

***Common questions about hypnosis:***

**Q: What is hypnosis and how does it work?**

A: Hypnosis is a very natural process of entering a state of deep relaxation. This helps your subconscious (or unconscious mind) become more attentive and receptive to suggestion, and, thus, more open to change.

**Q: How can I be sure I can be hypnotized?**

A: Hypnosis is a natural, though altered, state of mind. You enter some form of hypnosis several times a day, like when you are driving and pass your turn-off because you haven't been paying attention. Everyone goes through natural, altered states before they fall asleep, and as they come into wakefulness. Therefore, most people can enter hypnotic relaxation easily, provided they want to.

**Q: What can hypnosis be used for?**

A: Hypnosis can be used for many things, including changing bad habits, getting rid of unwanted weight, pre and post surgery, and curing insomnia. It is also effective in dealing with anxiety, fears and phobias and depression.

**Q: Can a hypnotist make me do something I don't want to do?**

A: All hypnosis is actually "self-hypnosis." You are allowing the hypnotist to guide you into a deeper state of relaxation. Since it is a 100% consent state, no one can hypnotize you against your will. You are free to reject and receive any suggestion at any time.

**Q: Can I get "stuck" in the hypnotic state?**

A: You can't get stuck. The hypnotist counts you out, and almost always you will hear the count. Since hypnotic levels are altered states between being fully awake and being completely asleep, you slowly come out of hypnosis feeling relaxed and refreshed.

**Q: Will I reveal too much when I am hypnotized?**

A: Hypnosis is not a truth serum or other drug. It is not like "opening Pandora's Box" and letting out all your secrets. Since you are in charge, and letting yourself be hypnotized, your own mind determines how much of

how little you wish to contribute to a hypnosis session. You can just as freely answer and not answer questions in a hypnotic state as you do in a wide-awake one. Most of the hypnosis done is through direct suggestion and so a person is not required to answer any questions.

### ***What are some of the common uses for Hypnosis?***

- Stop Smoking
- Weight Loss
- Fears/Phobias
- Improved Concentration
- Test Taking/Study Habits
- Stress Relief
- Self-Confidence
- Relaxation
- Improved Public Speaking
- Insomnia
- Sports Performance
- Headaches
- Nail Biting
- And much more!

**Although hypnotherapists, like other health care practitioners, each have their own style, expect some common elements:**

- A typical session lasts from 30 to 60 minutes
- The number of sessions can range from one to several.
- You are brought out of hypnosis at the end of a session.
- You can usually resume your daily activities immediately after a session.