

**Handout 03**

**for**

**Basic Hypnosis: HYP100**

**Signs of Trance**

Subject # \_\_\_\_\_

Date: \_\_\_\_\_

Hypnotist: \_\_\_\_\_

### Objective Signs of Hypnosis

Did you observe:

- \_\_\_\_\_ body taking a comfortable or easy position
- \_\_\_\_\_ eyes turning up or converging
- \_\_\_\_\_ closed eyes
- \_\_\_\_\_ concentration
- \_\_\_\_\_ body warmth
- \_\_\_\_\_ fluttering of the eyelids
- \_\_\_\_\_ increased lacrimation
- \_\_\_\_\_ the whites of the eyes getting red or pinkish
- \_\_\_\_\_ and the eyeballs going up into the head
- \_\_\_\_\_ flattening of the facial expression
- \_\_\_\_\_ staring
- \_\_\_\_\_ absence of blinking
- \_\_\_\_\_ almost complete immobility
- \_\_\_\_\_ increased pallor of the skin
- \_\_\_\_\_ waxiness or increased oily sheen
- \_\_\_\_\_ slowing of the breathing
- \_\_\_\_\_ lack of movement of any part of the body
- \_\_\_\_\_ lashes fluttering
- \_\_\_\_\_ and rapid eye movement (REM) beneath the lids

Additional Comments:

### Subjective Signs of Hypnosis

Did the subject report any:

- \_\_\_\_\_ tingling sensation in the hands or feet or all over
- \_\_\_\_\_ pleasant floating
- \_\_\_\_\_ sensation of heaviness
- \_\_\_\_\_ sensation of warmth
- \_\_\_\_\_ sensation of a cool breeze
- \_\_\_\_\_ feeling of being longer / shorter
- \_\_\_\_\_ feeling of going in / out
- \_\_\_\_\_ a sensation of fading in and out
- \_\_\_\_\_ loss of body awareness
- \_\_\_\_\_ heightened body awareness
- \_\_\_\_\_ an emotionalized desire to follow the suggestions of the hypnotist
- \_\_\_\_\_ sensation of moving or turning or going somewhere
- \_\_\_\_\_ increased lacrimation (*tearing*)
- \_\_\_\_\_ time distortion
- \_\_\_\_\_ energy surges
- \_\_\_\_\_ disinclination to move, speak or act
- \_\_\_\_\_ catalepsy
- \_\_\_\_\_ detachment
- \_\_\_\_\_ dreams, fantasies and/or illusions
- \_\_\_\_\_ positive hallucinations
- \_\_\_\_\_ negative hallucinations
- \_\_\_\_\_ inner visuals with color and/or movement
- \_\_\_\_\_ recognition of trance (*difficult to describe but clearly felt*)
- \_\_\_\_\_ full or partial amnesia
- \_\_\_\_\_ anesthesia
- \_\_\_\_\_ ability to open eyes without effecting the level of relaxation
- \_\_\_\_\_ relaxation and/or awareness of relaxation