



Introduction to Hypnotherapy Quiz

1. Who is Dr. Jennifer Alexander
 - a. Creator of the "21 Results Principles"
 - b. Creator of hypnosis
 - c. A Profit
 - d. None of the above

2. What is Resistance?
 - a. Not achieving our goals
 - b. When we self-sabotage ourselves from getting what we want
 - c. When we listen to our negative self-talk
 - d. Allowing our excuses to stop us from growing, learning & healing.
 - e. All the above

3. Who are the influencers from our childhood?
 - a. Parents
 - b. Teachers
 - c. Grandparents
 - d. Neighbors
 - e. All the above

4. Hypnosis is an altered state of mind that bypasses the conscious mind and allows direct access to the subconscious mind.
 - a. True
 - b. False

5. When are we in an altered state of mind?
 - a. All day every day
 - b. When driving
 - c. Five seconds before entering and exiting the sleep state.
 - d. All the above

6. What is happening when a person cries?
 - a. They are releasing their emotions.
 - b. They are in a state of hypnosis.
 - c. They are happy.
 - d. A & B



7. You are in a state of hypnosis when:
 - a. Driving long distances
 - b. Doing hobbies over a long period of time
 - c. Watching a movie losing track of time
 - d. Reading a book
 - e. All the above

8. Hypnosis is a state: while hypnotherapy is a process.
 - a. True
 - b. False

9. Hypnosis is mind control.
 - a. True
 - b. False

10. The therapist assists in uncovering and exploring memories emotions and past events that may affect a person's behaviors.
 - a. True
 - b. False

11. Clients hear everything the therapist says.
 - a. True
 - b. False

12. Clients can speak and move around while under hypnosis.
 - a. True
 - b. False

13. Hypnosis is also known as:
 - a. Meditation with intent
 - b. Guided meditation
 - c. Relaxation therapy
 - d. Result oriented therapy.
 - e. All the above

14. Hypnotherapist work directly with the subconscious mind
 - a. True
 - b. False



15. Hypnosis is a scientifically proven state.
- True
 - False
16. Hypnosis is NOT.
- Sleep
 - State of unconsciousness
 - Eerie trance state
 - Mind control
 - All the above
17. A client comes out of hypnosis when:
- They hear people talking.
 - When they have a memory, they don't believe.
 - When something is said against their moral belief system
 - All the above
18. The stories from our past are not always true:
- True
 - False
19. Hypnotherapy has 93% results in:
- 500 sessions
 - 22 sessions
 - 6 sessions
 - 12 sessions
20. Hypnotherapy is referred to as:
- Practice of complementary and alternative medicine
 - Magic
 - Mind control
 - Witch craft
21. The definition of medicine is: The Art and Science of Healing
- True
 - False