

# HYPNOSIS DEPTH TESTING

## STAGES 1, 2, 3 OF A SIX STAGE SCALE

### STAGE 1

As you are sitting with your eyes closed you'll notice that your eyelids are shut tight, very tight. In a moment I will ask you to TRY to open your eyelids... you will not be able to do so... You may find that they will stay shut and feel stuck like glue... you may find that you can manage the muscle groups around your eyebrows, but not your eyelids... At the count of three, TRY to open your eyelids... you WILL NOT BE ABLE TO DO SO... One... your eyelids are stuck... Two... they are stuck like glue... Three... try but you cannot... stop trying! Now... go deeper into hypnosis...

### STAGE 1 (Alternate)

As you are sitting with your eyes closed you know that you can relax your eyes beautifully. You know that you can relax your eyes so deeply that as long as you choose not to remove that relaxation, your eyelids just won't work... So when you know that you've done that, hold on to that relaxation... give them a good test... make sure they won't work... And notice how good it feels... Test them hard... (pause) that's good... Now stop testing and let yourself relax much more...

### STAGE 2

I'm now going to take your arm by your wrist and hold it up. It will stay there effortlessly. I'm going to lock it at the wrist, I'm going to lock it at the elbow and lock it at the shoulder. I'm going to give it a little tug and it now remains rigid and stiff like a bar of steel... In a moment... I'm going to ask you to lower your arm... you will not be able to do so... Any downward movement at all will cause your arm to bounce back up, (TEST THIS), bounce back up. I'm now going to count from one to three at which time you will try to lower your arm but will not be able to do so... now... your arm is rigid and stiff, like a bar of steel... Two... rigid and stiff... Three... try to lower it, you can't... try harder... you can't... try harder... you cannot!... Stop trying... Now... unlock your wrist, unlock your elbow, unlock your shoulder... good... now I'm going to gently place your arm in your lap and go deeper into hypnosis.

### STAGE 3

Under hypnosis you can speak to me if I ask you to... I'm now going to ask you to deepen your own hypnosis by counting from one to ten... In between counts I'll say the word "DEEPER" which will enable you to deepen your own hypnosis... Now... count slowly! (*one, two, etc.*) Good... Now this time when you count from one to ten, the ONLY way you can manage numbers is as follows: 1, 2, 3, 4, 5, 7, 8, 9, 10 and 10, 9, 8, 7, 5, 4, 3, 2, 1. Now, count from one to ten please. (*Client counts out loud*) Now count backwards from ten to one.

*NOTE TO HYPNOTIST:* If client misses #6, say: "I'm going to snap my fingers and all your numbers will be back where they belong. (*snap, snap*). Please count from one to ten to show yourself that they are back where they belong."