

Suggestibility Questionnaire 1

The following is a conditioned response test designed to help your Hypnotherapist assist you more rapidly with your program. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Go with the first answer that comes to mind after you read the question. Try not to dwell on any question. Simply check "Yes" or "No" beside each question. Complete both suggestibility questionnaires 1&2. Follow instructions on score sheet below. Score sexuality suggestibility separately.

QUESTION		YES	NO
1	Have you ever walked in your sleep during your adult life?		
2	As a teenager, did you feel comfortable expressing your feelings to one or both of your Maternal and Paternal figures?		
3	Do you have a tendency to look directly into people's eyes and/or move close to them when discussing an interesting subject?		
4	Do you feel that most people you meet for the first time are uncritical of your appearance?		
5	In a group situation with people you have just met, would you feel comfortable drawing attention to yourself by initiating a conversation?		
6	Do you feel comfortable holding hands or hugging someone you are in a relationship with while other people are present?		
7	When someone talks about feeling warm physically, do you begin to feel warm also?		
8	Do you occasionally have a tendency to tune out when someone is talking to you, and at times not even hear what the other person is saying, because you are anxious to come up with your side of it?		
9	Do you feel that you learn and comprehend better by seeing and/or reading than by hearing?		
10	In a new class or lecture situation, do you usually feel comfortable asking questions in front of the group?		
11	When expressing your ideas, do you find it important to relate all the details leading up to the subject so the other person can understand it completely?		
12	Do you enjoy relating to children?		
13	Do you find it easy to be at ease and comfortable with your body movements, even when faced with unfamiliar people and circumstances?		
14	Do you prefer reading fiction rather than non-fiction?		
15	If you were to imagine sucking on a sour, juicy, yellow lemon, would your mouth water?		
16	If you feel that you deserve to be complemented for something well done, do you feel comfortable if the compliment is given to you in front of other people?		
17	Do you feel that you are a good conversationalist?		
18	Do you feel comfortable when complimentary attention is drawn to your physical body or appearance?		
TOTAL			

Suggestibility Questionnaire 2

The following is a conditioned response test designed to help your Hypnotherapist assist you more rapidly with your program. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Go with the first answer that comes to mind after you read the question. Try not to dwell on any question. Simply check "Yes" or "No" beside each question. Complete both 1 & 2.

QUESTION		YES	NO
1	Have you ever awakened in the middle of the night and felt you could not move your body and/or could not talk?		
2	As a child, did you feel that you were more affected by the tone of voice of your Maternal and Paternal figures than by what they actually said?		
3	If someone you are associated with talks about a fear that you too have experienced, do you have a tendency to have an apprehensive or fearful feeling also?		
4	If you are involved in an argument with someone, after the argument is over do you have a tendency to dwell on what you could or should have said?		
5	Do you have a tendency to tune out occasionally when someone is talking to you, perhaps not even hear what was said, because your mind has drifted to something totally unrelated?		
6	Do you sometimes desire to be complemented for a job well done, but feel embarrassed or uncomfortable when complemented?		
7	Do you often have a fear or dread of not being able to carry on a conversation with someone you have just met?		
8	Do you feel self-conscious when attention is drawn to your physical body or appearance?		
9	If you have your choice, would you rather avoid being around children most of the time?		
10	Do you feel that you are not relaxed or loose in body movements, especially when faced with unfamiliar people or circumstances?		
11	Do you prefer reading non-fiction rather than fiction?		
12	If someone describes a very bitter taste, do you have difficulty experiencing the physical feeling of it?		
13	Do you generally feel that you see yourself less favourably than others see you?		
14	Do you tend to feel awkward or self-conscious initiating touch (holding hands, kissing, etc...) with someone you are in a relationship with while other people are present?		
15	In a new class or lecture situation, do you usually feel uncomfortable asking questions in front of the group even though you may desire further explanation?		
16	Do you feel uneasy if someone you have just met looks you directly in the eyes when talking to you, especially if the conversation is about you?		
17	In a group situation with people you have just met, would you feel uncomfortable drawing attention to yourself by initiating a conversation?		
18	If you are in a relationship or are very close to someone, do you find it difficult or embarrassing to verbalize your love for him or her?		
TOTAL			

Sexuality Questionnaire 1

Go with the first answer that comes to mind after you read the question. It is important that you answer these questions truthfully, keeping in mind there are no "right" or "wrong" answers. Avoid dwelling on any question. Simply check "Yes" or "No" beside each question. The term "Paternal or Maternal Figure" is used to designate the primary role model who had the most influence upon you and your life. *Complete both sexuality questionnaires 1&2. Follow instructions on score sheet below.*

QUESTION		YES	NO
1	When you were between the ages of 9 and 14, was your Paternal figure more possessive of you and/or more physically and verbally expressive of affection for you than your Maternal figure was?		
2	If your partner ends a relationship that you wish to continue, do you find your thoughts drifting back to your partner, and your energies turning toward restoring the relationship, to the point where you find it difficult to concentrate on other things?		
3	Is your relationship the "number one priority" in your life?		
4	Do you enjoy selecting and giving gifts to your partner?		
5	Do you feel that you demonstrate more outward affection and love toward your partner than he/she does toward you?		
6	Are you comfortable when your partner shows you attention or flatters you when others are present?		
7	If you suspected your partner of cheating on you, would you lay more blame on the third party who led him/her astray than you would on your partner for being led astray?		
8	Is it easier for you to express intimate feelings and attitudes than it is for your partner to do so?		
9	Would you find it easy to accept your partner's children from a previous marriage or relationship?		
10	Are you more jealous, and/or possessive of your partner than he/she is of you?		
11	When you and your partner are having sex, do you desire to prolong the act as long as possible, or to repeat the act at once or following a short rest?		
12	Would you like your partner to approach you sexually more than he/she does at present?		
13	Looking back to a previous relationship, were you ever rejected so badly that you experienced tremendous physical and/or emotional pain as a result?		
14	In a past relationship where you felt you had been rejected, were you capable of extreme anger, tantrums, vindictive behaviour toward your partner, or violence? Answer "yes" if you felt capable of one or more of these behaviours.		
15	When you first meet a person to whom you are sexually attracted, is your attention initially drawn to the area of the body below the waist, rather than above the waist?		
16	Are you more socially outgoing and extroverted than your partner?		
17	When there is a problem in your relationship, do you feel that, rather than just letting things "blow over," you need to "talk it out" with your partner before you can again feel secure in the relationship?		
18	In a relationship, do you have a need for your partner to tell you "where you stand" with him/her?		
19	Do you want to have sex more often than your partner does?		
20	Would you like your partner to talk about what he/she is feeling and experiencing while you are making love?		
TOTAL			

Sexuality Questionnaire 2

Simply check "Yes" or "No" beside each question. The term "Paternal or Maternal Figure" is used to designate the primary role model who had the most influence upon you and your life.

QUESTION		YES	NO
1	When you were between the ages of 9 and 14, was your Paternal figure less possessive of you and/or, less physically and verbally expressive of affection for you than your Maternal figure was?		
2	Does your anticipation of the pleasure you will receive from sex often exceed the pleasure you actually experience from the act itself?		
3	During sex with your partner, do you often fantasize about a different partner or sexual act in order to become or remain sexually aroused?		
4	Do you often find yourself wanting to hurry up and end the sex act before your partner does?		
5	During sex with your partner, is it more of a turn off than a turn on if your partner kisses you heavily?		
6	During a single evening or session of lovemaking, after you and your partner have had sex, does he/she usually want to have sex again before you do?		
7	Shortly after you complete the sexual act do you feel a desire to fall asleep, move away from your partner, or to engage in some non-sexual activity (reading, watching television, taking a shower, etc.) rather than "cuddle" with your partner? Answer yes if you feel the desire, whether or not you actually do engage in the other activity.		
8	After the newness of a relationship wears off do you find that your sex drive diminishes to a level where it is appreciably lower than your partner's?		
9	Thinking back to the end of a previous relationship, did you already have a new partner in mind, or were you already involved with someone else, before the relationship ended?		
10	If your partner talks about the sex act while you are having intercourse do you find it harder to concentrate on your sexual feelings?		
11	Do you feel comfortable if your partner touches, kisses, or handles you in public?		
12	Do you find excuses not to have sex with your partner more often than your partner makes excuses not to have sex with you?		
13	After you and your partner have resolved an argument or disagreement, does it usually take you a longer time than your partner to "forgive and forget" and get back into the mood to have sex with him/her?		
14	Does it bother or annoy you to have to give your partner frequent reassurances and compliments?		
15	Do you seem to need more "alone time" away from your partner than he or she needs away from you?		
16	Instead of talking about your relationship, do you usually take the attitude that as long as you don't complain, everything is OK?		
17	When you and your partner are making love, does it make you uncomfortable if your partner talks explicitly about what he or she is feeling or doing, or asks you to talk about what you are feeling or doing?		
18	When you first meet a person to whom you are sexually attracted, is your attention initially drawn to the area of the body above the waist, rather from the waist down?		
19	Do you think you are capable of being in love with more than one person at the same time?		
20	Does your partner want sex more often than you do?		
Total			

Scoring Chart for BOTH Suggestibility & Sexuality (based on the work of Dr John Kappas)

		Q1 + Q2 = COMBINED TOTAL - Horizontal Axis																											
		50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	
Q 1 T O T A L	100										100	95	91	87	83	80	77	74	71	69	67	64	63	61	59	57	56		
	95										100	95	90	86	83	79	76	73	70	68	66	63	61	59	58	56	54	53	
	90									100	95	90	86	82	78	75	72	69	67	64	62	60	58	56	55	53	51	50	
	85								100	94	89	85	81	77	78	71	70	65	63	61	59	57	55	53	51	50	49	47	
	80							100	94	89	84	80	76	73	70	67	67	61	59	57	55	53	52	50	48	47	46	44	
	75						100	94	88	83	79	75	71	68	65	63	62	58	56	54	52	50	48	47	45	44	43	42	
	70					100	93	88	82	78	74	70	67	64	61	58	56	54	52	50	48	47	45	44	42	41	40	39	
	65				100	93	87	81	76	72	68	65	62	59	56	54	52	50	48	46	45	43	42	41	39	38	37	36	
	60			100	92	86	80	75	71	67	63	60	57	54	52	50	48	46	44	43	41	40	39	38	36	35	34	33	
	55		100	91	85	79	73	69	65	61	58	55	52	50	48	46	44	42	41	39	38	37	35	34	33	32	31	31	
V e r t i c a l A x i s	50	100	91	83	77	71	67	63	59	56	53	50	48	45	43	42	40	38	37	36	34	33	32	31	30	29	29	28	
	45	90	82	75	69	64	60	56	53	50	47	45	43	41	39	38	36	35	33	32	31	30	29	28	27	26	26	25	
	40	80	73	67	61	57	53	50	47	44	42	40	38	36	35	33	32	31	30	28	28	27	26	25	24	23	23	22	
	35	70	64	58	54	50	47	44	41	39	37	35	33	32	30	29	28	27	26	25	24	23	23	22	21	21	20	19	
	30	60	54	50	46	43	40	38	35	33	32	30	29	27	26	25	24	23	22	21	21	20	19	19	18	18	17	17	
	25	50	45	42	38	36	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	17	16	16	15	15	14	14	
	20	40	36	33	31	29	27	25	23	22	21	20	19	18	17	17	16	16	16	15	15	13	13	13	12	12	11	11	
	15	30	27	25	23	21	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	10	9	9	9	9	8	
	10	20	18	17	15	14	13	13	12	11	10	10	9	9	9	8	8	8	7	7	7	7	6	6	6	6	6	6	
	5	10	9	8	8	7	7	6	6	6	5	5	5	5	4	4	4	4	4	4	3	3	3	3	3	3	3	3	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		

- 1 **SUGGESTIBILITY:** the FIRST 2 questions score 10 points each if answered YES, on both Questionnaires. Each remaining YES scores 5 points.
- 2 Total each Questionnaire separately for both the applicable '10' and '5' YES scores.
- 3 Add the totals of both Questionnaires to find the COMBINED Total.
- 4 Go to Chart to find suggestibility, locating Questionnaire 1's Total on the Vertical axis, and the Combined Total on the Horizontal axis.
- 5 Follow chart to where the two Totals INTERSECT to find the client's suggestibility score.
- 6 **SEXUALITY:** ONLY the 1st question scores 10 points if answered YES, on both Questionnaires. Each remaining YES scores 5 points. Total each Questionnaire separately for both the applicable '10' and '5' YES scores.
- 7 Add the totals of both Questionnaires to find the COMBINED Total.
- 8 Go to Chart to find suggestibility, locating Questionnaire 1's Total on the Vertical axis, and the Combined Total on the Horizontal axis.
- 9 Follow chart to where the two Totals INTERSECT to find the client's suggestibility score.

