

**STANFORD HYPNOTIC SUSCEPTIBILITY SCALE,
FORM C**

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Stanford University

Modified by John F. Kihlstrom
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Note on the Modifications

The various Stanford scales of hypnotic susceptibility have served the field of hypnosis extremely well for more than 30 years. Nonetheless, over the years certain modifications seemed desirable. Very quickly, for example, the original authors sanctioned a group version of the Stanford Hypnotic Susceptibility Scale, Form A, known as the Harvard Group Scale of Hypnotic Susceptibility, Form A (a Form B is also in existence, roughly paralleling the Stanford Form B); later, Arlene H. Morgan and Josephine R. Hilgard adapted the Stanford scales for clinical testing of adults and children, and E.R. Hilgard proposed that the Stanford Hypnotic Susceptibility Scale, Form C be tailored for special purposes, so that some of the screening purposes of the Stanford Profile Scales of Hypnotic Susceptibility, Forms I and II, could be accomplished without additional testing.

There are five principal modifications in the present version of SHSS:C. (1) The wording of the Induction by Eye Closure (Item #0) has been altered slightly to reduce unintended connotations of authoritarian control present in the original. (2) Age Regression (Item #7) permits the subject to choose between two target ages within each epoch. (3) Anosmia (Item #9) substitutes oil of peppermint for ammonia. (4) Posthypnotic Amnesia (Item #12) is assessed in terms of a joint criterion considering both initial amnesia and subsequent reversibility, and the instructions for the reversibility test now ask subjects to report *all* items they remember; in addition, an optional recognition test of amnesia has been included, following procedures developed by John J. Allen at the University of Minnesota (the recognition test does not compromise the standard amnesia test of SHSS:C). (5) Finally, a test of Posthypnotic Suggestion (Item #13) modified from SHSS:A has been added to reflect the special interests of the laboratory, although it does not enter into the scoring of the scale.

John F. Kihlstrom
January 15, 1996

Checklist of Materials Needed for Administration of SHSS:C

- Two chairs for subject -- recliner and side chair.
- Desk and chair for experimenter.
- Tape recorder and tape for recording session (optional).
- Black (or other contrasting color) pin installed appropriately on wall.
- Pencil well prominently displayed on desk, containing least two pencils (for posthypnotic suggestion).
- Consent form.
- Watch with second hand.
- Pad of unlined paper and soft lead pencil (for age regression).
- Bottle containing oil of peppermint, hidden from view (for anosmia item).
- Three boxes mounted on plastic, hidden from view (for negative visual hallucination).
- "PRE" and "POST" forms for recognition testing of amnesia (optional).

Note: If a subject fails to respond to *three consecutive suggestions*, the experimenter should terminate the scale with **Item #12 (Posthypnotic Amnesia), including **Item #13 (Posthypnotic Suggestion)**.**

Flowsheet for Establishing Rapport

UPON ENTERING ROOM, HANDLE "DO NOT DISTURB" SIGN
BUILD RAPPORT

How is the semester going?

What was hypnosis like for you last time, in the group session?

The earlier session gave you an opportunity to learn a little about what hypnosis, and our procedures, are like. You probably got the idea that while hypnosis is a little unusual, in some ways it's not so different from experiences that you've had in the ordinary course of everyday living. Among other things, we're interested in individual differences in hypnotic response, and how they might relate to other aspects of the personality.

That first session gave us some idea of how you respond to hypnosis. But the conditions there weren't ideal for this purpose -- the chairs and lighting weren't especially comfortable, and there were the distractions of other people. Moreover, we find it sometimes takes people a little time to settle into being hypnotized. This session is a kind of followup to the first one, and is intended to give us a better idea of how you respond to various kinds of hypnotic suggestions.

The format of the session will be pretty similar to the last one. There will be an induction of hypnosis, very much like what you tried last time, and then some suggestions. Some of the suggestions will be similar to those you tried last time, so there will be some things that are familiar to you; but other suggestions will be different, so you won't be completely bored by it. Of course, as in any of our experiments, nothing will be done that would embarrass you in any way, and we won't be prying into your personal secrets.

The idea is just to pay attention to what is going on, and try to have the experiences that are suggested to you. Don't push something that isn't working, but don't hold back on something that seems to take. We're interested in whatever you experience, and we'll have a chance to talk about the suggestions toward the end of the experiment.

Do you have any other comments about your experience last time?

Do you have any questions about today's experiment?

**DO NOT CONTINUE UNTIL ALL QUESTIONS
ARE SATISFACTORILY RESOLVED.**

Are you all set to proceed?

HANDLE CONTACTS, CHEWING GUM, TOBACCO, ETC.

Note the arrangement of the following pages. If this script is printed double-sided, all the script for each component of the induction procedure will appear on facing pages, beginning on an even-numbered page and finishing on a odd-numbered page.

ITEM 0. INDUCTION BY EYE CLOSURE

Do you see the black pin up on the wall over there? I am going to refer to that pin as the "target". What I would like you to do is to relax in the chair, look steadily at the target, and listen to my voice. Meanwhile, I'll give you some instructions that will help you to relax and focus your attention even more, and gradually enter a state of hypnosis.

(1) Please look steadily at the target and while staring at it keep listening to my words. You can become hypnotized if you are willing to do what I ask you to, and if you concentrate on the target and on what I say. You have already shown your willingness by coming here today, and so I am assuming that your presence here means that you want to experience all that you can. You can be hypnotized only if you want to be. There would be no point in participating if you were resisting being hypnotized. Just do your best to concentrate on the target, to pay close attention to my words, and let happen whatever you feel is going to take place. Just let yourself go. Pay close attention to what I ask you to think about; if your mind wanders bring your thoughts back to the target and my words, and you can easily experience more of what it is like to be hypnotized.

Note Special Instructions on Next Page

You know already that hypnosis is perfectly normal and natural, and follows from the conditions of attention and suggestion we are using together. It is chiefly a matter of focusing sharply on some particular thing. Sometimes you experience something very much like hypnosis when driving along a straight highway and you are oblivious to the landmarks along the road. The relaxation in hypnosis is very much like the first stages of falling asleep, but you will not really be asleep in the ordinary sense because you will continue to hear my voice and be able to direct your thoughts to the topics I suggest. Hypnosis is a little like sleepwalking, because the person is not quite awake, but can still do many of the things that people do when they are awake. What I want from you is merely your willingness to go along and to let happen whatever is about to happen. Most people find hypnosis to be an interesting experience.

Special Instructions Concerning Eye Closure

If eyes remain open, go to Instruction 0(2).

If eyes close, go to Instruction 0'(2') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(2) Now take it easy and just let yourself relax. Keep looking at the target as steadily as you can, thinking only of it and my words. If your eyes drift away, don't let that bother you.... Just focus again on the target. Pay attention to how the target changes, how the shadows play around it, how it is sometimes fuzzy, sometimes clear. Whatever you see is all right. Just give way to whatever comes into your mind, but keep staring at the target a little longer. After a while, however, you will have stared long enough, and your eyes will feel very tired, and you will wish strongly that they were closed. Then they will close, as if by themselves. When this happens, just let it happen.

If eyes remain open, go to Instruction 0(3).

If eyes close, go to Instruction 0'(2') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(2') Now take it easy and just let yourself relax. Don't be tense. Just listen carefully to my voice. If your thoughts wander away from it, that is all right, but just bring your attention back to it. Sometimes my voice may seem to change a little, or sound as if it were coming from far off. That is all right. If you begin to get sleepier, that will be fine, too. Whatever happens, accept it, and just keep listening to my voice as you become more and more relaxed. More and more relaxed. Just listen and relax. Whatever you feel is happening, just let it happen.

Then continue with (3').

(3) Relax more and more. As you *think* of relaxing, your muscles will relax. Starting with your right foot, relax the muscles of your right leg.... Now the muscles of your left leg.... Just relax all over. Relax your right hand, your forearm, upper arm, and shoulder.... That's it.... Now your left hand.... And forearm.... And upper arm.... And shoulder.... Relax your neck, and chest.... More and more relaxed.... Completely relaxed.... Completely relaxed.

If eyes remain open, go to Instruction 0(4).

If eyes close, go to Instruction 0'(3') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(3') Relax more and more. As you *think* of relaxing, your muscles will relax. Starting with your right foot, relax the muscles of your right leg.... Now the muscles of your left leg.... Just relax all over. Relax your right hand, your forearm, upper arm, and shoulder.... That's it.... Now your left hand.... And forearm and upper arm.... And shoulder. Relax your neck, and chest.... More and more relaxed.... Completely relaxed.

Then continue with (4').

(4) As you become relaxed your body will feel sort of heavy or perhaps numb. You will begin to have this feeling of numbness or heaviness in your legs and feet.... In your hands and arms.... Throughout your body.... As though you were settling deep into the chair. The chair is strong; it will hold your heavy body as it feels heavier and heavier. Your eyelids feel heavy, too, heavy and tired. You are beginning to feel drowsy and sleepy. You are breathing freely and deeply, freely and deeply. You are getting more and more sleepy and drowsy. Your eyelids are becoming heavier, more and more tired and heavy.

If eyes remain open, go to Instruction 0(5).

If eyes close, go to Instruction 0'(4') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(4') As you become relaxed, your body will feel sort of heavy or perhaps numb. You will begin to have this feeling of numbness or heaviness in your legs and feet.... In your hands and arms.... Throughout your body.... As though you were settling deep into the chair. The chair is strong; it will hold your heavy body as it feels heavier and heavier. You are beginning to feel drowsy and sleepy, drowsy, sleepy. You are breathing freely and deeply, freely and deeply. You are getting more and more sleepy and drowsy, and your whole body is becoming more and more tired and heavy.

Then continue with (5').

(5) Staring at the target so long has made your eyes very tired. Your eyes may a little hurt and your eyelids feel very heavy. Soon you will no longer be able to keep your eyes open. You will have stood the discomfort long enough; your eyes are tired from staring, and your eyelids will feel too tired to remain open. Your eyes are becoming moist from the strain. You are becoming more and more drowsy and sleepy. The strain in your eyes is getting greater and greater. It would be a relief just to let your eyes close and to relax completely, to relax completely. You will soon have strained enough; the strain will be so great that you will welcome your eyes closing of themselves, of themselves.

If eyes remain open, go to Instruction 0(6).

If eyes close, go to Instruction 0'(5') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(5') You are relaxed, very relaxed. By letting yourself go you can become even more relaxed. You can reach a state of deeper, more complete relaxation. You are becoming increasingly drowsy and sleepy. There is a pleasant feeling of numbness and heaviness throughout your body. You begin to feel so relaxed, so sleepy. It is easier to bring back your thoughts from other things and to attend only to my voice. Soon you will just listen sleepily to my voice, as you become more and more deeply relaxed.

Then continue with (6').

(6) Your eyes are tired and your eyelids feel very heavy. Your whole body feels heavy and relaxed. You feel a pleasant warm tingling throughout your body as you get more and more tired and sleepy. Sleepy. Drowsy. Drowsy and sleepy. Keep your thoughts on what I am saying; listen to my voice. Your eyes are getting blurred from straining. You can hardly see the target, your eyes are so strained. The strain is getting greater, greater and greater, greater and greater.

If eyes close, go to Instruction 0('6') and continue through 0('7').

If eyes have not yet closed, continue.

Your eyelids are heavy. Very heavy. Getting heavier and heavier, heavier and heavier. They are pushing down, down, down. Your eyelids seem weighted and heavy, pulled down by the weight.... So heavy.... Your eyes are blinking, blinking.... Closing, closing.

If eyes have not yet closed, continue; otherwise, go to 0(7).

Soon your eyes would close by themselves, but there is no need to strain them more. You have concentrated well upon the target, and have become very relaxed. Now we have come to the time when you may just let your eyes close.

If no response, continue.

That's it, now just close your eyes.

Go to Instruction 0(7).

If eyes close during Instruction 0(6), go to Instruction 0'(6') and continue through 0'(7').

As soon as eyes close, terminate sentence appropriately, then say:

You are comfortably relaxed, but you are going to relax much more, much more. Your eyes are now closed. Just keep your eyes closed until I ask you to open them or to wake up.

Then pick up next sentence appropriately.

(6') You are relaxed, very relaxed. Your whole body feels heavy and relaxed. You feel a pleasant, warm tingling throughout your body as you get more and more tired and sleepy. Sleepy. Drowsy. Drowsy and sleepy. Keep your thoughts on what I am saying; listen to my voice. Soon there will be nothing to think of but my voice and my words, while you relax more and more. There are no troubles, no cares to bother you now. Nothing seems important but what my voice is saying, nothing else is important now. You are interested only in what my voice is saying to you. Even my voice may sound a little strange, as though it comes to you in a dream, as you sink deeper into this numbness, this heaviness, of deep relaxation. Relax, relax.... Deeply relaxed.... Deeper, deeper, and deeper.

Then continue with (7').

(7) You now feel very relaxed, but you are going to become even more relaxed. It is easier to relax now that your eyes are closed. Please keep them closed until I ask you to open them or until I ask you to wake up....You feel pleasantly drowsy and sleepy as you continue to listen to my voice. Just keep your thoughts on what I am saying. You are going to get much more drowsy and sleepy. Soon you will be deep asleep but you will have no trouble hearing me. You will not wake up until I ask you to....

Then continue with the countup 1-20.

Note: If a subject fails to respond to *three consecutive suggestions*, the experimenter should terminate the scale with Item #12 (Posthypnotic Amnesia), including Item #13 (Posthypnotic Suggestion).

(7') You feel pleasantly drowsy and sleepy as you continue to listen to my voice. Just keep your thoughts on what I am saying. You are going to get much more drowsy and sleepy. Soon you will be deep asleep but you will have no trouble hearing me. You will not wake up until I ask you to....

Then continue with the countup 1-20.

Note: If a subject fails to respond to *three consecutive suggestions*, the experimenter should terminate the scale with Item #12 (Posthypnotic Amnesia), including Item #13 (Posthypnotic Suggestion).

COUNTUP 1 TO 20.

Soon I shall begin to count from 1 to 20. As I count you will feel yourself going down, farther and farther, into a deep restful sleep, but you will still be able to do the sorts of things I ask you to do without waking up.... *One...* You are going to go more deeply asleep.... *Two...* Down, down into a deep, sound sleep.... *Three, Four...* More and more asleep.... *Five, Six, Seven...* You are sinking into a deep, deep sleep. Nothing will disturb you.... I would like you to hold your thoughts on my voice and those things I ask you to think of. You are finding it easy just to listen to the things I say to you.... *Eight, Nine, Ten...* Halfway there.... Always deeper asleep....

Eleven, Twelve, Thirteen Fourteen, Fifteen... Although deep asleep you can hear me clearly. You will always hear me distinctly no matter how deeply asleep you feel you are. *Sixteen, Seventeen, Eighteen...* Deep asleep, fast asleep. Nothing will disturb you. You are going to experience many things I will ask you to experience.... *Nineteen, Twenty...* Deep asleep. You will not wake up until I ask you to do so. You will wish to sleep comfortably and to have the experiences I describe to you.

Now I want you to realize that you will be able to speak, to move, and even to open your eyes if I should ask you to do so, and still remain just as hypnotized as you are now. No matter what you do, you will remain hypnotized until I say otherwise....

Go to ITEM 1, HAND LOWERING.

ITEM 1. HAND LOWERING.

Now hold your right arm out at shoulder height, with the palm of your hand up. There, that's right.... Attend carefully to this hand, how it feels, what is going on in it. Notice whether or not it is a little numb, or tingling; the slight effort it takes to keep from bending your wrist; any breeze blowing on it. Pay close attention to your hand now. Imagine that you are holding something heavy in your hand.... Maybe a heavy baseball or a billiard ball.... Something heavy. Shape your fingers around as though you were holding this heavy object that you imagine is in your hand. That's it....

Now the hand and arm feel heavy, as if the weight were pressing down.... And as it feels heavier and heavier the hand and arm begin to move down.... As if forced down.... Moving.... Moving.... Down.... Down.... More and more down.... Heavier.... Heavier.... The arm is more and more tired and strained.... Down.... Slowly but surely.... Down, down.... More and more down.... The weight is so great, the hand is so heavy.... You feel the weight more and more.... The arm is too heavy to hold back.... It goes down, down.... More and more down....

Unless all the way down, allow 10 seconds; note extent of movement, then continue on next page as appropriate.

If not all the way down. That's good.... Now let your hand go back to its original resting position, and relax. You probably experienced much more heaviness and tiredness in your arm than you would have if you had not concentrated on it and had not imagined something trying to force it down. Now just relax.... Your hand and arm are now as they were, not feeling tired or strained.... All right, just relax.

If all the way down. That's good.... Now let your hand return to its original resting position. Just let it rest there, and relax. Your hand and arm are now as they were, not feeling tired or strained. All right.... Just relax.

Record score. Score + if hand has lowered at least 6 inches by the end of the 10-second interval. Then go to ITEM 2, MOVING HANDS APART.

Note the arrangement of the following pages. If this script is printed double-sided, all the script for each suggestion will appear on facing pages, beginning on an even-numbered page and finishing on a odd-numbered page.

ITEM 2. MOVING HANDS APART.

Now extend your arms ahead of you, with palms facing each other, hands close together but not touching.

If too close: Just a little further apart.

If too far apart: Just a little closer.

That's it. Now I want you to imagine a force acting on your hands to push them apart, as though one hand were repelling the other. You are thinking of your hands being forced apart and they begin to move apart.... Separating.... Separating.... Moving apart.... Wider apart.... More and more away from each other.... More and more....

Allow 10 seconds without further suggestions and not extent of motion.

If hands have moved very little: That's fine. You notice how closely thought and movement are related.... Just put your hands back in their original resting position, and relax.

If hands have moved apart: That's fine. Just put your hands back in their original resting position, and relax.

Record score. Score + if hands are 6 or more inches apart at the end of 10 seconds. Go to ITEM 3, MOSQUITO HALLUCINATION.

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ITEM 3. MOSQUITO HALLUCINATION.

You have been listening to me very carefully, paying very close attention. You may not have noticed a mosquito that has been buzzing, singing, as mosquitoes do.... Listen to it now.... Hear its high pitched buzzing as it flies around your right hand.... It is landing on your hand.... Perhaps it tickles a little.... There, it flies away again.... You hear its high buzz.... Now it's back on your hand, tickling.... It might bite you.... You don't like this mosquito.... You'd like to be rid of it.... Go ahead, brush it off.... Get rid of it, if it bothers you....

Allow 10 seconds and note response.

It's gone.... That's a relief.... You are no longer bothered.... The mosquito has disappeared.... Now relax, relax completely.

**Record score. Score + for any grimacing, any movement, or any other acknowledgment of effect.
Go to ITEM 4, TASTE HALLUCINATION.**

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ITEM 4. TASTE HALLUCINATION.**A. Sweet Taste.**

Now I want you to think of something sweet in your mouth. Imagine that you have something sweet tasting in your mouth, like a little sugar.... And as you think about this sweet taste you can actually begin to experience a sweet taste.... It may at first be faint, but it will grow and grow.... And grow.... Now you begin to notice a sweet taste in your mouth.... The sweet taste is increasing.... Sweeter and sweeter.... Would you please tell me how much of a sweet taste there is now in your mouth?

If the subject tastes sweet, determine how strong the taste is and what it tastes like. If moderately strong, go on to B. Sour Taste. If weak taste or none at all, continue as follows.

That's fine.... It may get stronger.... It often takes a few moments for such a taste to reach its full strength.... It is now getting stronger.... Stronger.... There.... How is it now? Any stronger?

Note response as before and continue on next page with B. Sour Taste, as appropriate.

B. Sour Taste.

If little or no sweet taste: That's fine. Some hypnotized persons can experience this sort of taste well and others cannot.... Let's see how you do with another taste.

If distinct sweet taste: That's fine. Now notice that something is happening to that taste. It is changing....

All: You are now beginning to have a *sour* taste in your mouth.... an acid taste, as if you have some lemon in your mouth, or vinegar.... The taste in your mouth is getting more and more acid.... More and more sour.... Do you have that sour taste in your mouth now?

Note response as before.

If little or no sour taste: That's fine.... Not everyone can experience tastes like this when hypnotized. Your mouth feels quite normal.... Just relax and don't think about tastes anymore.... Just continue to relax....

If distinct sour taste: How does it compare with the sweet you experienced earlier? Weaker? Stronger? That's fine.... But note the sour taste is going away and your mouth feels just as it did before I mentioned any tastes at all.... There, it's quite normal now.... And you just continue to relax.... More and more relaxed....

Record score. Score + if *both* tastes experienced, *and* either one reported as strong or one is accompanied by overt signs such as lip movements or grimacing. Go to ITEM 5, ARM RIGIDITY.

ITEM 5. ARM RIGIDITY

Please hold your right arm straight out, and your fingers straight out, too.
That's it, right arm straight out. Think of your arm becoming stiffer and stiffer....
Stiff.... Very stiff.... As you think of its becoming stiff you will feel it become stiff....
More stiff and rigid, as though your arm were in a splint so the elbow cannot bend....
Stiff.... Held stiff, so that it cannot bend. A tightly splinted arm cannot bend....
Your arm feels stiff as if tightly splinted.... Test how stiff and rigid it is.... *Try* to
bend it.... *Try*....

Allow 10 seconds.

If arm bends significantly: That's fine. You will have an opportunity to experience many things. You probably noticed how your arm became stiffer as you thought of it as stiff, and how much effort it took to bend it. Your arm is no longer at all stiff. Just place it back in its resting position, and relax.

If arm does not bend significantly: That's fine.... Relax.... Don't try to bend your arm any more.... It is not stiff any longer.... Just let it relax back into its resting position. Just relax.

Record score. Score + if there is less than 2 inches of arm bending in the 10 second interval. Go to ITEM 6, DREAM.

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ITEM 6. DREAM

We are very interested in finding out what hypnosis and being hypnotized means to people. One of the ways of finding out is through the dreams that people have while they are hypnotized. Some people dream directly about the meaning of hypnosis, while others dream about this meaning in an indirect way, symbolically, by dreaming about something that does not seem outwardly to be related to hypnosis, but may very well be. Now neither you nor I know what sort of dream you are going to have, but I am going to allow you to rest for a little while and you are going to have a pleasant dream.... A real dream.... Just the kind you have when you are asleep at night and have a pleasant dream. When I stop talking to you very shortly, you will begin to dream. You will have a dream about hypnosis. You will dream about what hypnosis means.... Now you are falling asleep.... Deeper and deeper asleep.... Very much like when you sleep at night.... Soon you will be deep asleep, soundly asleep. As soon as I stop talking you will begin to dream. When I speak to you again you will stop dreaming, if you still happen to be dreaming, and you will listen to me just as you have been doing. If you stop dreaming before I speak to you again, you will remain pleasantly and deeply relaxed.... Now sleep and dream.... Deep asleep!

Allow 2 minutes to pass. Then continue on the next page.

All right, the dream is over. If you had a dream you can remember every detail of it clearly, very clearly. You do not feel particularly sleepy or different from the way you felt before I asked you to fall asleep and to dream, and you continue to remain deeply hypnotized. Whatever you dreamed you can remember quite clearly, and I want you to describe it to me from the beginning. Now tell me about the dream, right from the beginning.

If subject reports not dreaming: That's all right.... Not everyone dreams.

If subject hesitates, or reports vaguely, probe gently for details. Then continue:

All right.... That's all for the dream.

**Record the dream as nearly verbatim as possible.
Score + if subject has an experience comparable to a
dream -- not just vague, fleeting experiences, or
thoughts or feelings without accompanying imagery.
Go to ITEM 7, AGE REGRESSION.**

ITEM 7. AGE REGRESSION

Continue to go deeper and deeper into the hypnotic state. I am going to give you a pad of paper, and a pencil, that you can hold there in a comfortable position and still keep your eyes closed. Let's see: which hand do you write with? **Place pencil in hand indicated.** And here's a pad of paper for your other hand. **Place pad in other hand.** Just hold them there, in a comfortable position, and keep your eyes closed.

Now would you please write your name on the paper? Just anywhere will do, perhaps up near the top.... And while you're at it, why don't you also write down your age.... **Note age.** And the date.... **Remind subject of month and day.**

That's fine. Now keep the paper and pencil in your hands and listen closely to me, because I would like you to think about when you were in the fourth or fifth grade of school. Which would you prefer?

Note subject's choice. If necessary, ask subject to select another grade.

That's fine.... Now in a little while you will find yourself once again a little **boy/girl** on a nice day, sitting in class in the **fourth/fifth** grade, writing or drawing on some paper....

Continue on next page.

I shall now count to five and at the count of five you will be back in the **fourth/fifth** grade.... *One*....You are going back into the past. It is no longer 19__, or 19__, or 19__, but much earlier.... *Two*....You are becoming increasingly younger and smaller.... Presently you will be back in the **fourth/fifth** grade, on a very nice day.... *Three*....Getting younger and younger, smaller and smaller, all the time. Soon you will be back in the **fourth/fifth** grade, and you will feel an experience exactly as you did once before, on a nice day, when you were sitting in class, writing or drawing.... *Four*....Very soon you will be there.... Once again a little **boy/girl** in a **fourth/fifth** grade class. You are nearly there now.... In a few moments you will be right back there. *Five!* You are now a small **boy/girl** in a classroom in school.

Note replies to the following inquiry.

What is your name?

And how old are you?

Where are you?

Who is your teacher?

**Engage subject in brief conversation, as appropriate.
Then continue, even if no evidence of regression.**

Now, you have a pad of paper and you are holding a pencil, and I'd like you to write your name on the pad with this pencil.... That's fine, and now please write down your age.... And now the date if you can.... And the day of the week?

If subject refuses to write, get oral replies. Then continue on next page, regardless of responses.

Presently, you will no longer be in the **fourth/fifth** grade, but you will be still younger, back in the first or second grade. Which would you prefer?

Note subject's choice. If necessary, ask subject to select another grade.

That's fine....Now I shall count to two, and then you will be in the **first/second** grade. *One*, you are becoming smaller still, and going back to a nice day when you were in the **first/second** grade.... *Two*, you are now in the **first/second** grade, sitting happily in school with some paper and pencil.... You are in the **first/second** grade....

What is your name?

And how old are you?

Where are you?

Who is your teacher?

Would you please write your name on the paper? ...That's good.... And now can you write how old you are? ...That's fine.... And can you tell me what the date is today? ...Or the day of the week?

**Regardless of what the responses have been,
continue on the next page:**

That's fine. And now you can grow up again and come right back to **DAY OF WEEK, MONTH, DAY, YEAR** in the Psychology Department at Yale University. You are no longer a little **boy/girl** but a grown up person of **AGE** years sitting in a chair, deeply hypnotized.

If any replies to the following questions are inappropriate, gently correct the subject and repeat.

How old are you?

And what is the date?

And where are you?

That's right.... Today is **DAY OF WEEK, MONTH, DAY, YEAR**, you are **AGE** years old, and this is the Psychology Department at Yale University. Fine.... Everything is back as it was. Now I'll take the pad and pencil you've been holding, and you can remain comfortably relaxed....

Gently remove pad and pencil, and secure response sheet out of subject's sight until post-experimental inquiry. The subject may be shown the production during the post-experimental inquiry, but it should be retained in response booklet after experimental session. Go to ITEM 8, ARM IMMOBILIZATION.

ITEM 8. ARM IMMOBILIZATION

You are very relaxed and comfortable, with a feeling of heaviness throughout your body. I would like you now to think about your left arm and hand. Pay close attention to them. They feel numb and heavy, very heavy.... How heavy your left hand feels.... Even as you think about how heavy it is, it grows heavier and heavier.... Your left arm is getting heavier.... *Heavy.... Heavy....* Your hand is getting heavier, *very heavy*, as though it were being pressed against its resting place. You might like to find out a little later how heavy your hand is.... It seems much too heavy to move.... But in spite of being so heavy, maybe you can move it a little, but maybe it is too heavy even for that.... Why don't you see how heavy it is.... *Just try* to lift your hand up.... *Just try....*

Allow 10 seconds.

If hand lifts significantly: That's fine. You see how it was harder to lift than usual because of the relaxed state you are in. Now place your hand back in its resting position and just relax.... Your hand and arm now feel normal again.... They are no longer heavy.... Just relax.... Relax all over.

If hand does not lift significantly: That's fine.... Stop trying.... Just relax.... Your hand and arm now feel normal again. They are not heavy any more. Just relax.... Relax all over.

Record score. Score + if arm rises less than 1 inch in the 10 second period. Go to ITEM 9, ANOSMIA.

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ITEM 9. ANOSMIA

Have ready a small screw-top bottle filled with undiluted oil of peppermint. Check to make sure that odor is clearly detectable.

In a moment you are not going to be able to smell any odors.... Even now you are becoming less and less able to smell odors.... You can smell odors less and less.... Less and less.... Very soon you will be unable to smell even the strongest of odors.... Now you can no longer smell anything at all. You can no longer smell any odors. I am going to place a small bottle of an odorous substance under your nose so that you can see for yourself that your sense of smell is completely gone, and you can't smell anything.... Your nose is completely insensitive.... See for yourself that your nose is anesthetized, incapable of smelling any odors....

Place open bottle 3 inches away from the subject's nose, and continue on next page. Remove the bottle after the subject has sniffed satisfactorily.

Now take a good sniff of this....

If subject sniffs satisfactorily: Did you smell anything just then?

If affirmative reply: What did it smell like to you?

If necessary: Could you tell what it was? How strong was it?

If subject does not sniff satisfactorily: You can take a better sniff than that.... **Position bottle under nose and remove as before.**

Go ahead and take a good sniff so you can see that you really can't smell.

What does that smell like to you? **If necessary:** Could you tell what it was? How strong was it?

All subjects: That's fine.... Now your nose is returning to its normal state of smell.... In a moment you will be able to smell as you have always been able to do.... Now you can smell fine, as well as ever. Here, take a good sniff of this.

Position bottle under nose and remove as before.

How does this compare with what you smelled a little while ago?

If necessary: What does that smell like to you? Could you tell what it was?

How strong was it?

Record score. Score + if odor of peppermint denied and overt signs absent. Go to ITEM 10, HALLUCINATED VOICE.

ITEM 10. HALLUCINATED VOICE

I forgot to mention to you a while ago that there is someone in the other office who wants to ask you some questions about yourself, as part of our research, such as how old you are, where you were born, how many brothers and sisters you have, and a few other factual questions like that. I hope you won't mind answering these questions. The questions will be asked over a loudspeaker microphone combination which is on the wall over to your right. Please talk good and loud so you can be heard clearly. The loudspeaker has just been turned on..... And there's the first question....

Allow 10 seconds, then continue as appropriate.

If no response: Didn't you hear the question?

If subject hears nothing: That's fine. Let's go on to something else. There is no voice asking questions.

If subject hears questions, but does not answer aloud: I couldn't hear what you said. Please answer out loud so I can hear you, too.

If subject hears and answers aloud, allow three or four responses, then terminate: That's fine. I think you have answered enough questions and we had better go on to something else. There is no longer any voice asking questions.

**Score + if subject answers realistically at least once,
or gives clear evidence of hallucinating the replies.
Go to ITEM 11, NEGATIVE VISUAL HALLUCINATION.**

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ITEM 11. NEGATIVE VISUAL HALLUCINATION

Have ready three colored boxes on mounted on plastic. Check to make sure that the desk is relatively free of other materials.

Now while you sit there with your eyes closed, I am placing some materials on the top of the desk in front of you.

Arrange boxes in open space of desk, clearly within subject's visual field.

In a little while I am going to ask you to open your eyes and look in front of you on the desk, remaining as hypnotized as you now are. I have placed two boxes in front of you. In fact, that's all there is: just two boxes. Two small boxes and nothing else.... All right, open your eyes slowly, and look at the boxes. Do you see them? Do you see anything else there?

Continue on next page as appropriate.

If subject reports only two boxes: That's right. You see just the two boxes. Now please tell me what they look like. **Inquire as appropriate.** Are they large? Are they alike? What color are they?

That's right, they are **COLOR 1** and **COLOR 2**. By the way, is the **COLOR 1** box on the right or the left of the **COLOR 2** box? That's right. But now look hard.... Aren't there really three boxes? There really are three boxes.... What is the color of the third box?

If subject continues to deny third box: All right, now just close your eyes again. And when you open your eyes again you'll see three boxes where there were only two before. Because there really are three boxes. Now open your eyes and see the three boxes.

If subject reports three boxes: That's right.... There really are three boxes. What color are they? That's right, they're red, white, and blue. Now close your eyes and relax, as I take them away.

Score + if subject initially sees only two boxes, regardless of whether the negative hallucination is sustained. Score + is the third box is perceived vaguely as a colored spot or shadow. Then continue with the SUBJECTIVE RATING OF HYPNOTIC DEPTH.

SUBJECTIVE RATING OF HYPNOTIC DEPTH

That's fine.... Now I'd like you to think of a scale of hypnotic depth in which ZERO is wide awake, ONE is relaxed and drowsy, TWO means you are entering hypnosis.... FOUR or FIVE is a moderate state of hypnosis, the kind that most people can achieve easily, and TEN means a deep level of hypnosis. But people can go deeper than that, even deeper than TEN, to a very deep level of hypnosis.

What is your hypnotic depth right now?

Why did you choose that number?

**Record subject's response as verbatim as possible.
Then continue with the ITEMS 12 AND 13,
POSTHYPNOTIC SUGGESTION AND AMNESIA.**

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12/13. POSTHYPNOTIC SUGGESTION AND AMNESIA

Make sure that at least one pencil is ready in the pencil well on the desk.

All right, now remain deeply relaxed but listen carefully to what I tell you next.

In a little while I shall begin counting backwards from twenty to one. You will awaken gradually, but you will still be in your present state of hypnosis for most of the count. When I reach *five* you will open your eyes, but you will not be fully awake. When I get to *one* you will be entirely roused up, in your normal state of wakefulness. You will have been so relaxed, however, that you will have trouble remembering the things I have said to you and the things you did or experienced while you were hypnotized. It will prove to cost so much effort to remember that you will prefer not to try. It will be much easier just to forget everything until I tell you that you can remember. You will forget all that has happened until I say to you: *Now you can remember everything!* You will not remember anything until then. After you open your eyes you may feel refreshed. I shall now count backwards from twenty, and at *five* you will open your eyes, but not be fully aroused until I say *one*. At *one* you will be awake.... A little later I shall take a pencil from the pencil holder on the desk. When I do so, you will get up from the chair you are in and move to the other empty chair in the room, and sit in it. You will do this, *but forget that I told you to do so*, just as you will forget the other things, until I say to you, *Now you can remember everything.*

Continue on next page.

Ready, now: *twenty*, nineteen... eighteen... seventeen... sixteen... fifteen... fourteen... thirteen... twelve... eleven... *ten*, halfway... nine... eight...seven... six... *five*... four... three... two... *one*....

Wide awake.... What was that like?

If subject's eyes remain closed: All right, open your eyes..... Wide awake.

What was that like?

If subject reports feelings of drowsiness: That sometimes happens, and it will go away soon.

While in the subject's field of vision, select a pencil from the pencil well and hold it naturally. Allow 10 seconds to pass without comment. Note subject's response. Score + if subject makes any partial movement in response to the pencil.

If subject remembers the posthypnotic suggestion: Do you feel any urge or tendency to move?

Do not insist that subject move. Continue with assessment of posthypnotic amnesia on next page.

Now would you please tell me everything that happened since you began looking at the target?

Indicate target with gesture. Record responses as verbatim as possible, preserving the order of mention but not probing for order. When subject reaches an impasse, probe gently until a further impasse is reached.

Anything else?

Continue to gently probe until subject reaches impasse.

**Optional Instructions for Recognition Test
Do Not Use Unless Specifically Instructed to Do So**

Then hand the subject the sheet containing the SHSS:C recognition test marked "PRE", and a pen or pencil.

This sheet of paper lists some things that you may have been asked to experience during hypnosis. Please make a check mark next to each item you were *asked* to experience, whether or not you *actually* experienced it. Check only those things that you were asked to experience.

When subject has completed the form, retrieve it and go on,

Regardless of initial amnesia, continue for all subjects:

All right, now listen carefully to my words. *Now you can remember everything.* Would you please tell me again everything that happened since you began looking at the target?

Indicate target with gesture. Record responses as verbatim as possible, preserving the order of mention but not probing for order. When subject reaches an impasse, probe gently until a further impasse is reached.

Score + if subject recalls *both* three or fewer critical items (Items #1-#11) on the initial amnesia test, *and* two or more additional critical items after administration of the reversibility cue.

If the optional recognition test of amnesia was used as well as the standard recall test, count for the reversibility criterion only those new items which were not recognized during the test of initial amnesia.

**Optional Instructions for Recognition Test
Do Not Use Unless Specifically Instructed to Do So**

Then hand the subject the sheet containing the SHSS:C recognition test marked "POST", and a pen or pencil.

Again, this sheet of paper lists some things that you may have been asked to experience during hypnosis. Please make a check mark next to each item you were *asked* to experience, whether or not you *actually* experienced it. Check only those things that you were asked to experience, but please check everything you remember, regardless of whether you checked it before.

For all subjects, terminate with the postexperimental inquiry.

POST-EXPERIMENTAL INTERVIEW

Note: Do not inquire into any items that were omitted.

Obligatory

How did the session go today?

How did this experience compare to the last time you were hypnotized?

How about when it was suggested that there was something heavy in your hand? How did that compare to last time?

And how about the mosquito suggestion? How did it compare to the fly suggestion last time?

Optional

What about the dream?

About the suggestion that you were going back to elementary school. What did that *experience* feel like?

Did you really feel like you were that age? **Probe gently for details.**

Did you have *any* sense of your adult identity at any time during the experience? **Probe gently for details.**

At the end it was suggested that you would change chairs when I picked up a pencil from the pencil well. What was that like?

Did you feel any urge to change chairs, or move around?

Did you remember having been given the suggestion at the time?

If yes: How did you feel about responding?

And there was also a suggestion that you would have difficulty remembering the things that you experienced while you were hypnotized. What was it like to remember things right after you came out of hypnosis?

How real was the forgetting to you? Did you really forget any of the suggestions?

If recognition test administered: When I gave you the long list of suggestions, what was it like to choose which ones you had been asked to experience? When you said "yes" to an item, indicating that you recognized it, did you actually remember being asked to do that thing, or did it just somehow "ring a bell" with you, or what?

What happened after I said "Now you can remember everything". Did anything change then?

Obligatory

Do you have any other comments about your experiences during hypnosis?

In response, debrief subject.

Do you have any other comments or questions about the experiment?

Handle all comments and questions. Then ascertain subject's willingness to return for further experiments.

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