

101 HYPNOSIS SUGGESTIBILITY TESTS



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**Compiled and written by;
Rene Bastarache, CI & Chat GPT**

101 - SUGGESTIBILITY TESTS

Here's an assortment of 101 simple suggestibility test that you can use with your clients, friends and even in comedy shows.

Suggestibility test are used to see how open to suggestion your clients are and also to see their progress during a session.

They can be used after an induction or a deepener to see their progress and if you should move on or create additional deepeners.

These methods are simply explained so you can use them however you like rather than in complete script formats. This way you can review them easier, choose the ones you like best and be creative with their wording to make them sound like they're coming from you rather than a canned script. Enjoy

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The materials in this manual are designed to be used by hypnosis professionals and those trained in the field of mental health. They are the author's opinions and understanding of hypnosis. Always be sure to work within your realm of practice. Medical or mental health scripts should only be conducted by licensed professional in those fields.

It is advised that "before" using any of these or any other scripts, that you *read through them in their entirety*. You should become familiar with them before using them on your clients so you're aware of their content, can alter parts as necessary and do not have any unexpected surprises.

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Notice To Whom It May Concern:

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you

101 Suggestibility Tests Begin Here

1. **Magnetic hands test:** This test involves asking the subject to hold their hands out in front of them, and then suggesting that their hands are becoming magnetized and attracting each other. The hypnotherapist observes the subject's response to the suggestion.
2. **Hand levitation test:** This test involves asking the subject to hold their hand out in front of them, and then suggesting that their hand is becoming lighter and lighter, until it starts to lift on its own. The hypnotherapist observes the subject's response to the suggestion.
3. **Thumb lock test:** This test involves asking the subject to interlock their fingers and then suggesting that their thumbs are becoming stuck together. The hypnotherapist observes the subject's response to the suggestion.
4. **Shoulder and arm drop test:** This test involves asking the subject to raise their shoulders and arms, and then suggesting that their shoulders and arms are becoming heavy and relaxed, until they start to drop down. The hypnotherapist observes the subject's response to the suggestion.
5. **Time distortion test:** This test involves asking the subject to imagine a specific event or scenario, and then suggesting that time is either slowing down or speeding up. The hypnotherapist observes the subject's response to the suggestion.
6. **Catalepsy test:** This test involves asking the subject to hold out their arm and hand, and then suggesting that their arm and hand are becoming rigid and stiff, as if they were made of wood. The hypnotherapist observes the subject's response to the suggestion.
7. **Word repetition test:** This test involves asking the subject to repeat a specific word or phrase over and over, and then suggesting that the word is becoming more and more meaningless. The hypnotherapist observes the subject's response to the suggestion.
8. **Hand stick test:** This test involves asking the subject to hold out their hand and then suggesting that their hand is becoming stuck to a nearby surface, such as a table or chair. The hypnotherapist observes the subject's response to the suggestion.
9. **Breath holding test:** This test involves asking the subject to hold their breath for as long as possible, and then suggesting that they are able to hold their breath

for longer than they thought. The hypnotherapist observes the subject's response to the suggestion.

10. Finger-drop test: This test involves asking the subject to hold out their arm and hand, and then suggesting that their fingers are becoming relaxed and limp, until they start to drop down. The hypnotherapist observes the subject's response to the suggestion.
11. Hypnotic coma test: This test involves putting the subject into a deep hypnotic state, and then suggesting that they are in a state of total relaxation, as if they were in a coma. The hypnotherapist observes the subject's response to the suggestion.
12. Postural sway test: This test involves asking the subject to stand with their feet close together and their arms at their sides, and then suggesting that they are starting to sway forwards or backwards. The hypnotherapist observes the subject's response to the suggestion.
13. Ideomotor test: This test involves asking the subject to think of a specific response, such as lifting their index finger, when they hear a specific suggestion. The hypnotherapist then makes the suggestion and observes the subject's response.
14. Foot lowering test: This test involves asking the subject to hold out one foot and then suggesting that the foot is becoming heavy and lowering on its own. The hypnotherapist observes the subject's response to the suggestion.
15. Stiff arm test: This test involves asking the subject to hold out their arm and then suggesting that their arm is becoming rigid and stiff, as if it were made of metal. The hypnotherapist observes the subject's response to the suggestion.
16. Negative hallucination test: This test involves suggesting that a specific object or person is not visible or present, even though they are actually visible or present. The hypnotherapist observes the subject's response to the suggestion.
17. Hand warming test: This test involves asking the subject to hold out their hands and then suggesting that their hands are becoming warm and comfortable. The hypnotherapist observes the subject's response to the suggestion.
18. Eye lock test: This test involves asking the subject to look at a specific point or object and then suggesting that their eyes are becoming stuck to the object, so they cannot look away. The hypnotherapist observes the subject's response to the suggestion.

19. Sensory distortion test: This test involves suggesting that the subject's senses, such as touch, taste, or smell, are being distorted in some way. For example, the hypnotherapist might suggest that a cold object feels hot, or that a sweet food tastes bitter. The hypnotherapist observes the subject's response to the suggestion.
20. Rapid induction test: This test involves using a quick and sudden induction technique, such as a shock or surprise, to induce a state of hypnosis in the subject. The hypnotherapist observes the subject's response to the induction.
21. Age regression test: This test involves suggesting that the subject is going back in time to a specific age or event from their past. The hypnotherapist observes the subject's response to the suggestion.
22. Time distortion test: This test involves suggesting that time is either speeding up or slowing down. For example, the hypnotherapist might suggest that time is moving very slowly, or that an hour has passed by very quickly. The hypnotherapist observes the subject's response to the suggestion.
23. Amnesia test: This test involves suggesting that the subject will forget something, such as their name or a specific event, and then observing whether the subject is able to remember it after coming out of hypnosis.
24. Catalepsy test: This test involves suggesting that the subject's body is becoming rigid and immovable, or that their limbs are stuck in a certain position. The hypnotherapist observes the subject's response to the suggestion.
25. Emotional response test: This test involves suggesting that the subject will experience a specific emotion, such as happiness or sadness, and observing whether the subject displays that emotion while in hypnosis.
26. Dissociation test: This test involves suggesting that the subject is separating from their body or surroundings in some way, and observing whether the subject experiences a dissociative state.
27. Age progression test: This test involves suggesting that the subject is moving forward in time to a future age or event. For example, the hypnotherapist might suggest that the subject is now 20 years older. The hypnotherapist observes the subject's response to the suggestion.
28. Fractionation test: This test involves repeatedly inducing and then bringing the subject out of hypnosis, in order to test their ability to enter and exit hypnosis quickly.

29. Symptom reduction test: This test involves suggesting that a particular symptom or issue, such as pain or anxiety, is reducing or disappearing while the subject is in hypnosis.
30. Deepening test: This test involves using specific techniques to deepen the subject's level of hypnosis, such as progressive relaxation or visualization.
31. Negative hallucination test: This test involves suggesting that the subject will not see or perceive a specific object, sound, or sensation, and observing whether the subject appears to ignore it while in hypnosis.
32. Positive hallucination test: This test involves suggesting that the subject will see or perceive a specific object, sound, or sensation, and observing whether the subject appears to see or hear it while in hypnosis.
33. Sensory intensification test: This test involves suggesting that the subject's senses, such as sight or hearing, are becoming more intense or heightened, and observing whether the subject appears to experience a more intense sensory experience while in hypnosis.
34. Post-hypnotic suggestion test: This test involves suggesting that the subject will perform a specific action or behave in a certain way after coming out of hypnosis, and observing whether the subject follows through with the suggestion.
35. Ideomotor response test: This test involves asking the subject to imagine a particular action, such as lifting a finger, and then observing whether the subject actually performs the action while in hypnosis.
36. Direct suggestion test: This test involves giving the subject a direct suggestion, such as "you will feel calm and relaxed," and observing whether the subject responds to the suggestion.
37. Indirect suggestion test: This test involves giving the subject an indirect suggestion, such as "some people find that they feel calm and relaxed," and observing whether the subject responds to the suggestion.
38. Body catalepsy test: This test involves suggesting that the subject's body is becoming rigid and immovable, and observing whether the subject's body becomes stiff while in hypnosis.
39. Fractionation relaxation test: This test involves using a relaxation technique, such as progressive muscle relaxation, and observing whether the subject is able to achieve a deeper state of relaxation with repeated inductions.

40. Fantasy test: This test involves asking the subject to imagine a particular scenario or situation, and observing whether the subject becomes fully immersed in the fantasy while in hypnosis.
41. Future pacing test: This test involves suggesting that the subject will feel a particular way or behave in a certain way in the future, and observing whether the subject appears to internalize the suggestion while in hypnosis.
42. Age of consent test: This test involves suggesting that the subject is not old enough to consent to hypnosis, and observing whether the subject resists the suggestion or becomes more suggestible.
43. Breathing rhythm test: This test involves suggesting that the subject's breathing is slowing down or becoming more regular, and observing whether the subject's breathing actually changes while in hypnosis.
44. Memory enhancement test: This test involves suggesting that the subject's memory is becoming clearer or more vivid, and observing whether the subject is able to recall specific details more easily while in hypnosis.
45. Muscle rigidity test: This test involves suggesting that the subject's muscles are becoming stiff or rigid, and observing whether the subject's muscles become tense while in hypnosis.
46. Please keep in mind that hypnosis suggestibility tests should only be conducted by trained professionals with the necessary qualifications and experience. The safety and well-being of the client should always be the top priority.
47. Time distortion test: This test involves suggesting that time is passing more quickly or more slowly than it actually is, and observing whether the subject experiences a distortion of time perception while in hypnosis.
48. Affect bridge test: This test involves asking the subject to recall a specific memory or feeling, and then using that memory or feeling as a bridge to suggest a new feeling or behavior.
49. Visual imagery test: This test involves asking the subject to imagine a specific image or scene, and observing whether the subject is able to vividly visualize the image while in hypnosis.
50. Deepening test: This test involves using a variety of techniques to deepen the subject's hypnotic state, such as progressive relaxation, visualization, or guided imagery.

51. Hypnotic language test: This test involves using specific language patterns and suggestions to induce a hypnotic state, and observing whether the subject is responsive to the language.
52. Hypnotic confusion test: This test involves intentionally confusing the subject with contradictory suggestions or information, and observing how the subject responds while in hypnosis.
53. Hypnotic catalepsy test: This test involves suggesting that the subject's body is becoming rigid or immovable, and observing whether the subject appears to lose control over their movements.
54. Sensory distortion test: This test involves suggesting that the subject's perception of a specific sensation, such as pain or discomfort, is changing, and observing whether the subject experiences a distortion of that sensation while in hypnosis.
55. Reversal test: This test involves using the power of suggestion to reverse a negative behavior or pattern, and observing whether the subject is able to make positive changes while in hypnosis.
56. Fractionation suggestibility test: This test involves inducing the subject into a hypnotic state, then bringing them out of it and inducing them again, to observe whether the subject becomes more suggestible with each induction.
57. Again, it is important to note that these tests should only be conducted by professionals with the necessary qualifications and training. Safety and ethical considerations should always be the top priority.
58. Hand levitation test: This test involves suggesting to the subject that their hand is becoming lighter and lifting off the table, and observing whether the subject's hand actually rises while in hypnosis.
59. Glove anesthesia test: This test involves suggesting to the subject that their hand is numb or anesthetized, and observing whether the subject experiences a reduction or elimination of sensation in that hand.
60. Automatic writing test: This test involves suggesting to the subject that they are able to write or draw automatically, without conscious control, and observing whether the subject is able to produce coherent or meaningful output.
61. Pendulum test: This test involves using a pendulum to induce a hypnotic state, and observing whether the subject is able to follow the pendulum's movement while in hypnosis.

62. Breathing test: This test involves using specific breathing techniques to induce a hypnotic state, and observing whether the subject is able to follow the breathing pattern while in hypnosis.
63. Age regression test: This test involves using suggestions to regress the subject to an earlier age or time in their life, and observing whether the subject is able to recall memories or experiences from that time.
64. Future progression test: This test involves using suggestions to project the subject into a future time or situation, and observing whether the subject is able to imagine or envision that future state.
65. Cataleptic confusion test: This test involves inducing a state of catalepsy in the subject, then using contradictory suggestions to create confusion and disorientation, and observing whether the subject is able to follow the suggestions while in hypnosis.
66. Arm catalepsy test: This test involves suggesting that the subject's arm is becoming rigid or immovable, and observing whether the subject is able to control the movement of that arm while in hypnosis.
67. Hypnotic amnesia test: This test involves using suggestions to induce a state of amnesia, and observing whether the subject is able to recall specific memories or information while in hypnosis.
68. Hypnotic suggestion resistance test: This test involves deliberately using suggestions that the subject may resist, and observing how the subject responds to those suggestions while in hypnosis.
69. Hypnotic dissociation test: This test involves using suggestions to induce a state of dissociation or detachment from the subject's normal consciousness, and observing whether the subject is able to maintain that state while in hypnosis.
70. Hypnotic deepening test: This test involves using specific techniques to deepen the subject's hypnotic state, such as counting down from 10 to 1 or using visualization, and observing whether the subject responds to the deepening suggestions.
71. Hypnotic re-framing test: This test involves using suggestions to re-frame a negative or limiting belief or behavior, and observing whether the subject is able to adopt a more positive or constructive perspective while in hypnosis.

72. Hypnotic time distortion test: This test involves using suggestions to distort the subject's sense of time, such as making time seem to move faster or slower, and observing whether the subject experiences that distortion while in hypnosis.
73. Hypnotic ego strengthening test: This test involves using suggestions to enhance the subject's self-confidence, self-esteem, or self-efficacy, and observing whether the subject is able to adopt a more positive self-concept while in hypnosis.
74. Hypnotic aversion therapy test: This test involves using suggestions to create a negative association or aversion to a specific behavior or stimulus, such as smoking or overeating, and observing whether the subject is able to reduce or eliminate that behavior while in hypnosis.
75. Hypnotic age progression test: This test involves using suggestions to advance the subject to an older age or future time, and observing whether the subject is able to imagine or envision that future state.
76. Hypnotic sensory alteration test: This test involves using suggestions to alter the subject's sensory perception, such as making colors seem brighter or duller, and observing whether the subject experiences those sensory changes while in hypnosis.
77. Hypnotic dream work test: This test involves using suggestions to explore and work with the subject's dreams, such as recalling dreams from the previous night or guiding the subject through a dream scenario, and observing whether the subject is able to engage with those suggestions while in hypnosis.
78. Hypnotic goal achievement test: This test involves using suggestions to help the subject achieve a specific goal or outcome, such as improved performance or behavior, and observing whether the subject is able to make progress toward that goal while in hypnosis.
79. Hypnotic metaphorical storytelling test: This test involves using suggestions presented as metaphorical stories or fables, and observing whether the subject is able to engage with those stories and extract meaning or insights while in hypnosis.
80. Hypnotic dissociation test: This test involves using suggestions to create a dissociative state in the subject, such as floating or feeling detached from the body, and observing whether the subject experiences that state while in hypnosis.

81. Hypnotic visualization test: This test involves using suggestions to guide the subject through a specific visualization or mental imagery exercise, such as imagining a peaceful scene or visualizing success, and observing whether the subject is able to engage with and experience that visualization while in hypnosis.
82. Hypnotic anesthesia test: This test involves using suggestions to create a state of hypnosis-induced anesthesia, such as numbing or reducing sensation in a specific body part, and observing whether the subject experiences that anesthesia while in hypnosis.
83. Hypnotic catalepsy test: This test involves using suggestions to induce a state of catalepsy in the subject, such as stiffness or rigidity in a specific body part, and observing whether the subject experiences that state while in hypnosis.
84. Hypnotic time regression test: This test involves using suggestions to guide the subject back in time to a specific event, and observing whether the subject is able to experience and describe that event in a different way, potentially altering the way they perceive that event in the present.
85. Hypnotic metaphor interpretation test: This test involves using metaphorical suggestions and asking the subject to interpret or explain the meaning behind those suggestions, potentially revealing insights into the subject's beliefs, values, or motivations.
86. Hypnotic suggestibility resilience test: This test involves using suggestions to intentionally create a challenging or difficult situation for the subject, and observing whether the subject is able to maintain their hypnotic state and respond to the suggestions in a constructive way.
87. Hypnotic future pacing test: This test involves using suggestions to help the subject imagine and plan for future events or situations, potentially increasing their confidence and preparedness for those events.
88. Hypnotic rapport building test: This test involves using suggestions and techniques to establish and strengthen rapport with the subject, potentially increasing their receptivity to future suggestions and hypnotic interventions.
89. Hypnotic suggestibility adaptation test: This test involves using suggestions to adapt to the subject's individual learning style and cognitive preferences, potentially increasing their responsiveness to suggestions.

90. Hypnotic ego state testing: This test involves using suggestions to access and work with different aspects of the subject
91. Hypnotic time distortion test: This test involves using suggestions to alter the subject's perception of time, such as making time feel slower or faster than it actually is, and observing whether the subject experiences that distortion while in hypnosis.
92. Hypnotic dream suggestion test: This test involves using suggestions to guide the subject through a dream-like experience, potentially eliciting insights or resolving inner conflicts.
93. Hypnotic suggestibility habit change test: This test involves using suggestions to change a specific habit or behavior, and observing whether the subject is able to adopt that change while in hypnosis.
94. Hypnotic suggestibility creativity test: This test involves using suggestions to enhance the subject's creativity, such as asking them to imagine new possibilities or generating novel ideas, and observing whether the subject is able to access and express that creativity while in hypnosis.
95. Hypnotic suggestibility motivation test: This test involves using suggestions to increase the subject's motivation, such as visualizing a desired outcome or connecting with a sense of purpose, and observing whether the subject experiences a boost in motivation while in hypnosis.
96. Spot on the hand test: You would have the client's imagine staring at a spot on the center of their Palm with their fingers lightly pressed together. The more that they stare at the spot no more their fingers will separate. You can observe how far the finger separate as they stare.
97. Magnetic finger test: This T est involves clasping your hands together with your two index fingers pointed upward approximately one and a half inches apart. Have them imagine you placing a thick rubber band around the very tips of their fingers as the imagine the rubber band pulling the thing is closer and closer together until they touch. Determine how quickly their fingers move was suggestibility.
98. Opposing finger test: In this one you would have someone put their hands together with their two index fingers touching similar to the end result of the previous test. Now have them imagine that there are two strings tied around their fingertips and having them imagine that someone is pulling them apart. Determine their suggestibility by how far their fingers move the part or not.

99. Clenched hand test: Have someone hold their arms straight out locking their elbow and clasping their hand tightly closed into a fist. Tell them that their hand is glued shut and it will not open. The more they try to open it the type who will stay shut and observe their response.
100. Elbow catalepsy: Have the client with their right arm out straight in front of them lock their elbow and imagine that it will not bend. Have them imagine it as a metal bar that is one piece. Asked him to try to bend their elbow and authoritatively saying that it will not bend at the same time. Observe the result.
101. Handclasp test: have someone put both their arms extended out in front of them locking their elbows and clasping both their hands together. Have them hold their hands clasped very tightly pushing their palms together telling them that on the count of three they will not be able to separate their hands. Count to three and watch what happens.