

**CRE 87 - HYPNOSIS SCALE TEST**  
**A SIMPLE 20 MINUTE SELF-TEST FOR SELF-HYPNOSIS**  
**VERSION 1/2004**

1. The value of self-hypnosis techniques depends upon our almost natural ability to respond to certain stimuli. This can be very roughly measured with a simple self-test. Our ability to respond can sometimes be improved with practice and training.
2. This self-test involves a gentle hypnosis relaxation experience and five little tasks to do without any conscious effort at all.
3. Hypnotic scale scores of 0-5/5 on the test, should give us a rough indication of our potential benefit from self-hypnosis techniques:
  5.       Excellent
  - 3-4      Average
  - 0-2      Limited
4. Instructions:
  - a. Play the tape, relaxing completely in mind and body as you respond to the tape ... over just twenty minutes.
  - b. Then grade yourself on the attached form (BUT do NOT read the form before the test - please)
5. All the ideas and materials have adapted from Stanford and other research work over the past 30 years.

Dr Bob Boland & Team in Geneva ... 17, June 2004  
Feedback to [www.crelearning.com](http://www.crelearning.com) would be welcome

**GRADING SHEET**  
**DO NOT READ BEFORE THE TEST - PLEASE**

Grade yourself fairly on each task on a scale of 1.0 or .5 or zero as follows:

**Task No.1- Hands drawing together:**

- |                          |      |
|--------------------------|------|
| a. Hands almost touching | 1.0  |
| b. Hands much nearer     | .5   |
| c. Hands remained apart  | zero |

**Comments:**

**Task No.2 - Dreaming - without conscious effort:**

- |                                    |      |
|------------------------------------|------|
| a. Clear dream with reality images | 1.0  |
| b. Vague dream only                | .5   |
| c. No real dream at all            | zero |

**Comments:**

**Task No.3 - Age Regression - without conscious effort:**

- a. Relived the past completely 1.0
- b. Able to go back quite well .5
- c. No visual experience of the past zero

**Comments:**

**Task No.4 Suggestion - reaction to the tapping signal on the tape:**

- a. Coughed but did not know why 1.0
- b. Reacted involuntarily .5
- c. Voluntary or no reaction at all zero

**Comments:**

**Task No 5 Amnesia - reaction to memory:**

**First - List the things that you remember NOW about the test.**

- 1.
- 2.
- 3.
- 4.

**Second - Read the following statement ... ALOUD ... SLOWLY...  
THREE ... times:**

**"BINGO - NOW I REMEMBER ... EVERYTHING !!!"**

**Third - List any new things that you can NOW remember  
about the test:**

- 1.
- 2.
- 3.
- 4.
- 5.

**Fourth - Scoring:**

- |  |      |
|--|------|
| a. Three or more NEW things remembered | 1.0  |
| b. Two NEW things remembered           | .5   |
| c. Less remembered                     | zero |

**FINALLY ... ADD UP YOUR TOTAL SCORE FOR THE FIVE TASKS, AND  
ASSESS YOUR CURRENT SELF-HYPNOSIS POTENTIAL 0-5/5 AS:  
EXCELLENT, AVERAGE OR LIMITED (SEE OPENING PAGE).**

**IF YOU THINK YOU COULD IMPROVE ... REPEAT THE EXPERIENCE  
AFTER ONE WEEK OF REFLECTION ... AND SEND US SOME  
FEEDBACK.**

**OK? REMEMBER, YOU ARE IN CONTROL, SO NOW PERHAPS YOU  
HAVE THE CONFIDENCE TO GIVE YOURSELF AN EXPERIENCE OF  
DEEPER HYPNOSIS, WITH AN INTERNATIONAL EXPERT, FOR JUST  
30 MINUTES WITH AUDIO 2, IN THE CRE SOCIAL CARE SECTION**