 163. Snowball fight
- ..... 164. Solving puzzles
- ..... 165. Stage fright
- ..... 166. Stuffed animals
- ..... 167. Sunbathing
- ..... 168. Surfing
- ..... 169. Swimming
- ..... 170. Swinging in a swing
- ..... 171. Symphony concerts
- ..... 172. Taking a nap
- ..... 173. Television
- ..... 174. Tennis
- ..... 175. Thanksgiving day
- ..... 176. The beach and ocean
- ..... 177. The desert
- ..... 178. The mountains
- ..... 179. Too short for your age
- ..... 180. Too tall for your age
- ..... 181. Traffic jam
- ..... 182. Train ride
- ..... 183. Trampoline
- ..... 184. Trap shooting
- ..... 185. Traveling to a foreign country
- ..... 186. Typing
- ..... 187. Underweight (very skinny)
- ..... 188. Very sick (ill)
- ..... 189. Video games
- ..... 190. Visiting relatives you like
- ..... 191. Warm bath
- ..... 192. Watching clouds drift by
- ..... 193. Watching fireworks
- ..... 194. Watching ice skating

- \_\_\_\_\_ 195. Watching snow fall
- \_\_\_\_\_ 196. Watching a stage play
- \_\_\_\_\_ 197. Watching a sunrise or sunset
- \_\_\_\_\_ 198. Watching TV sports
- \_\_\_\_\_ 199. Water fight
- \_\_\_\_\_ 200. Water ski
- \_\_\_\_\_ 201. Water slide
- \_\_\_\_\_ 202. Weaving
- \_\_\_\_\_ 203. Wind surfing
- \_\_\_\_\_ 204. Window shopping
- \_\_\_\_\_ 205. Yo Yo's
- \_\_\_\_\_ 206. Yodeling
- \_\_\_\_\_ 207. Yoga

Add other things you have enjoyed or liked:

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Other things that frighten you or that you dislike:

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### Needs, Values & Priorities

Please rank order the following needs according to their importance to you. Rank the most important as number 1 and the least important as 16. Please rank all 16 items.

- \_\_\_\_\_ 1. To accomplish difficult things, excel and achieve.
- \_\_\_\_\_ 2. For safety, security, stability, and to avoid risk.
- \_\_\_\_\_ 3. To make a good impression, please, and be liked by others.
- \_\_\_\_\_ 4. For order, structure, neatness, and to have things organized.
- \_\_\_\_\_ 5. To be in control.
- \_\_\_\_\_ 6. For perfection or to be the best.
- \_\_\_\_\_ 7. To have fun (for playfulness).
- \_\_\_\_\_ 8. To be loved.
- \_\_\_\_\_ 9. To be seen and heard, entertain or amuse others.
- \_\_\_\_\_ 10. To be guided, conform to custom, and follow guidelines.
- \_\_\_\_\_ 11. To nurture, support, comfort and take care of others
- \_\_\_\_\_ 12. To have freedom to "do you own thing," and be independent.

- \_\_\_\_\_ 13. To influence or lead others.
- \_\_\_\_\_ 14. For variety and stimulation.
- \_\_\_\_\_ 15. To be useful and of service.
- \_\_\_\_\_ 16. To overcome obstacles, difficulties and weakness

(Circle) Do you give more priority to:

- A. Your heart and feelings; or
- B. To your mind and reasoning.

(Circle) When learning something new, do you:

- A. Tend to critically judge and evaluate it while you are learning it; or
- B. Tend to accept it now and evaluate it later

(Circle) Do you tend to be more critical of:

- A. Yourself.
- B. Others.
- C. Very critical of self and others.

(Circle) Does your thinking or daydreaming focus more on:

- A. The past.      B. The present.      C. The future.

(Circle) Do you tend to:

- A. Magnify, enlarge or exaggerate problems, or
- B. Minimize, de-emphasize and play down problems

Thank you!

### See Hear Feel Checklist

Make a check mark next to items that apply to you. There is no "right" or "wrong" way to score on this. It is simply a communication tool to discover your learning systems.

#### Visual

- Likes to keep written records.
- Typically reads billboards while driving.
- Puts something together easily using written directions.
- Follows written recipes easily when cooking.
- Reviews for a test by writing summary or notes.
- Writes on napkins in a restaurant.
- Commits a Zip Code or phone number to memory by writing it.
- Uses visual images to remember names.
- Is a bookworm.
- Plans the upcoming week by writing it down.
- Prefers written directions from an employer.
- Prefers to get a map and find own way in a strange city.
- Prefers reading / writing games like Scrabble.

#### Auditory

- Prefer to have someone else read instructions or directions while building or cooking.
- Reviews for a test by reading notes aloud or by talking with others.
- Talks aloud when working on math problems or crosswords.
- Prefers listening to a cassette over reading the same material.
- Commits Zip Code or phone number to memory by saying it aloud.
- Uses rhyming words to remember names.
- Plans the upcoming week by taking it through with someone.
- Prefers oral instruction from an employer.
- Likes to stop at a service station for directions in a strange city.
- Prefers talking / listening games
- Keeps up on the news by listening to the radio.
- Is able to concentrate deeply on what another person is saying.
- Uses free time for talking with others.

#### Kinesthetic

- Likes to build things.
- Uses sense of touch to put things together.
- Can distinguish items by touch in the dark or blindfolded.
- Learns touch system rapidly in typing.
- Moves with music.
- Doodles and draws on any available paper.
- Is an out-of-doors person.
- Moves easily; is well coordinated.
- Spends a large amount of time on crafts and handiwork.
- Likes to feel texture of things.
- Prefers movement games to games where one just sits.
- Finds it fairly easy to keep physically fit.
- Uses free time for physical activities.

## THE IMAGERY VIVIDNESS SCALE

Let's try a simple test. You will be asked to picture certain images. If your image is "very clear" give it a rating of 4; if "moderately clear" give it a 3; a "fairly clear" image rates a 2; and an "unclear" image rates a 1. If you cannot form an image, or if it is "very unclear" or "indiscernible," give it 0. After reading each item, close your eyes, picture it as clearly as you can, and then record your own rating.

Think about a very close relative or friend:

- |   | <u>Rating</u> |
|---|---------------|
| 1. See him/her standing in front of you.            | ( )           |
| 2. Imagine him/her laughing.                        | ( )           |
| 3. Picture his/her eyes.                            | ( )           |
| 4. Picture a bowl of fruit.                         | ( )           |
| 5. Imagine driving down a dry, dusty road.          | ( )           |
| 6. See yourself throwing a ball.                    | ( )           |
| 7. Picture your childhood home.                     | ( )           |
| 8. See a white, sandy beach.                        | ( )           |
| 9. Imagine looking into a shop window.              | ( )           |
| 10. See a blank television screen.                  | ( )           |
| 11. Imagine the sound of a barking dog.             | ( )           |
| 12. Imagine the sound of an exploding firecracker.  | ( )           |
| 13. Feel the warmth of a hot shower.                | ( )           |
| 14. Imagine feeling the texture of rough sandpaper. | ( )           |
| 15. Picture yourself lifting a heavy object.        | ( )           |

## Imagery Therapy: What It Can Do for You

16. Imagine yourself walking up a steep stairway. ( )
17. Imagine the taste of lemon juice. ( )
18. Think of eating ice cream. ( )
19. Imagine the smell of cooking cabbage. ( )
20. Imagine yourself smelling a rose. ( )

A perfect score of 80 would imply that each of the ratings received a 4 and were seen (or felt, smelled, tasted, or experienced) as *very clear*. Few people will score 80. If your score is 60 or more, it means that you have well-developed powers of imagery. If your total score is less than 30, I doubt if this book will be of much help to you. Perhaps extensive training in imagery might render you more able to form fairly clear images, but you will probably be better off with a different approach. However, if you scored 30 or more points on this test, I would say there is every reason to believe that imagery techniques will be of immense benefit to you.