

SUGGESTIBILITY QUESTIONNAIRE A

1	Have you ever walked in your sleep during your adult life?	YES	NO
2	As a teenager did you feel comfortable expressing your feelings to one or both of your parents?	YES	NO
3	Do you have a tendency to look directly into a person's eyes and/or move closely to them when discussing an interesting subject?	YES	NO
4	Do you feel that most people, when you first meet them, are uncritical of your appearance?	YES	NO
5	In a group situation, with people that you have just met, would you feel comfortable drawing attention to yourself by initiating a conversation?	YES	NO
6	Do you feel comfortable holding hands or hugging someone you are in a relationship with in front of other people?	YES	NO
7	When someone talks about feeling warm physically, do you begin to feel warm as well?	YES	NO
8	Do you tend to occasionally tune out when someone is talking to you because you are anxious to come up with your side, and at times not hear what the other person said?	YES	NO
9	Do you feel that you learn and comprehend better by seeing and/or reading than by hearing?	YES	NO
10	In a new class or lecture situation do you usually feel comfortable asking questions in front of the group?	YES	NO
11	When expressing your ideas do you find it important to relate all the details leading up to the subject so the other person can understand it completely?	YES	NO
12	Do you enjoy relating to children?	YES	NO
13	Do you find it easy to be at ease and comfortable with your body movements, even when faced with unfamiliar people and circumstances?	YES	NO
14	Do you prefer reading fiction rather than non-fiction?	YES	NO
15	If you were to imagine sucking on a sour, bitter, juicy, yellow lemon, would your mouth water?	YES	NO
16	If you feel that you deserve to be complimented for something well done, do you feel comfortable if the compliment is given to you in front of other people?	YES	NO
17	Do you feel that you are a good conversationalist?	YES	NO
18	Do you feel comfortable when complimentary attention is drawn to your physical body or appearance?	YES	NO



SUGGESTIBILITY QUESTIONNAIRE B			
1	Have you ever awakened in the middle of the night and felt that you could not move your body and/or talk?	YES	NO
2	As a child, did you feel that you were more affected by the tone of voice of your parents than by what they actually said?	YES	NO
3	If someone you are associated with talks about a fear that you too have experienced, do you have a tendency to have an apprehensive or fearful feeling as well?	YES	NO
4	After having an argument with someone, do you have a tendency to dwell on what you could or should have said?	YES	NO
5	Do you tend to occasionally tune out when someone is talking to you and do not hear what was said because your mind drifts to something totally unrelated?	YES	NO
6	Do you sometimes desire to be complimented for a job well done, but feel embarrassed or uncomfortable when complimented?	YES	NO
7	Do you often have a fear or dread of not being able to carry on a conversation with someone you just met?	YES	NO
8	Do you feel self-conscious when attention is drawn to your physical body or appearance?	YES	NO
9	If you have a choice, would you rather avoid being around children most of the time?	YES	NO
10	Do you feel that you are not relaxed or loose in body movements, especially when faced with unfamiliar people or circumstances?	YES	NO
11	Do you prefer reading non-fiction rather than fiction?	YES	NO
12	If someone describes a very bitter taste, do you have difficulty experiencing the physical feeling of it?	YES	NO
13	Do you generally feel that you see yourself less favourably than others see you?	YES	NO
14	Do you tend to feel awkward or self-conscious initiating touch (holding hands, kissing, etc.) with someone you are in a relationship with in front of other people?	YES	NO
15	In a new class or lecture situation do you usually feel uncomfortable asking questions in front of the group even though you may desire further explanation?	YES	NO
16	Do you feel uneasy if someone you have just met looks directly in the eyes when talking to you, especially if the conversation is about you?	YES	NO
17	In a group situation with people you have just met, would you feel uncomfortable drawing attention to yourself by initiating a conversation?	YES	NO
18	If you are in a relationship, or are very close to someone, do you find it difficult or embarrassing to verbalize your love for them?	YES	NO



A Centre for Wellbeing and Transformation