



Méthode Dolfino® hypnosis – QUESTIONNAIRE N°1

Instructions: Circle the letter corresponding to the correct answer.

1. The Young Me can handle:
 - a) 5 to 9 pieces of information per second.
 - b) 100,000 pieces of information per second.
 - c) 2000 pieces of information per second.
2. The five ingredients of a Méthode Dolfino® trance induction are:
 - a) Focalization, drowsiness, soothing, ratification and waking.
 - b) Focalization, ratification, dissociation, double binds and encouragement.
 - c) Focalization, dissociation, eye closure, deepening and waking.
3. Before doing a Scanner in Méthode Dolfino® hypnosis, you must:
 - a) Put the person into very deep trance.
 - b) Check whether there is a medical diagnosis.
 - c) Wait until the tenth session.
4. Before doing a hypnosis session, you must:
 - a) Wash your hands.
 - b) Define the goal.
 - c) Do an hour of meditation.
5. To create sync, you must:
 - a) Wear light-coloured clothing.
 - b) Play music.
 - c) Observe and mirror without mimicking.
6. Among the rules of the game of Méthode Dolfino® hypnosis, we find:
 - a) Making direct suggestions, imposing one's worldview on the other, and using a monotone voice.
 - b) Always looking for the cause in the guided person's past, interpreting what the guided person sees, and leaving the guided person alone for 5 minutes.
 - c) Keeping contact, having a playful attitude, and being in sync.

7. An objective must:
 - a) Be beautiful, include "I would like", and be impossible to achieve.
 - b) Be set far off in time, be impossible to achieve alone, and include negations.
 - c) Be brief and precise, stated in the present tense, and phrased positively.
8. The Archetypal Journey uses:
 - a) Universal symbols.
 - b) Wild animals.
 - c) Numbers and letters.
9. In the Harmonic Alignment, you must:
 - a) Improve the line before scanning it.
 - b) Scan the line and then improve it.
 - c) Tie the two lines around the head.
10. In the Archetypal Journey, the symbol representing the father is:
 - a) The tree.
 - b) The mountain.
 - c) The ocean.