



Méthode Dolfino® Hypnosis – QUESTIONNAIRE NO^o4

Instructions: Circle the letter corresponding to the correct answer.

1. In the Excellence Booster, the anchor is:
 - a) Kinesthetic.
 - b) Auditory.
 - c) Visual.
 - d) Kinesthetic, auditory and visual.
2. An anchor is set in:
 - a) 3 x 20 seconds with a separator state between each step.
 - b) Sailing on a boat.
 - c) A single time, long and firm.
3. In the metaphorical regression, the guided person calls on:
 - a) A winged ally.
 - b) Their double of light.
 - c) Their dog Toby.
4. In the regression in this life, the guided person is accompanied by:
 - a) Immaterial consciousness.
 - b) Great wisdom.
 - c) Their double of light.
5. In the regression in this life, during the positive life stages the guided person is:
 - a) Associated.
 - b) Dissociated.
 - c) Hovering above the line.

6. Regression into the between-lives can be used to:
 - a) Find your life mission.
 - b) Recover a hidden treasure.
 - c) Fall asleep more easily at night.
7. Regression into a past life can be:
 - a) A metaphor of the unconscious.
 - b) Access to a bubble of information.
 - c) A past life.
8. Regression into another form of life allows:
 - a) Better communication with your friends.
 - b) Seeing a situation from a different angle.
 - c) Managing your budget better.
9. What does VAKOG stand for:
 - a) Vivid, welcoming, kinesiotherapist, mandatory, grandiose.
 - b) GOKAV backwards.
 - c) Visual, auditory, kinesthetic, olfactory, gustatory.
10. The Scanner can be used in a regression:
 - a) True.
 - b) False.