

# HYPNOSIS FACTS

⇒ **The hypnotist does not control you.**

- ◆ Cannot force you to do anything against your will or moral judgment
- ◆ Cannot force you to reveal secrets

⇒ **Hypnosis is not sleep.**

- ◆ You are aware of everything while in hypnosis

⇒ **Hypnosis is a naturally occurring state of mind.**

- ◆ You've been in and out of hypnosis before.
- ◆ Driving, reading, movies, music

⇒ **You cannot get stuck in hypnosis.**

## ⇒ **Total physical relaxation is not a requirement**

- ◆ It's OK to open your eyes
- ◆ It's OK to speak
- ◆ No need to remain perfectly still

## ⇒ **An easy and relaxed attitude is best.**

- ◆ Be easy on yourself. You are learning.

## ⇒ **It's normal to be aware of your thoughts.**

- ◆ All important thoughts will be there when you need them.

**⇒ Anyone who wants to be hypnotized can be hypnotized. The following are not good candidates:**

- ◆ Intoxicated or on drugs
- ◆ Mentally Ill
- ◆ Severely Developmentally Disabled
- ◆ Very young children