

# COMMONLY ASKED QUESTIONS ABOUT HYPNOSIS

People tend to use hypnosis when all else has failed. This brochure addresses some commonly asked questions such as:

- ▶ What is hypnosis?
- ▶ What does it feel like?
- ▶ How will I know I have been hypnotized?
- ▶ Can I be hypnotized without my consent?
- ▶ Can I be made to do things against my will?
- ▶ Can I get stuck in hypnosis forever?
- ▶ Why use hypnosis?

## WHAT IS HYPNOSIS?

Hypnosis is a very relaxed, and fully absorbed state. Most people liken this experience to reading a good book, watching a good movie, meditation or yoga.

## WHAT DOES IT FEEL LIKE?

One of the first things people notice is just how relaxed they feel. Muscles tend to completely relax to a point where there is just no urge to move. There is a tendency to focus inwards and to take one's time. When people come out of hypnosis, they often report what a pleasant experience it was.

## HOW WILL I KNOW I HAVE BEEN HYPNOTIZED?

People who are in hypnosis may notice a number of changes in their physiological state. Some of the commonly reported features of hypnosis include relaxed muscles, changes in blinking, and/or breathing rates, changes in the swallow reflex, and movement is jerky (when present).

## CAN I BE HYPNOTIZED AGAINST MY WILL?

No. People cannot be forced to experience hypnosis against their will. It is a matter of choice.

## CAN I BE MADE TO DO THINGS AGAINST MY WILL?

No. People always retain their self-control and cannot be made to do things against their will.

## CAN I GET STUCK IN HYPNOSIS FOREVER?

No. People will always come out of hypnosis when ready to do so.

## WHY USE HYPNOSIS?

Hypnosis is a special technique that we can use to tap into our own resources, skills or abilities. Often, we did not even know that we had these resources, skills or abilities to tap into. Hypnosis then enables us to harness these resources, skills or abilities to bring about changes we need or want to make. Through the use of hypnosis, we can turn seemingly insurmountable problems into easy solutions. It is thus a very pleasant, relaxing way to overcome deeply-ingrained habits or automatic behaviours.