



Hypnosis: Myths & Facts

Myth: A person is asleep during hypnosis.

Fact: A person is totally awake during hypnosis.

Myth: A person in a hypnotic state does not know what is going on around them. They have totally tuned out the surroundings.

Fact: A person in a hypnotic state can hear everything that they would ordinarily hear. Although they are most likely has their eyes closed, they are completely aware of their surroundings.

Myth: The hypnotist can make me do things I don't want to do, like take my clothes off or rob people.

Fact: First; an ethical hypnotist would not even ask a person to do these things. Second: A person has the ability to reject any suggestion(s) that contradict(s) their morals of survival.

Myth: A person loses control of themselves when hypnotized.

Fact: A person has total control of themselves when hypnotized because they choose to hypnotize themselves. The hypnotist simply guides them.