

## Hypnosis susceptibility test

When you tell people you are a hypnotist, usually the first thing they say is '*Can I be hypnotized?*' or '*OK, hypnotize me!*' The easiest thing to do is to invite them to try the **finger steeple** **hypnosis susceptibility test**.

The hypnosis susceptibility test is a simple hypnosis script that can hypnotize anyone. The hypnosis susceptibility test is fun to do in a bar or at a party. It is easy to learn, safe, and you get a great reputation as a powerful hypnotist.

Everyone can be hypnotized, everyone is suggestible, it's just that some people are more susceptible to suggestion than others. By using the hypnosis susceptibility test you can tell how susceptible someone is, how they will react to hypnotic suggestions.

There are several hypnotic tests, but the Finger Steeple test is the easiest. The Finger Steeple Test is quick and easy to do. You are showing that hypnosis is not mysterious or frightening. You are proving that hypnosis can happen with the eyes open and fully aware of what is going on. On the other hand, by doing the test you can hypnotize someone and without mentioning hypnosis at all.

### HOW TO DO A HYPNOSIS SUSCEPTIBILITY TEST

The **text in green** is what puts the idea of a different 'mind space' into the other person's head. Talking about *those fingers* or *that gap* in a tone of wonder causes the other person to think of them as being something outside of them. They think that whatever is happening must be happening because of something outside their control. The **text in blue** marks the direct suggestion phrases, the suggestions that make the routine work.

You have to deliver the suggestions with absolute belief in your voice. Everyone is susceptible to hypnosis, but any hesitation or anxiety will be picked up. Unless you totally believe in the power of hypnosis, the other person won't. You need to communicate total certainty about what is going to happen to the person you are hypnotizing in a subtle but unmistakable way.

## FINGER STEEPLE HYPNOSIS SUSCEPTIBILITY TEST

Target	mm:ss	Dialogue	L	Comment
	00:00	What I would like you to do now is to put your hands like that [ <i>demonstrates palms together, hands upright</i> ] ... now like that [ <i>demonstrates clasping</i> ] ... now put your fingers up like so [ <i>demonstrates raising the two index fingers</i> ] with a gap between them, about an inch...		A little bit of theatre to intrigue the person.
	00:28	Now just look at that gap in the middle, pay attention to that gap... just allow your mind to relax.... and just look at <b>that gap</b> ... and as you look at that gap you see <b>those fingers</b> are moving together ... closer and closer...		Dissociation (narrow the attention)
		that <b>gap is reducing</b> and those <b>fingers are moving</b> ... and it is completely automatic..... and <b>those fingers</b> are now moving closer..... And now those fingers are touching...	D	Direct Suggestion
	00:40	And those fingers are getting tighter and tighter and those fingers are pressing together more and more and more ... and <b>those fingers are stuck together</b> as if they are glued. And you are totally <b>unable to get those fingers apart</b> ... you can try moving those fingers but the harder you try the more they stick together... and those fingers are <b>totally stuck</b> .	D	Pile on the suggestions with increased excitement in your voice
	01:00	They are stuck like glue... <b>you can't get them apart</b> ... you can try to get them apart but they <b>will not come apart</b> those fingers are totally jammed... and those fingers will be totally jammed until I snap my fingers and say ... <b>ONE TWO THREE [SNAP]</b> .	D	Sensory distortion, muscle catalepsy
	01:10	Let them go....		
		[Pause]		
Capability	01:25	Now that was a demonstration of the power of your mind... your mind is very, very strong .... and <b>you can go into hypnosis very, very quickly and easily</b> ....	D	Post Hypnotic Suggestion.

## THE SCIENCE BEHIND THE SUSCEPTIBILITY TEST

**The Finger Steeple hypnosis susceptibility test** is actually a test of resistance, not hypnosis susceptibility or hypnotic suggestibility.

The hypnosis susceptibility test works on everyone. This is because if you hold your index finger straight up, the ligaments in your hand will naturally contract and pull the finger forward. So if you hold both index fingers up they will automatically pull forward. That is why it looks like they are being attracted to each other.

Everyone should respond to it. If doesn't work it means that the person you are testing is actively resisting your suggestions. This tells you that to hypnotize this person you will need to use an indirect hypnosis induction method. The resistance usually occurs because the person fears that they are losing control. They see their own fingers mysteriously moving and panic. Many people are so afraid of losing control, they will deliberately pull back to stop them touching.

### *Change it to an induction*

The combination of inevitable physical movement linked to hypnosis suggestion is very powerful. Most people will report being unable to separate their fingers. And at that moment they really believe they can't. In some people you will see their eyes glaze over and get a 'spacey' look. For these people all you have to do is say *'In a moment I will count from Three down to One, and when I reach One your hands will drop into your lap, and you will fall into a deep hypnotic trance. Counting now - Three, Two, One. Sleep!'*

Even those people who do resist your hypnosis suggestions will be impressed. They will always admit that they saw their fingers beginning to move before they started resisting. Build on this to point out that they were actually going into trance and only their own deliberate action prevented it. This usually leads on to a discussion of beliefs about hypnotic suggestion and a willingness to try a different hypnosis induction.

So when someone says *I can't be hypnotized*, you know what to do!

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