

Common Myths About Hypnosis and Hypnotherapy

1. **Myth:** A person is asleep during hypnosis.

Fact: A person is totally awake during hypnosis.

2. **Myth:** A person in a hypnotic state does not know what is going on around him / her. He / She has totally tuned out the surroundings.

Fact: A person in a hypnotic state can hear every sound that they would ordinarily hear. He / She is aware of the surroundings. The person does have his / her eyes closed.

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

Fact: An ethical Hypnotherapist wouldn't ask a person to do these things to begin with. A person will reject any suggestion that is contrary to his or her morals or survival.

4. **Myth:** A person can get stuck in hypnosis.

Fact: A person cannot get "stuck" in hypnosis. You go through a semi-hypnotic state every time you wake up and fall asleep. You simply open your eyes.

5. **Myth:** The hypnotist hypnotizes people.

Fact: The client hypnotizes him- /herself. The hypnotist just guides the client through it.

6. **Myth:** A person loses control of him- / herself when hypnotized.

Fact: The person maintains total control.

7. **Myth:** I've never been in a hypnotic state.

Fact: We experience hypnotic state, to some degree, every day.

8. **Myth:** Hypnosis is the work of the Devil. Hypnosis puts you in a vulnerable state to be possessed.

Fact: No evidence of this whatsoever. Many ministers and priests use hypnotherapy.