

# Suggestibility Test

## Hand Clasp

First of all I'd like you to bring your hands together like this (demonstrate) Then I'd like you to turn your attention to your breathing, breathing in slowly, you might feel your shoulders relax. I'm not telling you what to do, just what *might happen*.

You may start to notice how much more relaxed you are, and allow yourself to sink into a comfortable state of breathing in and breathing out. I'm only asking you right now, but I'm interested to know what happens as you imagine your hands together tightly clasped as if they are held together with the strongest super glue. What would happen if you tried to pull your hands apart? I'm curious to know what that would feel like? There is no need for you to do it now, I'm not asking you to, but you at least have *to imagine* what it's like to know how it is. Now look at me, I'm going to count down from 3 to 1 on the count of one let your eyes gently close, 3.....2.....1.....now focus on your hands and squeeze them tightly together, and as you do you discover that your fingers are locking together, your hands are becoming stuck fast. Your fingers sticking together more and more, you hands are so tightly clasped now it's as if there is superglue holding them together. Fingers sticking together now hands are locked in place, your fingers and palms firmly stuck together. In a moment I will ask you take your hands apart, but you won't be able to do this because your fingers are absolutely locked together, you hands are stuck you cannot pull them apart. Try, now you cannot take them apart, the more you try the more tightly they stick together. Try again, as you try they lock together even more your hands are firmly stuck together...try hard, you cannot take them apart. Alright now, relax, as you

relax and draw your attention back towards your breathing, you realise that you have been in control all along and that you will find that you are suddenly able to take your hands apart, they are unstuck, with each breath becoming more and more free, your hands releasing, releasing them with your imagination, imagine just how easy it is to let go.

