DAY 2 – STUDENT WORKBOOK HYPNOTHERAPY FOUNDATION दिन 2 – छात्र कार्यपुस्तिका

Exercises, Self-Assessments & Practice Activities अभ्यास, स्व-मूल्यांकन और अभ्यास गतिविधियां

Student Name / छात्र का नाम: _____ Date / दिनांक: _____

SECTION 1: PRE-SESSION SELF-ASSESSMENT
सत्र-पूर्व स्व-मूल्यांकन

Complete this BEFORE today's session begins: आज का सत्र शुरू होने से पहले इसे पूरा करें:

1.1 YOUR BELIEFS ABOUT HYPNOSIS सम्मोहन के बारे में आपके विश्वास

What do you currently believe about hypnosis? Check all that apply: सम्मोहन के बारे में आप वर्तमान में क्या मानते हैं?

- ☐ Hypnosis is like being unconscious
- ☐ You can get stuck in hypnosis
- ☐ Only weak-minded people can be hypnotized
- ☐ The hypnotist controls your mind
- ☐ You might do something embarrassing
- ☐ Hypnosis is against spirituality/religion
- ☐ Hypnosis can be used for healing
- ☐ Hypnosis is a natural state
- ☐ I have no idea what hypnosis really is

Have you ever been hypnotized before? क्या आपको पहले कभी सम्मोहित किया गया है?

- ☐ No, never
- ☐ Yes, by a professional therapist
- ☐ Yes, at a stage show
- ☐ I'm not sure / I may have experienced natural trance

If yes, describe your experience briefly: यदि हाँ, तो अपने अनुभव का संक्षेप में वर्णन करें:

_____

1.2 YOUR EXPERIENCE WITH TRANCE-LIKE STATES ट्रान्स जैसी अवस्थाओं के साथ आपका अनुभव

Rate how often you experience these natural trance states (1-5): 1 = Never 3 = Sometimes 5 = Very Often

___/5

Getting so absorbed in a book that you lose track of time किताब में इतना डूब जाना कि समय का पता न चले

___/5

Driving on "autopilot" and not remembering the route "ऑटोपायलट" पर गाड़ी चलाना और रास्ता याद न रहना

___/5

Daydreaming vividly जीवंत दिवास्वप्न देखना

___/5

Being so focused on a task that you don't hear people किसी काम पर इतना ध्यान लगाना कि लोगों की आवाज न सुनाई दे

___/5

Experiencing the "zone" in sports or creative activities खेल या रचनात्मक गतिविधियों में "जोन" का अनुभव

TOTAL: ___/25

> 🗒 **INTERPRETATION:**
>
> - 20-25: You naturally enter trance easily - excellent for hypnotherapy!
> - 10-19: Average - you'll respond well to hypnosis
> - 5-9: You may need more practice to deepen trance states

1.3 DAY 1 REVIEW - CONNECTING THE CONCEPTS दिन 1 समीक्षा – अवधारणाओं को जोड़ना

From Day 1, which of the four inner instruments stores memories, samskaras, and patterns?

_____

Why do you think it might be important to ACCESS this instrument directly for deep change?

_____

SECTION 2: STORY REFLECTION – THE TWO GUARDS कहानी प्रतिबिंब – दो पहरेदार

After hearing "The Two Guards" story, answer these questions:

2.1 METAPHOR MAPPING

Match the story elements to mind components. Write in your own words:

THE FIRST GUARD represents: _____

What does it do? _____

THE SECOND GUARD represents: _____

What does it do? _____

THE PALACE represents: _____

What is stored there? _____

THE MINISTER'S TECHNIQUE represents:

_____

How does it work? _____

2.2 PERSONAL REFLECTION

Think about a time you tried to change a habit or belief using willpower alone. What happened?

_____

Based on the story, why might willpower alone have failed?

_____

SECTION 3: CONSCIOUS VS. SUBCONSCIOUS – NOTES & EXERCISES चेतन बनाम अवचेतन – नोट्स और अभ्यास

3.1 CONSCIOUS MIND CHARACTERISTICS चेतन मन की विशेषताएं

Fill in the characteristics of the CONSCIOUS MIND: चेतन मन की विशेषताएं भरें:

1. A_____ - Constantly analyzing, comparing, judging
2. R_____ - Uses logic and reason
3. C_____ - Questions and doubts new information
4. L_____ - Processes one thing at a time
5. T_____ - Short-term memory, limited storage
6. W_____ - Makes deliberate decisions

What percentage of mental activity does the conscious mind represent?

_____%

3.2 SUBCONSCIOUS MIND CHARACTERISTICS अवचेतन मन की विशेषताएं

Fill in the characteristics of the SUBCONSCIOUS MIND: अवचेतन मन की विशेषताएं भरें:

1. N_____-A_____ - Accepts without questioning
2. E_____ - Driven by feelings, not logic
3. L_____ - Takes things at face value
4. S_____ - Processes multiple things at once
5. P_____ - Stores everything permanently
6. H_____ - Runs automatic programs

What percentage of mental activity does the subconscious mind represent?

_____%

Which Vedic concept from Day 1 corresponds to the subconscious mind?

_____

3.3 THE ICEBERG MODEL हिमशैल मॉडल

Draw and label the iceberg model showing conscious and subconscious:

[DRAW YOUR ICEBERG HERE]

Label:

- Conscious mind (above water line)

- Subconscious mind (below water line)

- Water line

- Percentages

3.4 WHAT THE SUBCONSCIOUS CONTROLS अवचेतन क्या नियंत्रित करता है

List five things the subconscious mind controls:

1. _____

2. _____

3. _____

4. _____

5. _____

SECTION 4: UNDERSTANDING HYPNOSIS
सम्मोहन को समझना

4.1 DEFINITION OF HYPNOSIS सम्मोहन की परिभाषा

Complete the definition:

HYPNOSIS is a natural state of:

1. F_____ A_____ (केंद्रित ध्यान)	2. H_____ S_____ (बढ़ी हुई सुझावशीलता)	3. D_____ R_____ (गहरी विश्राम)

4.2 MYTHS VS. TRUTH मिथक बनाम सच्चाई

For each myth, write the TRUTH:

MYTH 1: "You lose control under hypnosis"

TRUTH: _____

MYTH 2: "Only weak-minded people can be hypnotized"

TRUTH: _____

MYTH 3: "You might get stuck in hypnosis"

TRUTH: _____

MYTH 4: "Hypnosis is like being unconscious"

TRUTH: _____

MYTH 5: "Hypnosis is against religion/spirituality"

TRUTH: _____

4.3 VEDIC CONNECTION वैदिक संबंध

Match the Vedic concept to its description:

YOGA NIDRA	Planting intentions in deep states
DHYANA	Sanskrit term meaning "enchanting/attracting"
SANKALPA	Deep meditation accessing similar brainwaves
SAMMOHANA	"Yogic sleep" - state between waking and sleeping

Write one sentence explaining how hypnosis connects to Vedic tradition:

_____

SECTION 5: ACCESSING CHITTA चित्त तक पहुंचना

5.1 THE CRITICAL FACULTY आलोचनात्मक संकाय

What is the CRITICAL FACULTY?

_____

What does it do with new information?

_____

At what age does the critical faculty typically develop?

Age: ___-___ years

5.2 HOW HYPNOSIS WORKS सम्मोहन कैसे काम करता है

Complete the diagram showing how hypnosis accesses the subconscious:

```
 ┌─────────────────────────┐
 │ NEW SUGGESTION          │
 │  │  │                   │
 │  │  │                   │
 │  │ _____  │    │
 │  │ MIND  │              │
 │  │  │                   │
 └──────────────┬──────────┘
                │
                │
                │
 ┌──────────────▼──────────┐
 │  │  │                   │
 │  │ CRITICAL FACULTY  │ ← _____
 │  │  │ in hypnosis           │
 │  │  │                   │
 └──────────────┬──────────┘
                │
                │
                │
 ┌──────────────▼──────────┐
 │ _____  │ _____  │ ← Suggestion
 │ MIND (CHITTA) │ reaches here!
 └─────────────────────────┘
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5.3 HYPNOTHERAPY SESSION STRUCTURE
सम्मोहन चिकित्सा सत्र संरचना

Number the steps of a hypnotherapy session in order (1-5):

01

_____ EMERGENCE – Guide back to waking state

02

_____ PRE-TALK – Build rapport, explain, prepare

03

_____ THERAPY WORK – Suggestions, regression, etc.

04

_____ INDUCTION – Guide into hypnotic state

05

_____ DEEPENING – Take deeper into trance

SECTION 6: TRANCE STATES AND DEPTH ट्रान्स अवस्थाएं और गहराई

6.1 BRAINWAVE STATES मस्तिष्क तरंग अवस्थाएं

Match the brainwave to its characteristics:

BETA (14-30 Hz)	Deep relaxation, REM sleep, medium-deep trance
ALPHA (8-13 Hz)	Deep sleep, unconscious, very deep trance
THETA (4-7 Hz)	Normal waking, alert, active thinking
DELTA (0.5-3 Hz)	Light relaxation, daydreaming, light trance

For most therapeutic work, we aim for which brainwave states?

_____ to _____

6.2 DEPTH LEVELS गहराई के स्तर

Describe each level of trance depth:

LEVEL 1: LIGHT TRANCE (हल्का ट्रान्स)

Physical signs: _____

Good for: _____

LEVEL 2: MEDIUM TRANCE (मध्यम ट्रान्स)

Characteristics: _____

Good for: _____

LEVEL 3: DEEP TRANCE (गहरा ट्रान्स)

Characteristics: _____

Good for: _____

LEVEL 4: SOMNAMBULISTIC (सोम्नामबुलिस्टिक)

How common: _____

Characteristics: _____

TRUE or FALSE: You need deep trance for effective therapy.

Answer: _____

Explanation: _____

6.3 SIGNS OF TRANCE ट्रान्स के संकेत

List at least 5 physical signs that indicate someone is in trance:

1. _____

2. _____

3. _____

4. _____

5. _____

List 3 behavioral signs of trance:

1. _____

2. _____

3. _____

SECTION 7: SUGGESTIBILITY ASSESSMENT
सुझावशीलता मूल्यांकन

7.1 FACTORS AFFECTING SUGGESTIBILITY सुझावशीलता को प्रभावित करने वाले कारक

List the six factors that affect suggestibility:

1

R_____ & T_____
(तालमेल और विश्वास)

2

E_____ (अपेक्षा)

3

M_____ (प्रेरणा)

4

R_____ (विश्राम)

5

I_____ (कल्पना)

6

F_____ (ध्यान)

How can a therapist INCREASE a client's suggestibility?

_____

7.2 TYPES OF SUGGESTIBILITY सुझावशीलता के प्रकार

Complete the comparison:

PHYSICAL SUGGESTIBILITY
शारीरिक सुझावशीलता

Responds to _____ suggestions

Example: "Your arm ___ heavy"

Prefers _____ style

More common in _____ people

EMOTIONAL SUGGESTIBILITY
भावनात्मक सुझावशीलता

Responds to _____ suggestions

Example: "You _____ notice heaviness"

Prefers _____ style

More common in _____ people

7.3 YOUR SUGGESTIBILITY SELF-ASSESSMENT
आपका सुझावशीलता स्व-मूल्यांकन

Based on today's learning, which type of suggestibility do you think YOU have? Check one:

- ☐ PHYSICAL SUGGESTIBILITY (I respond better to direct instructions)

- ☐ EMOTIONAL SUGGESTIBILITY (I respond better to indirect suggestions)

- ☐ MIXED (I respond to both depending on context)

Why do you think this?

_____

How might knowing your suggestibility type help you as a therapist?

_____

SECTION 8: RAPPORT & PRE-TALK PRACTICE
तालमेल और प्री-टॉक अभ्यास

8.1 BUILDING RAPPORT TECHNIQUES तालमेल बनाने की तकनीकें

List the five techniques for building rapport:

1 M_____ & M_____ (मिलान और दर्पण)
What to match: _____

2 A_____ L_____ (सक्रिय सुनना)
How to do it: _____

3 E_____ (सहानुभूति)
What it means: _____

4 C_____ (विश्वसनीयता)
How to establish: _____

5 W_____ (गर्मजोशी)
How to show it: _____

8.2 PRE-TALK GOALS प्री-टॉक के लक्ष्य

What are the five goals of a pre-talk?

1. E_____ about hypnosis
2. B_____ E_____
3. G_____ I_____
4. S_____ E_____
5. G_____ C_____

8.3 PRE-TALK SCRIPT PRACTICE प्री-टॉक स्क्रिप्ट अभ्यास

Write your own brief pre-talk script explaining hypnosis to a new client. Include: what hypnosis is, what it isn't, and what they'll experience.

"Welcome! Before we begin, let me explain about hypnosis...

_____

_____

_____

_____

_____

...Does this make sense? Any questions?"