

Arizona Motor Scale of Hypnotizability

John F. Kihlstrom, Martha L. Glisky, and Susan McGovern

University of Arizona

1994

Scale Items Derived from the
Stanford Hypnotic Susceptibility Scales, Forms A, B, and C
Harvard Group Scale of Hypnotic Susceptibility, Forms A and B

Modified to Permit Continuous Scoring

*"Double-sided" printing of this file
will produce the optimum pagination of the booklet*

Flowsheet for Establishing Rapport

Upon entering room, handle "Do Not Disturb" sign.

Then build rapport.

How are you today? How is the semester going?

This session is going to give you an opportunity to learn a little about what hypnosis, and our procedures, are like. 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 life. We're interested in developing a new assessment tool for hypnotizability.

The format of the session will include an induction of hypnosis, and then some suggestions. 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 questions about today's experiment?

Do not continue until all questions are satisfactorily resolved.

Are you all set to proceed?

Handle contact lenses, chewing gum, etc.

ITEM 1. EYE CLOSURE

Record section of script during which the subject's eyes close.

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)

[Score 8] 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 tell 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 just let happen whatever you feel is going to take place. Just let yourself go. Pay close attention to what I tell 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.

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.

If eyes remain open, continue 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.

If eyes close, [Score 7].

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.

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

(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 close, [Score 6], as before.

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.

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

(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 close, [Score 5].

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.

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

(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 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 close, [Score 4].

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.

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

(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 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 close, [Score 3].*

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.

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

(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, [Score 2].

Terminate sentence appropriately, and go to Instruction 0'(6') and continue through 0'(7').

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 close, [Score 1].

Terminate sentence appropriately, and go to Instruction 0'(6') and continue through 0'(7').

If eyes have not yet closed, [Score 0] and continue.

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).

(6')

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 continue.

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. You will 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....

Continue with the Countup 1-20.

(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....

Continue with the countup 1-20.

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.... 1....You are going to go more deeply asleep.... 2....Down, down into a deep, sound sleep.... 3....4....More and more asleep.... 5....6....7....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.... 8....9....10....Halfway there.... Always deeper asleep....

11....12....13....14....15....Although deep asleep you can hear me clearly. You will always hear me no matter how deeply asleep you feel you are. 16....17....18....Deep asleep, fast asleep. Nothing will disturb you. You are going to experience many things I will ask you to experience.... 19....20....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 tell you otherwise....

Go to ITEM 2, HAND LOWERING.

This page is intentionally blank.

ITEM 2. HAND LOWERING

Record interval in which subject lowers hand 6 inches.

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.

[Score 8] Imagine that you are holding something heavy in your hand.... Maybe a heavy baseball or a billiard ball.... Something heavy.

[Score 7] 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....

[Score 6] And as it feels heavier and heavier the hand and arm begin to move down.... As if forced down....

[Score 5] Moving.... Moving.... Down.... Down.... More and more down.... Heavier.... Heavier.... The arm is more and more tired and strained....

[Score 4] Down.... Slowly but surely.... Down, down.... More and more down.... The weight is so great, the hand is so heavy....

[Score 3] You feel the weight more and more.... The arm is too heavy to hold back.... It goes down, down.... More and more down....

Allow 20 seconds, unless all the way down;

note extent of movement, then continue on next page as appropriate.

[Score 2] if hand moves down in 1-10 seconds.

[Score 1] if hand moves down in 11-20 seconds.

If hand has moved 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.

If not all the way down, [Score 0]. 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.

Go to ITEM 3, ARM IMMOBILIZATION.

ITEM 3. ARM IMMOBILIZATION

Record interval in which subject lifts arm more than 2 inches.

You are very relaxed and comfortable, with a feeling of heaviness throughout your body.

[Score 0] 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....

[Score 1] 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.

[Score 2] 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....

[Score 3] Why don't you see how heavy it is.... Just try to lift your hand up.... Just try....

Allow 20 seconds.

[Score 4] *if hand lifts in 1-5 seconds.*

[Score 5] *if hand lifts in 6-10 seconds.*

[Score 6] *if hand lifts in 10-15 seconds.*

[Score 7] *if hand lifts in 16-20 seconds.*

If hand does not lift significantly, [Score 8]. 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.

If hand lifts significantly, then continue. 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.

Go to ITEM 4, HEAD SHAKING.

ITEM 4. HEAD SHAKING

Record interval at which head noticeably shakes.

[Score 0] You are very relaxed now ... deeply relaxed ... Think how hard it might be to communicate while so deeply relaxed ... Perhaps as hard as when asleep ... I wonder if you could shake your head to indicate "no".

[Score 1] I really don't think you could ... You might try a little later to shake your head "no" when I tell you to...

[Score 2] But I think you will find it quite difficult...

[Score 3] Why don't you try to shake your head "no" now ... Just try to shake it.

Allow 20 seconds.

[Score 4] *if head shakes in 1-5 seconds.*

[Score 5] *if head shakes in 6-10 seconds.*

[Score 6] *if head shakes in 10-15 seconds.*

[Score 7] *if head shakes in 16-20 seconds, or not at all.*

If head does not shake significantly, [Score 8]. That's fine.... Stop trying.... Just relax.... Now you can shake it to indicate "no" much more easily. Shake your head easily now ... That's right, now relax. Just relax all over.

If head shakes significantly, continue. That's fine. You see how it was harder to shake you head than usual because of the relaxed state you are in. You can shake it to indicate "no" much more easily now. Shake your head easily now ... That's right, now relax, just relax. Just relax.... Relax all over.

Go to ITEM 5, MOVING HAND APART.

ITEM 5. MOVING HANDS APART

Record interval at which hands move at least 6 inches 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.

[Score 8] Now I want you to imagine a force acting on your hands to push them apart, as though one hand were repelling the other.

[Score 7] You are thinking of your hands being forced apart and they begin to move apart....

[Score 6] Separating.... Separating.... Moving apart.... Wider apart....

[Score 5] More and more away from each other.... More and more....

Allow 20 seconds.

[Score 4] *if hands move at least 6 inches apart in 1-5 seconds.*

[Score 3] *if hands move apart in 6-10 seconds.*

[Score 2] *if hands move apart in 10-15 seconds.*

[Score 1] *if hands move apart in 16-20 seconds.*

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

If hands have moved very little or not at all, [Score 0]. That's fine. You notice how closely thought and movement are related.... Just put your hands back in their original resting position, and relax.

Go to ITEM 6, FINGER LOCK.

ITEM 6. FINGER LOCK

Record interval at which fingers become completely separated.

Now let us try something else. Put your fingers together. Interlock your fingers and press your hands tightly together. That's it. Put your fingers together.

[Score 0] Interlock tightly ... Hands pressed together. Notice how your fingers are becoming tightly interlocked together, more and more tightly together ...

[Score 1] So tightly interlocked together that you wonder very much if you could take your fingers and hands apart ... Your fingers are interlocked, tightly interlocked ...

[Score 2] and I want you to try to take your hands apart ... Just try ...

Allow 20 seconds.

[Score 3] if fingers come apart in 1-5 seconds.

[Score 4] if fingers come apart in 6-10 seconds.

[Score 5] if fingers come apart in 10-15 seconds.

[Score 6] if fingers come apart in 16-20 seconds,

[Score 7] if hands loosen, but do not come apart.

[Score 8] if hands do not come apart at all.

If hands have moved apart: That's right. Stop trying and relax. You might have noticed how hard it was to get started to take them apart. Okay, just put your hands back in their original resting position, and relax.

If hands have moved apart: That's fine. Your hands are no longer tightly clasped together ... You can take them apart easily now ... They are no longer clasped tightly together. Now return your hands to their resting position and relax. Hands to their resting position and relax ... Just relax.

Go to ITEM 4, ARM RIGIDITY.

ITEM 7. ARM RIGIDITY

Record interval at which arm bends 2 inches or more

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....

[Score 0] As you think of its becoming stiff you will feel it become stiff....

[Score 1] 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.

[Score 2] A tightly splinted arm cannot bend.... Your arm feels stiff as if tightly splinted....

[Score 3] Test how stiff and rigid it is.... Try to bend it.... Try....

Allow 20 seconds.

[Score 4] *if arm bends in 1-5 seconds.*

[Score 5] *if arm bends in 6-10 seconds.*

[Score 6] *if arm bends in 10-15 seconds.*

[Score 7] *if arm bends in 16-20 seconds.*

[Score 8] *if arm does not bend at all.*

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.

Go to ITEM 8, HEAD FALLING.

ITEM 8. HEAD FALLING

Record interval in which head falls 6 inches (or as far as it can go)

[Score 8] Listen carefully to what I say and think of your head falling forward, drooping forward.

[Score 7] Think of your head falling forward, falling forward, more and more forward.

[Score 6] Your head is falling forward, falling forward ... More and more forward. Your head is going forward, drooping down, limp and relaxed.

[Score 5] Your head is drooping, swaying, falling forward, falling forward, falling forward, falling, swaying, drooping, limp, relaxed, forward, forward, falling, falling, falling.

Allow 20 seconds (if necessary).

[Score 4] if head falls in 1-5 seconds.

[Score 3] if head falls in 6-10 seconds.

[Score 2] if head falls in 10-15 seconds.

[Score 1] if head falls in 16-20 seconds.

If head does not fall at all, [Score 0]. That's fine. You probably noticed how your head became heavier as you thought about it falling forward. Your head is no longer falling forward. You may now lean your head back against the chair in your original resting position. Okay, just relax.

If head does fall significantly: That's fine.... Relax.... Your head is no longer falling forward. You may now lean your head back against the chair in your original resting position. Okay, just relax. Your head is no longer falling. Just relax. Completely relaxed.

Go to ITEM 9, VERBAL INHIBITION.

ITEM 9. VERBAL INHIBITION

Record interval during which subject speaks name

You are very relaxed now ... deeply relaxed ... Think how hard it might be to talk while so deeply relaxed ... Perhaps as hard as when asleep ...

[Score 0] I wonder if you could say your name. I really don't think you could ...

[Score 1] You might try a little later when I tell you to ...

[Score 2] But I think you will find it quite difficult...

[Score 3] Why don't you try to say your name now... Just try to say it.

Allow 20 seconds.

[Score 4] if name spoken in 1-5 seconds.

[Score 5] if name spoken in 6-10 seconds.

[Score 6] if name spoken in 10-15 seconds.

[Score 7] if name spoken in 16-20 seconds.

[Score 8] if name not spoken at all.

If name spoken easily: That's fine. Okay, just relax. It may have taken more effort than usual to say your name. You can say your name easily now. Say it again ... Okay, now just relax. Completely relaxed.

If name not spoken: That's all right. You see again how difficult it was to do something normally as easy as saying your name. You can say it much more easily now. Go ahead and say it ... That's right, now just relax. Completely relaxed.

Go to ITEM 10, HAND LEVITATION.

ITEM 10. HAND LEVITATION

Record interval during which hand raises at least 6 inches

Now attend carefully to your right arm.

[Score 8] Imagine that there are several helium balloons attached to your right wrist. You may begin to notice how light your arm feels. As you think about it your arm becomes lighter and lighter ...

[Score 7] Your arm is beginning to rise slowly, lifting, lifting and lifting ...

[Score 6] You can feel the balloons lifting your arm more and more, higher and higher.

[Score 5] Your arm is becoming lighter and lighter all the time ... It is drifting higher and higher towards the ceiling. As you think about your arm rising, it continues to go up and up, higher and higher ...

Allow 20 seconds.

[Score 4] *if hand rises in 1-5 seconds.*

[Score 3] *if hand rises in 6-10 seconds.*

[Score 2] *if hand rises in 10-15 seconds.*

[Score 1] *if hand rises in 16-20 seconds.*

[Score 0] *if hand does not rise at all.*

Okay, that's fine. Now there are no longer balloons attached to your wrist. You can allow your arm to gently return to its original resting position. Now relax, completely relaxed.

Go to ITEM 4, HEAD SHAKING.

ITEM 11. BOTH ARMS LOWERING.

Record interval during which arms lower at least 6 inches.

Now hold both of your arms out at shoulder height, with the palms of your hands up. There, that's right.... Attend carefully to your hands, how they feel. Pay close attention to your hands now.

[Score 8] Imagine that you are holding something heavy in your hands.... Maybe heavy weights ... Something heavy.

[Score 7] Shape your fingers around as though you were holding these heavy objects that you imagine are in your hands. That's it.... Now your hands and arms feel heavy, as if the weights were pressing down....

[Score 6] And as they feel heavier and heavier the hands and arms begin to move down.... As if forced down....

[Score 5] Moving.... Moving.... Down.... Down.... More and more down.... Heavier.... Heavier.... Your arms are more and more tired and strained....

[Score 4] Down.... Slowly but surely.... Down, down.... More and more down.... The weights are so great, the hands are so heavy....

[Score 3] You feel the weights more and more.... The arms are too heavy to hold back.... They go down, down.... More and more down....

Allow 20 seconds, unless all the way down.

[Score 2] *if hand falls within 1-10 seconds.*

[Score 1] *if hand falls within 11-20 seconds.*

[Score 0] *if hands do not fall in 1-20 seconds.*

Then continue on next page as appropriate.

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

Go to ITEM 12, MOSQUITO HALUCINATION.

ITEM 12. MOSQUITO HALLUCINATION

Record any hand-waving, head-shaking, or other overt acknowledgement of effect.

You have been listening to me very carefully, paying very close attention.

[Score 8] You may not have noticed a mosquito that has been buzzing, singing as mosquitoes do....

[Score 7] Listen to it now.... Hear its high-pitched buzzing as it flies around your right hand...

[Score 6] It is landing on our hand... Perhaps it tickles a little....

[Score 5] There, it flies away again... You hear its high buzz...

[Score 4] Now it's back on your hand, ticking... It might bite you... You don't like this mosquito... You'd like to be rid of it...

[Score 3] Go ahead, brush it off... Get rid of it if it bothers you...

Allow 20 seconds.

[Score 2] if response in 1-10 seconds.

[Score 1] if response in 11-20 seconds.

[Score 0] if no response.

Go to ITEM 13,EYE CATALEPSY.

ITEM 13. EYE CATALEPSY

Record interval in which eyes open (so that you can see the eye).

You have had your eyes closed for a long time while you have remained relaxed. They are by now tightly closed, tightly shut ...

[Score 0] In a few moments I shall ask you to try to open your eyes. When you are told to try, most likely your eyes will feel as if they were glued together ... tightly glued shut.

[Score 1] Even if you were able to open your eyes, you would, of course, only do so momentarily and then immediately close them again and relax, so as not to disturb your concentration.

[Score 2] But, I doubt that you will be able--even momentarily--to open your eyes. They are so tightly closed, that you could not open them.

[Score 3] Perhaps you would soon like to try to open your eyes momentarily in spite of their feeling so heavy and so completely shut ... so tightly closed. Just try ... try to open your eyes.

Allow 20 seconds.

[Score 4] *if eyes open in 1-5 seconds.*

[Score 5] *if eyes open in 6-10 seconds.*

[Score 6] *if eyes open in 10-15 seconds.*

[Score 7] *if eyes open in 16-20 seconds*

[Score 8] *if eyes do not open at all.*

All right. Stop trying. Now again allow your eyes to become tightly closed. Your eyes, tightly shut. You've had a chance to feel your eyes tightly shut. Now relax. Your eyes are normal again, but just keep them closed and relax. Normal again ... just keep them closed and relaxed ... relaxed and shut.

Go to ITEM 13, HANDS MOVING TOGETHER.

ITEM 14. HANDS MOVING TOGETHER

Record interval when hands are within 6 inches of each other.

Please hold both hands up in the air, straight out in front of you, palms facing inward--palms facing toward each other. Hold your hands about two feet apart. Both arms straight out in front of you, hands about two feet apart.

[Score 8] Now I want you to imagine a force attracting your hands toward each other, pulling them together.

[Score 7] As you think of a force pulling your hands together, they will move together, slowly at first...

[Score 6] but they will move closer together, closer and closer together as though a force were acting on them ...

[Score 5] moving ... moving ... closer, closer.

Allow 20 seconds.

[Score 4] if hand rises in 1-5 seconds.

[Score 3] if hand rises in 6-10 seconds.

[Score 2] if hand rises in 10-15 seconds.

[Score 1] if hand rises in 16-20 seconds.

[Score 0] if hand does not rise at all.

If not all the way together. That's fine. You see again how thinking about a movement causes a tendency to make it. Now place your hands back in their resting position and relax. Now your hands back in their resting position and relax.

If all the way together. That's good.... Now let your hands return to their original resting position. Just let them relax. All right.... Just relax.

Go to 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 0 is wide awake, 1 is relaxed and drowsy, 2 means you are entering hypnosis.... 4 or 5 is a moderate state of hypnosis, the kind that most people can achieve easily, and 10 means a deep level of hypnosis. But people can go deeper than that, deeper than 10, 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 TERMINATION PROCEDURE

TERMINATION PROCEDURE

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 20 to 1. You will awaken gradually, but you will still be in your present state of hypnosis for most of the count. When I reach 5 you will open your eyes, but you will not be fully awake. When I get to 1 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 20, and at 5 you will open your eyes, but not be fully aroused until I say 1. At 1 you will be awake....

A little later, you will hear a tapping noise, like this. *Tap pen on desktop twice.* When you hear the tapping noise, you will reach down and touch your left ankle. You will touch your left ankle, but forget that I told you to do so, just as you will forget the other things, until I tell you "Now you can remember everything."

Ready, now: 20...19...18...17...16...15...14...13...12...11....

10, halfway....9...8...7...6...5...4...3...2...1....

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.

ITEM 15. POSTHYPNOTIC SUGGESTION

Record extent and timing of subject's response to the cue.

Tap pen on desktop twice, as demonstrated earlier.

Allow 20 seconds.

[Score 8] if subject touches ankle immediately.

[Score 7] if subject makes an immediate gesture toward the ankle, without touching.

[Score 6] if subject touches ankle within 5-10 seconds after cue.

[Score 5] if subject gestures toward ankle within 5-10 seconds after cue.

[Score 4] if subject touches ankle within 11-15 seconds after cue.

[Score 3] if subject gestures toward ankle within 11-15 seconds after cue.

[Score 2] if subject touches ankle within 16-20 seconds after cue

[Score 1] if subject gestures toward ankle within 16-20 seconds after cue

[Score 0] if subject makes no gesture toward ankle, even after 20 seconds.

Continue to ITEM 16, POSTHYPNOTIC AMNESIA.

ITEM 16. POSTHYPNOTIC AMNESIA

Record subject's responses as verbatim as possible, in order of recall.

INITIAL AMNESIA

Now would you please tell me everything that happened since you began looking at the target? *Indicate target with gesture.*

When subject reaches an impasse, probe gently until a further impasse is reached.

Anything else?

Continue to gently probe until subject reaches further impasse. Then administer the reversibility cue.

REVERSIBILITY

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.

When subject reaches an impasse, probe gently until a further impasse is reached.

Anything else?

[Score 8] if subject recalls both 3 or fewer critical items (#s 1-14) before, and 5 or more additional critical items after, administration of the reversibility cue.

[Score 7] if Initial Amnesia = 0 and Reversibility = 2-4 items

[Score 6] if Initial Amnesia = 1 and Reversibility = 2 or more items

[Score 5] if Initial amnesia = 2 and Reversibility = 2 or more items

[Score 4] if Initial Amnesia = 3 and Reversibility = 2 or more items

[Score 3] if Initial Amnesia = 0-1 and Reversibility < 2 items

[Score 2] if Initial Amnesia = 2-3 and Reversibility < 2 items

[Score 1] if Initial Amnesia > 4 or more and Reversibility = 2 or more

[Score 0] if Initial Amnesia = 4 or more and Reversibility < 2

Conclude session with the POST-EXPERIMENTAL INTERVIEW.

POST-EXPERIMENTAL INTERVIEW

Do not inquire into any items that were omitted in amnesia testing.

How did the session go today?

How about when it was suggested that there was something heavy in your hand?

Continue, as appropriate, as time permits.