

This should take you around five minutes!

* Indicates required question

1. Have you attended a version of this class "Phenomenawork" before? *

Check all that apply.

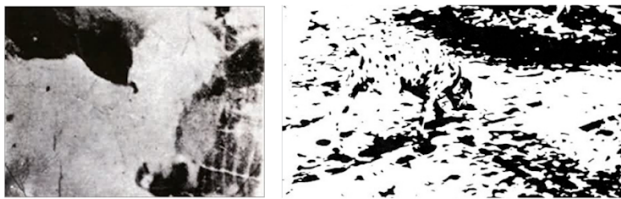
☐ Yes☐ No

2. What is your Discord UserID? This is if you are okay with me following up later in case I think you might have useful feedback.

If you would like to be anonymous, pick a random word or a random 3 digit number and remember it, try to pick something no one else will pick. It will come up later so that I can keep track of users across different forms.

3. Do you recognize the images below? What is your best guess about what the images are? *

(This is a trial question to get the user used to engaging with the material both in class and in the form)



4. How confident are you in your guess?

(This is to get the user used to rating subjective answers on a numerical scale. For questions like this, just go with your first instinct, you don't need to overthink it.)

Mark only one oval.

0 1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ ☐ Absolutely Confident

In this section, you will be asked to experience two common phenomena that you might have experienced before. They often come up in stage and street hypnosis and even in many scientific studies.

- Arm feeling rigid, almost too rigid to bend.
- Arm feeling limp and immobile, almost too much to move.

In order to help remove outside influences and help you explore and experiment with your own experience independently, the phenomena will be guided through simple text based instructions. Don't worry if this does not make too much sense right now but if you are familiar with autosuggestion or self-hypnosis, it is going to be similar.

5. Have you ever experimented with these suggestions before? *

Mark only one oval.

☐ No☐ Yes, to both☐ Yes, Arm Rigid☐ Yes, Arm Limp

☐ Other: _____

6. How effective do you think the "Arm Rigid" suggestion is going to be right now?

(This is just to get a sense of what people expect to happen with the suggestion. For questions like this, just go with your first instinct, you don't need to overthink it.)

Mark only one oval.

0 1 2 3 4 5

Not, ☐ ☐ ☐ ☐ ☐ ☐ Very effective

7. How confident are you about the previous rating? *

Mark only one oval.

0 1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ ☐ Very Confident

8. How effective do you think the "Arm Limp" suggestion is going to be right now? *

Mark only one oval.

0 1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ ☐ Very effective

9. How confident are you about the previous rating? *

Mark only one oval.

0 1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ ☐ Very Confident

Arm Rigid

With your non-dominant hand, point your index finger up and extend it to that side as if you are trying to reach a button that is just out of reach. Allow yourself to notice the stiffness in that arm stuck out there grow. Certain ideas, images and metaphors may occur to you as you engage with this imagination more fully.

Allow yourself to immerse yourself as deeply as you can in this experience before you try to bend that stiff and rigid arm.

When you are ready to get back to the rest of the form, take a deep breath and let your arm free and shake off any rigidity you might still feel.

10. What was that like for you? *

11. On a scale from 0 to 5, how stiff did your arm feel, where 0 means no more stiffness than normal and 5 means you could feel a stiffness so compelling no amount of effort would overcome it? *

Mark only one oval.

0 1 2 3 4 5

No d ☐ ☐ ☐ ☐ ☐ ☐ Completely Stiff

12. How confident are you about the previous rating? *

Mark only one oval.

0 1 2 3 4 5

Not ☐ ☐ ☐ ☐ ☐ ☐ Very confident

13. How surprised were you at your response? *

Mark only one oval.

0 1 2 3 4 5

Not : ☐ ☐ ☐ ☐ ☐ ☐ Very Surprised

Arm Limp

With your non-dominant hand, place it heavily on a surface before you or even your lap. Allow yourself to notice the relaxation in that arm lying out there grow. Certain ideas, images and metaphors may occur to you as you engage with this imagination more fully.

Allow yourself to immerse yourself as deeply as you can in this experience before you try to move that limp and relaxed arm.

When you are ready to get back to the rest of the form, take a deep breath and let your arm free and shake off any limpness you might still feel.

14. What was that like for you? *

15. On a scale from 0 to 5, how limp did your arm feel, where 0 means no more limpness than normal and 5 means you could feel a limpness so compelling no amount of effort would overcome it? *

Mark only one oval.

0 1 2 3 4 5

No d ☐ ☐ ☐ ☐ ☐ ☐ Completely Limp

16. How confident are you about the previous rating? *

Mark only one oval.

012345

Not: ☐ ☐ ☐ ☐ ☐ ☐ Very confident

17. How surprised were you at your response? *

Mark only one oval.

012345

Not: ☐ ☐ ☐ ☐ ☐ ☐ Very Surprised

18. How annoying was this form?

Mark only one oval.

01234567

It as ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ I hated every second

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