



Méthode Dolfino® hypnosis – QUESTIONNAIRE N°3

Instructions: Circle the letter corresponding to the correct answer.

1. In the phobias technique:
 - a) The client and the Young Me go to the movies.
 - b) The client meets their double of light and they go to the movies.
 - c) The client meets the Greater Me.
2. In the allergies technique, the client works with:
 - a) Their double of light.
 - b) Their "Mini-Mes".
 - c) Their Greater Me.
3. The excellence booster calls upon:
 - a) Three anchors.
 - b) A deep trance.
 - c) One single anchor.
4. The engine room:
 - a) Must always contain dials.
 - b) Is always on the right in the tree.
 - c) Can be a place in nature.
5. In Relational Peace, if the guided person doesn't see a link, the guide can suggest:
 - a) Returning from trance.
 - b) Seeing a rope.
 - c) Spraying a coat of paint.
6. In the allergy technique:
 - a) The anchors are stimulated only during the induction.
 - b) The anchors are stimulated throughout the technique.
 - c) The anchors are stimulated up to the moment of overexposure to the allergen.

7. At the beginning of the phobia technique:
 - a) The Young Me looks at the screen and the film.
 - b) The person being guided looks at the screen and the film.
 - c) No one looks at the film.
8. An anchor requires:
 - a) Separating states.
 - b) Fragmentations.
 - c) A firm hand.
9. The engine room is useful for:
 - a) Clearing the weight of the past.
 - b) Regulating physiological issues.
 - c) Improving relationships with one's children.
10. The phobia technique uses double dissociation:
 - a) True.
 - b) False.