

Depth Testing Script

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Throughout this entire exercise it's vital that you allow yourself to relax, do not think critically of the instructions, or try to resist. Allow relaxation to happen and follow the instructions as closely as you can while using your strong imagination. The purpose of the exercise is to help you to attain the most helpful state of hypnosis in which your suggestions can be acted upon successfully.

(You would begin this depth test process once you've already completed an induction or relaxation and your client already has their eyes closed.)

Level I Test - In just a moment I am going to ask you to try to open your eyes and if you use your imagination you will not be able to do so ... Your eyes will feel as if they are glued shut ... You may be able to manage the muscles around your eyebrows but not your eyelids ... So, at the count of three ... try to open your eyelids and you will not be able to do so ...

1 ... Your eyelids are closed tight, so very tight, you won't be able to open them ...
2 ... No matter how hard you try to open them you won't be able to do so, they will feel as if they're fused closed ... Glued very tight ... 3 ... Go ahead and try ... YOU CANNOT! ... Try again... YOU CANNOT! ...and stop trying now ... and relax ... allowing yourself to go deeper and deeper ... You're doing very good ...

Level II Test - I am coming over to your right side right now, taking you by the right wrist, and lifting your arm up in the air, stretching it out in front of you ... I'd like you to make your arm very stiff ... locking it at the elbow ... and even extending your fingers outwards, straight and stiff ... imagining your arm as if it were a solid bar of steel ... If you use your imagination ... at the count of three you will not be able to lower your arm ... in fact you may even find that when you try to lower it, it will bounce just like this ... *(with two fingers of your right hand, gently tap their wrist downwards wards slightly at the same time as you say that. It will bounce back)*

1 ... Your arm is a solid steel rod that's stuck in the air, you won't be able to lower it ... 2 ... it's as if it's not even part of your body anymore, a solid steel rod, it will not lower ... 3, try to lower it, YOU CANNOT! Try again, YOU CANNOT! In fact it feels like it is rising up higher and higher the more you try ... Now stop trying ... relax ... unlock your elbow and return your arm back down to where it was before

... allowing yourself to let go and relax even deeper ...

Level III Test In just a moment I am going to count backwards from 10 down to one. Doing this is going to help you to deepen your own hypnosis. With each number I say, you're going to open your eyes as I say the number, focusing upwards so as to cause a slight eye strain, then simply allow your eyelids to close back even deeper than before. With each number that I say, you'll open your eyes, and each time they close you'll relax even deeper and find it more difficult to open your eyes, until you'll finally not want to open them any longer because it's too uncomfortable, at which time you'll drop into a very deep, deep state of relaxation.

So let's go ahead and begin, as I start counting down with the number 10 ... Open your eyes, causing a slight eyestrain as you look upward ... good ... and now allow them to close ...

9 ... Open ... slight strain, and allow them to close even tighter than before...

8 ... open, and let them close as you go deeper and deeper...

7 ... Continuing on your own as you hear me calling out the numbers ... just letting go ... becoming more and more tired ...

6 ... So very drowsy ... as your eyes close ... it becomes more and more difficult to open them ...

5 ... allowing yourself to relax deeper and deeper ... All outside sounds and distractions relax you more and more ...

4 ... Deeper and deeper, going down into relaxation ...

3 ... Just letting yourself go ... so very relaxed ...

2 ... Let yourself relax as deep as you can ... so very tired ... and finally ...

1 ... Deep ... deep ... relaxation ... and just allow your eyes to remain closed now ... so very tired, so relaxed...

In hypnosis you're able to speak to me if I ask you to ... In just a moment I'm going to ask you to recite the first 10 letters of the alphabet out loud. That's from A to J. Remembering that you'll remain in this very deep state of relaxation, in

fact you'll find that you'll go deeper with each and every breath you take. Now you'll find that the only way you can recite the alphabet is like this ... you'll recite it A ... B ... C ... D F ... G ... H ... I ... J. If you allow yourself to relax and use your imagination you will not be able to say the letter that comes between D ... and F... If you understand that, nod your head for me ...

...Good, now... Go ahead and recite the alphabet for me out loud from A to J. *(Wait, and give them time to recite all the letters. If they did it successfully continue to the next level, if not, use a deepener and then redo this step once again.)*

Level IV Test Continue to relax, take a deep breath ... and just allow yourself to go deeper and deeper ... I'd like you to use your imagination now ... I'd like you to imagine that you're an actor or an actress in a movie. This is a movie about the U.S. Army basic training. In just a moment I'm going to count to three and have you open your eyes at which time you'll still remain in this deep, relaxed, comfortable state. Then I'll ask you to say your entire name out loud, you'll answer as if you were responding to an Army Drill Sergeant, meaning ... you'll state your name as quickly as you can without hesitation ... You'll say your first name, your middle name, and then your last name, however when you go to say your last name you'll have no idea what it is ... It will have escaped your mind completely ... You'll have forgotten it ... No matter how hard you try, you will not remember your last name ... In fact even if someone tells you your last name, you will not believe that it is yours ... If you understand that, nod your head yes..

Good, so at the count of three you'll open your eyes remaining in this deep relaxed state ... 1 ... 2 ... and 3 ... open your eyes... Remaining relaxed, I'd like you to answer me quickly ... Tell me your first name, middle and last name out loud please! ... *(Wait for the response, and keep telling them to say it quickly like they would in the military if they are not responding right away or pausing.)*

Good ... now close your eyes back ... and allow yourself to go even deeper into relaxation ...

Level V Test In just a moment when I count to three I want you to open your eyes one more time, and when you do you'll notice that I'm holding a beautiful black and white cat ... You'll see me holding and petting this cat and will comment on how beautiful it is ... You may even want to pet it yourself as it's very friendly and has never bitten anyone ... however you don't have to if you don't want to ... Once again when you open your eyes at the count of three you'll see me holding a

beautiful black-and-white cat ... and comment on how it looks ... If you understand that nod your head ...

...Good ... 1 ... 2 ... and 3 ... Open your eyes ... remaining relaxed ... tell me what you see ... *(If they say that they see a cat, have them describe the cat as best they can.)* Now close your eyes again ... relax ... take a deep breath ... and allow yourself to go even deeper ...

Level VI Test In just a moment I'll count to three and at the count of three you'll open your eyes ... you'll look down at your feet ... and you'll notice that your shoes and socks are missing ... You can actually see your bare feet ... You'll have no idea what happened to your shoes and socks ... and you'll even want to ask someone where they've gone, or who took them off of you. If you understand that, nod your head ...

Good ... So at the count of three, you'll open your eyes and your shoes will be missing ... 1 ... 2 ... and ... 3 ... Open your eyes ... relax ... Does everything seem normal to you? ... Look at your shoes ... Does everything look normal there? ... Describe what you see ... *(Wait for their response. If they were not able to see their shoes continue with...)*

Watch your feet closely, and at the count of three your shoes and socks will magically re-appear on your feet ... 1 ... 2 ... 3... *(Snap your fingers)* Your shoes are back ...

Now close your eyes ... and allow yourself to relax deeper and deeper ... you have done a wonderful job...