

# Phenomenawork v2.01 -- Act 3

This should take you around five minutes!

\* Indicates required question

1. What is your Discord UserID or the random word or a random 3 digit number you picked earlier for the previous forms? \*

2. 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.

012345

NotVery effective

3. How confident are you about the previous rating? \*

Mark only one oval.

012345

NotVery Confident

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

Mark only one oval.

012345

NotVery effective

5. How confident are you about the previous rating? \*

Mark only one oval.

012345

NotVery 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.

6. What was that like for you? \*

7. 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.

012345

No dCompletely Stiff

8. How confident are you about the previous rating? \*

Mark only one oval.

012345

NotVery confident

9. How surprised were you at your response? \*

Mark only one oval.

012345

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.

10. What was that like for you? \*

11. 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.

012345

No limp ☐ ☐ ☐ ☐ ☐ ☐ Completely Limp

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

Mark only one oval.

012345

Not ☐ ☐ ☐ ☐ ☐ ☐ Very confident

13. How surprised were you at your response? \*

Mark only one oval.

012345

Not ☐ ☐ ☐ ☐ ☐ ☐ Very Surprised

Class Review

14. What was the class like for you? What might make it better? Critical feedback is especially welcome.

15. Did you like it though?

12345

☐ ☐ ☐ ☐ ☐