



Méthode Dolfino® hypnosis – QUESTIONNAIRE N°2

Instructions: Circle the letter corresponding to the correct answer.

1. In Relational Peace with the intangible, you must:
 - a) Hang a bag on a branch of the tree.
 - b) Put a chest in the house.
 - c) Put a bag in the trunk of the tree.
2. In the Archetypal Journey, the enemy is represented by:
 - a) The rat.
 - b) The old man.
 - c) Toby.
3. The Magic Bath is a technique for:
 - a) Grieving old habits.
 - b) Regulating skin problems.
 - c) Washing well in the morning.
4. To go find an ally, you need to:
 - a) Shout very loudly.
 - b) Light a big fire.
 - c) Go to the zoo.
5. To make Relational Peace with someone you hate, you need to:
 - a) Take an axe.
 - b) Put up an invisible wall.
 - c) Turn your back on the person.
6. To help “tough cases” go into trance, you need to offer:
 - a) The yellow glasses.
 - b) The purple glasses.
 - c) The red glasses.

7. In self-hypnosis, you should:
 - a) Lie down with a good pillow.
 - b) Talk to yourself out loud.
 - c) Do it at night instead.
8. The Mini-Mes are:
 - a) Universal symbols.
 - b) Doubles of yourself.
 - c) An army of Mini-Yous.
9. Harmonic Alignment is:
 - a) A pain relief technique.
 - b) A cleansing technique.
 - c) An emotional harmonizing technique.
10. An ally can be a deity:
 - a) True.
 - b) False.