**2a. Eye closure (Total time 15.25)**

Now I want you to seat yourself comfortably and rest your hands in your lap. That’s right. Rest your hands in your lap. Now look at your hands and find a spot on either hand and just focus on it. It doesn’t matter what spot you choose: just select some spot to focus on. I shall refer to the spot which you have chosen as the target. That’s right....hands relaxed... look directly at the target. I am about to give you some instructions that will help you to relax and gradually to enter a state of hypnosis. Just relax and make yourself comfortable. I want you to look steadily at the target and while keeping your eyes upon it to listen to what I say. Your ability to be hypnotized depends partly on your willingness to cooperate and partly on your ability to concentrate upon the target and upon my words. You have already shown yourself to be cooperative by coming here today, and with your further cooperation I can help you to become hypnotized. You can be hypnotized only if you are willing. I assume that you are willing and that you are doing your best to cooperate by concentrating on the target and listening to my words, letting happen whatever you feel is going to take place. Just let it happen. If you pay close attention to what I tell you, and think of the things I tell you to think about, you can easily experience what it is like to be hypnotized. There is nothing fearful or mysterious about hypnosis. It is a perfectly normal consequence of certain psychological principles. It is merely a state of strong interest in some particular thing. In a sense you are hypnotized whenever you see a good show and forget you are part of the audience, but instead feel you are part of the story. Many people report that becoming hypnotizes feels at first like falling asleep, but with the difference that somehow or other they keep hearing my voice as a sort of background to whatever other experience they may have. In some ways hypnosis is like sleep walking; however, hypnosis is also an individual experience and is not just alike for everyone. In a sense the hypnotized person is like a sleepwalker, for he can carry out various and complex activities while remaining hypnotized. All I ask of you is that you keep up your attention and interest and continue to cooperate as you have been cooperating. Nothing will be done that will cause you any embarrassment. Most people find this a very interesting experience (Time 3.35)

Just relax. Don’t be tense. Keep your eyes on the target. Look at it as steadily as you can. Should your eyes wander away from it, that will be all right....just bring your eyes back to it. After a while you may find that the target gets blurry, or perhaps moves about, or again, changes color. That is all right. Should you get sleepy, that will be fine, too. Whatever happens, let it happen and keep staring at the target for a while. There will come a time, however, when your eyes will be so tired, will feel so heavy, that you will be unable to keep them open any longer and they will close, perhaps quite involuntarily. When this happens, just let it take place (Time: 1.10)

As I continue to talk, you will find that you will become more and more drowsy, but not all people respond at the same rate to what I have to say. Some people’s eyes will close before others. When the time comes that your eyes have closed, just let them remain closed. You may find that I shall still give suggestions for your eyes to close. These suggestions will not bother you. They will be for other people. Giving these suggestions to other people will not disturb you but will simply allow you to relax more and more.

You will find that you can relax completely but at the same time sit up comfortably in your chair with little effort. You will be able to shift your position to make yourself comfortable as needed without it disturbing you.. Now just allow yourself to relax completely. Relax every muscle of your body. Relax the muscles of your legs...Relax the muscles of your feet...Relax the muscles of your arms...Relax the muscles of your hands...of your fingers...Relax the muscles of your neck, of your chest...Relax all the muscles of your body....Let yourself be limp, limp, limp. Relax more and more, more and more. Relax completely. Relax completely. Relax completely. (Time: 2.15)

As you relax more and more, a feeling of heaviness perhaps comes over your body. A feeling of heaviness is coming into your legs and your arms...into your feet and your hands...into your whole body. Your legs feel heavy and limp, heavy and limp....Your arms are heavy, heavy....Your whole body feels heavy, heavier and heavier. Like lead. Your eyelids feel especially heavy. Heavy and tired. You are beginning to feel drowsy, drowsy and sleepy. Your breathing is becoming slow and regular, slow and regular. You are getting drowsy and sleepy, more and more drowsy and sleepy while your eyelids become heavier and heavier, more and more tired and heavy. (Time: 1.25)

Your eyes are tired from staring. The heaviness in your eyelids is increasing. Soon you will not be able to keep your eyes open. Soon your eyes will close of themselves. Your eyelids will be too heavy to keep open. Your eyes are tired from staring. Your eyes are becoming wet from straining. You are becoming increasingly drowsy and sleepy. The strain in your eyes is getting greater and greater, greater and greater. It would be so nice to close your eyes, to relax completely, and just listen sleepily to my voice talking to you. You would like to close your eyes and relax completely, relax completely. You will soon reach your limit. The strain will be so great, your eyes will be so tired, your lids will become so heavy, your eyes will close of themselves, close of themselves. (Time: 1.20)

Your eyelids are getting heavy, very heavy. You are relaxed, very relaxed. There is a pleasant feeling of warmth and heaviness all through your body. You are tired and drowsy. Tired and sleepy. Sleepy. Sleepy. Sleepy. Listen only to my voice. Pay attention to nothing else but my voice. Your eyes are getting blurred. You are having difficulty seeing. Your eyes are strained. The strain is getting greater and greater, greater and greater. (Time: 50”)

Your lids are heavy. Heavy as lead. Getting heavier and heavier, heavier and heavier. They are pushing down, down, down. Your eyelids seem weighted, weighted with lead, heavy as lead... Your eyes are blinking, blinking, blinking...closing...closing.... (Time: 35”)

Your eyes may have closed by now, and if they have not, they would soon close of themselves. But there is no need to strain them more. Even if your eyes have not closed fully as yet, you have concentrated well upon the target, and have become relaxed and drowsy. At this time you may just let your eyes close. That’s it, eyes completely closed. Close your eyes now. (Time: 35”)

You are now comfortably relaxed, but you are going to relax even more, much more. Your eyes are now closed. You will keep your eyes closed until I tell you otherwise, or I tell you to awaken.... You feel drowsy and sleepy. Just keep listening to my voice. Pay close attention to it. Keep your thoughts on what I am saying -- just listen. You are going to get much more drowsy and sleepy. Soon you will be deep asleep but you will continue to hear me. You will not awaken until I tell you to do so. I shall now begin to count. At each count you will feel yourself going down, down, into a deep, comfortable, a deep restful sleep. A sleep in which you will be able to do all sorts of things I ask you to do. One --you are going to go deeply asleep... Two --down, down into a deep, sound sleep...Three --four--more and more, more and more asleep...Five--six--seven--you are sinking, sinking into a deep, deep sleep. Nothing will disturb you. Pay attention only to my voice and only to such things as I may call to your attention. I would like you to keep on paying attention to my voice and the things I tell you... Eight--nine--ten--eleven--twelve --deeper and deeper, always deeper asleep--thirteen--fourteen--fifteen--although deep asleep you can clearly hear me. You will always hear me no matter how deeply asleep you may feel yourself to be...Sixteen--seventeen--eighteen--deep asleep, fast asleep. Nothing will disturb you. You are going to experience many things that I will tell you to experience...Nineteen, twenty, Deep asleep! You will not awaken until I tell you to do so. You will wish to sleep and will have the experiences I shall presently describe. (Time: 3’40”)

**3a. Hand Lowering (left hand) (Total time: 5’ 05”)**

Introduction. As you become even more drowsy and sleepy, it will not disturb you to make yourself comfortable in your chair and put your head in a comfortable position.

Now that you are very relaxed and sleepy, listening without effort to my voice, I am going to help you to learn more about how your thoughts affect your actions in this state. Not all people experience just the same things in this state, and perhaps you will not have all the experiences I will describe to you. That will be all right. but you will have at least some of the experiences and you will find these interesting. You just experience whatever you can. Pay close attention to what I tell you and watch what happens. Just let happen whatever you find is happening, even if it is not what you expect.

Instruction Proper. Please extend your left arm straight out in front of you, up in the air, with the palm of your hand down. Left arm straight out in front of you... straight out, up in the air, with the palm of your hand down. That’s it. Left arm straight out in front of you... palm down. I want you now to pay close attention to this hand, the feelings in it, and what is happening to it. As you pay attention to it you are more aware of it than you have been -- you notice whether it is warm or cool, whether there is a little tingling in it, whether there is a tendency for your fingers to twitch ever so slightly...That’s right, I want you to pay close attention to this hand because something very interesting is about to happen to it. It is beginning to get heavy...heavier and heavier...as thought a weight were pulling the hand and the arm down... you can picture a weight pulling on it...and as it feels heavier and heavier it begins to move...as if something were forcing it down...a little bit down...more and more down...down...and as I count it gets heavier and heavier and goes down more and more...one, down...two, down...three, down...four, down, more and more down...five, down...six, down....seven.....eight...heavier and heavier, down and more and more...nine...down...ten...heavier and heavier...down more and more. (Allow 10”)

That’s fine...just let your hand now go back to its original resting position and relax. Your hand back to its original resting position and relax. You must have noticed how heavy and tired the arm and hand felt: much more so that it ordinarily would if you were to hold it out that way for a little while: you probably noticed how something seemed to be pulling it down. Now just relax...your hand and arm are quite comfortable again...quite comfortable again. There...just relax. Relax.

**4a. ARM IMMOBLIZATION (RIGHT ARM) (Total Time: 2’55”)**

You are very relaxed. The general heaviness you have felt from time to time you now feel all over your body. Now I want you to pay close attention to your right arm and hand... Your right arm and hand share in the feeling of heaviness...how heavy your right hand feels...and note how as you think about this heaviness in your hand and arm the heaviness seems to grow even more...Now your arm is getting heavy...very heavy. Now your hand is getting heavy...so heavy...like lead...perhaps a little later you would like to see how heavy your hand is...it seems much too heavy to lift.... but perhaps in spite of being so heavy you could lift it a little, although it may now be too heavy even for that...Why don’t you see how heavy it is...Just try to lift your hand up, just try. Just try to lift your hand up, just try. (Allow 10”)

That’s fine...stop trying....just relax. You notice that when you tried to lift it, there was some resistance because of the relaxed state you are in. But now you can just rest your hand again. Your hand and arm now feel normal again. They are no longer heavy. You could lift them now if you wanted to, but don’t try now. Just relax...relax completely. Relax. Just relax.

Now I want you to imagine a force attracting your hands toward each other, pulling them together. As you think of this force pulling your hands together, they will move together, slowly at first, but they will move closer together, closer and closer together as though a force were acting on them...moving...moving...closer, closer...(Allow 10” without further suggestion.)

That’s fine. You see again how thinking about a movement causes a tendency to make it. Now place your hands back in their resting position and relax...your hands back in their resting position and relax.

**6a. ARM RIGIDITY (LEFT) (Total time: 2’25”)**

Please extend your left arm straight out in front of you, up in the air, and make a fist. Arm straight out in front of you. That’s right. Straight out, and make a fist. Arm straight out, a tight fist...make a tight fist. I want you to pay attention to this arm and imagine that it is becoming stiff...stiffer and stiffer...very stiff...and now you notice that something is happening to your arm...you notice a feeling of stiffness coming into it...It is becoming stiff...more and more stiff...rigid...like a bar of iron...and you know how difficult...how impossible it is to bend a bar of iron like your arm...See how much your arm is like a bar of iron...test how stiff and rigid it is...try to bend it...try. (Allow 10”)

That’s good. Now just stop trying to bend your arm and relax. Stop trying to bend your arm and relax. I want you to experience many things. You felt the creeping stiffness...that you had to exert a good deal of effort to do something that would normally be very easy. But your arm is not stiff any longer. Just place your arm back in resting position ...back in resting position. Just relax and as your arm relaxes, let your whole body relax. As your arm relaxes, let your whole body relax.

**11a. POST-HYPNOTIC SUGGESTION (DISGUST: AMNESIA (Total time: 3’35”)**

Remain deeply relaxed and pay close attention to what I am going to tell you next. In a moment I shall begin counting backwards from twenty to one. You will gradually wake up, but for most of the count you will still remain in the state you are now in. By the time I reach “five” you will open your eyes, but you will not be fully aroused. When I get to “one” you will be fully alert, in your normal state of wakefulness. You probably will have the impression that you have slept because you will have difficulty in remembering all the things I have told you and all the things you did or felt. In fact, you will find it to be so much of an effort to recall any of these things that you will have no wish to do so. It will be much easier simply to forget everything until I tell you that you can remember. You will remember nothing of what has happened until I say to you: “Now you can remember everything!” You will not remember anything until then. After you open your eyes, you will feel fine. You will have no headache or other after-effects. I shall now count backwards from twenty, and at “five”, not sooner, you will open your eyes but not be fully alert until I say “one”. At “one” you will be awake, fully refreshed.

A little later you will read some stories. Whenever you see the word “take” you will feel a brief pang of disgust. Whenever you read the word “take” you will feel a sickening feeling in your stomach. This sick feeling will last for a few seconds and disappear. You will feel a pang of disgust to the word “take” but you will not remember that I told you to do so. It will be much easier to simply forget everything until I tell you that you can remember. You will not remember anything of what I have said to you until I say the words: “*Now you can remember everything*.”

I shall now count backwards from twenty to one. You will gradually wake up, but for most of the count you will still remain in the state you are now in. By the time I reach “five” you will open your eyes, but you will not be fully alert. When I get to “one” you will be fully alert, refreshed, and renewed. You will have no headache or other after effects, Ready…now: 20--19--18--17--16--15--14--13--12--11--10…halfway--9--8--7--6--5--4--3--2--1. Wake up! Wide awake! Any remaining drowsiness which you may feel will quickly pass.

**Subjects then fill out the Questionnaire Booklets**

**When everyone has completed their Questionnaire Booklets, they are asked to turn them over. On the back of the booklet, there is a #1, #2, and three “A/B” pairs .**

*Where you see the #1, I want you to write down briefly, in your own words, a list of the things that happened in the hypnosis session after you began looking at the target. You should not go into much detail here, but please try to mention all of the different things that you were asked to do or that happened to you. You will now be given two minutes to write out this information*. (Allow 2’).

**(If a few are still writing, say “please finish the thought you are writing” and wait until everyone is ready.**

All right, now listen carefully to my words. Now you can remember everything. Now you can remember everything If you remember something new that you hadn’t remembered previously, please write it down in the space next to the #2 on your sheet. You will be given two minutes more to write out this information. (Allow 2’).

#3, You were told to extend your left arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down. Would you estimate that *an onlooker* would have observed that your hand lowered at least 6” (before the time you were told to let your hand down deliberately)? If your hand lowered at least 6” by the end, circle A. If your hand lowered less than 6”, circle B.

#4, You were next told how heavy your right hand and arm felt and then told to try to lift your hand up. Would you estimate that *an onlooker* would have observed that you did not lift your hand and arm up at least 1 inch (before you were told to stop trying)? If so – i.e., if you could not lift your hand -- circle A. If you could lift your hand more than 1”, circle B.

#5, You were next told to extend your left arm straight out and make a fist, told to notice it becoming stiff, and then told to try to bend it. Would you estimate that *an onlooker*

would have observed that there was less than 2 inches of arm bending (before you were told to stop trying)? That is, if it remained rigid and you could not bend I more than 2”, circle A. If you could bend it 2 or more inches, circle B.

**<Debriefing Session>**

(on the back of the Questionnaire Booklet)

1.

2.

3. A B

4. A B

5. A B