

SUGGESTIBILITY TEST #3

Hand Clasp Test – Authoritative test of imagination

This test should be applied if you find your client not responding well with the permissive test also an excellent method to use in demonstrating with groups

AUTHORITATIVE HAND CLASP TEST

Please put everything down, and sit facing me. If you are wearing rings, please remove them. Extend your hands, palms facing each other, with your fingers clapped in front of you, with your elbows locked.

Push your hands forward, just as though you were pushing through the wall in front of you.

Focus your attention on your uppermost knuckle, the one closest to you.

Now I'd like you to imagine your hands are in a clamp (or vise), and the clamp (or vise) is closing, and closing.

Imagine that your hands are becoming stuck together, stuck like glue. Stuck tighter and tighter together, and tighter together, and your knuckles are getting whiter and whiter, as your hands press closer and closer together.

Tighter and tighter together, whiter and whiter, your hands are stuck together like glue.

Stuck so tightly together, that in a moment I'm going to ask you to try to pull them apart, and you'll find you cannot. They'll be so tightly stuck together that you will find you'll be unable to pull them apart.

I'm going to count to three, and at the count of three, you'll try to pull them apart, and you'll find you cannot. Your hands are stuck tightly together, stuck like glue.

One – Tighter and tighter

Two – Stuck together like glue

*Three – Try to pull them apart – **YOU CANNOT! TRY, YOU CANNOT! TRY, YOU CANNOT!***

Now stop trying, relax and allow your hands to just come apart.