



Daily Article (Bharath's Reading list) - Answers and Explanations 17.01.2024

Article link : [Link](#) (Are You Hypnotizable? : Why some of us are more susceptible to hypnotism than others)

1. According to the article, many consider hypnosis to be a cheap magician's trick and this, in turn, means very few of us are easily hypnotized as:

- A. Successful hypnosis is ultimately about mind control by the therapist
- B. Hypnosis is a learned social behavior that only works on willing participants
- C. There is not enough research on hypnotherapy and its therapeutic uses
- D. All the above

Explanation : B

Note the line, '...hypnosis is a learned social behavior that expands the limits of a subject's control over their actions only to the extent that they are willing participants in the process.'

2. All the following qualities make a person more susceptible to hypnosis, except:

- A. A tendency toward dissociation
- B. A tendency to be easily distracted while performing tasks
- C. Skills at role-playing
- D. Genetic factors

Explanation: B

Option B is incorrect: 'Research from the 1980s suggests a facility for becoming "absorbed" in a task, such as reading or a theater performance, might make a person more susceptible to hypnosis.'

3. Which of the following is not true about self-hypnosis?
- A. It involves some initial in-person training with a therapist
 - B. It is just as clinically effective as hypnosis guided by a therapist
 - C. It can be successfully practiced even by those who do not believe in hypnosis
 - D. It can help reduce pain, stress, and anxiety

Explanation: C

The article states that successful hypnosis is ultimately about the patient and that participants need to be willing and convinced during self-hypnotic induction.