

### ARMS RISING AND FALLING TEST

“You have a good imagination, don’t you?”

“Good!”

“Then I’d like to do a procedure to see how well you can use your imagination.”

“If you would, please stand ”

“Could you step back just a bit?”

“Good! Thank you.”

“Let your arms hang loosely at your sides That’s it Just relax and let your arms hang loosely at your sides ”

“Now, I’d like you to please close your eyes ”

“If you will, raise your arms forward and upward to shoulder level ”

“Good!”

“Please turn your left hand so that your left palm faces the ceiling ”

“Now, extend your right thumb so that your right thumb points to the ceiling.”

“Good!”

“This is a process in imagination, so what I would like you to do now is to please imagine, visualize if you can, even pretend if you have to, that in your left palm you have a very heavy book. Imagine that you have the *World Book Encyclopedia* in your left palm.”

“At the same time, imagine that attached to your right thumb is a string. The string is attached to a large, red, helium balloon. Helium is a gas that rises It causes your right hand to go up, up, up.”

“Left hand down, down, down.”

“Right hand up, up, up.”

“Left hand going down, down, down.”

“Right hand going up, up, up.”