

# Example of auditory suggestion and subjective rating

## Preliminary Instructions.

You will shortly be given some exercises in the use of your imagination to create certain experiences. The aim is to see how much you can control the way you experience some simple events, such as moving your hand. For example, first you will be asked to lower your hand, and imagine it is being pulled down by itself. Engage yourself in that imagination, until it really feels like it is being pulled down by itself. Focus on the sensations and on the imaginary situation so you can immerse yourself in that reality, as if, for example, you were getting carried away by the narrative of a film, as if it were real. Afterwards, I will ask you to rate how strong you felt each experience; for example, how much the arm seemed to move by itself. Let me know if you have any questions. Your results on these exercises depend upon your willingness to try to imagine and to visualize the things I will ask you to imagine. What I ask is your cooperation in helping this experiment by trying to imagine vividly what I describe to you.

### 1. Hand Lowering.

Now hold your right hand out at shoulder height, with the palm of your hand facing up. Your right hand straight out in front of you, the palm up. There, that's right.... Attend carefully to this hand, how it feels, what's going on in it. Notice whether or not it's a little numb, or tingling; the slight effort it takes to keep from bending your wrist; any breeze blowing on it. Pay close attention to your hand now. Imagine that you are holding something heavy in your hand... maybe a heavy bowling ball - something heavy. Shape your fingers around as though you were holding this heavy object that you imagine is in your hand. That's it.... Now the hand and arm feel heavy, as if the weight were pressing down...and as it feels heavier and heavier the hand and arm begin to move down... as if forced down... moving... moving... down... down... more and more down... heavier... heavier... the arm is getting more and more tired and strained... down... slowly but surely... down, down... more and more down, the weight is so great, the hand is so heavy... You feel the weight more and more... the arm is too heavy to hold back... it goes down, down... more and more down...

### Hand Lowering

You were told to extend your right arm straight out and feel it becoming heavy as though a weight were pulling the hand and arm down.

How strongly did you feel your hand become heavy, where 0 means you felt your arm was no more heavy than normal and 5 means you felt your arm becoming as heavy as if you had a heavy object in your hand, pulling it down?



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