

Hypnosis Learning Channels

Learning channels in hypnosis are the different pathways we can use to make a suggestion meaningful to the mind—through what you imagine, hear, feel, or understand.

Please mark any item that seems applicable to you at this point. This will help you identify what style of hypnosis will resonate most with you.

Auditory Learning Channel indicators

1. Prefers to have someone else read instructions when putting a model together.
2. Reviews for a test by reading notes aloud or by talking with others.
3. Talks aloud when working on a maths problem
4. Prefers listening to a cassette over reading the same material
5. Commits a number to memory by saying it repeatedly.
6. Uses rhyming words to remember names.
7. Plans the upcoming week by talking it through with someone.
8. Likes to stop and ask directions.
9. Prefers oral instructions from an employer.
10. Keeps up on news by listening to the radio.
11. Able to concentrate deeply on what another person is saying
12. Uses free time for talking to others.
13. Sings or plays a musical instrument well.
14. Prefers talking/listening games.

Visual Learning Channel Indicators

1. Likes to keep written notes.
2. Typically reads a billboard while driving.
3. Puts a model together correctly using written directions.
4. Follows written recipes easily when cooking.
5. Reviews for a test by writing a summary.
6. Writes on napkins in a restaurant.
7. Commits a number to memory by writing it down.
8. Can put DIY furniture together from instructions.
9. Uses visual images to remember names.
10. Loves to read books.
11. Plans the upcoming week by making a list.
12. Prefers written directions from an employer.

13. Prefers to get a map and find own way.
14. Prefers reading/ writing games SCRABBLE

Strong In Touch movement (kinaesthetic) Channel

1. Likes to build things.
2. Uses sense of touch to put a model together
3. Can distinguish items by touch when blindfolded.
4. Learns touch system rapidly in typing.
5. Moves with music.
6. Doodles and draws on any available paper.
7. An out of doors person.
8. Moves easily; well co-ordinated
9. Spends time on crafts and handiwork.
10. Likes to feel texture of materials.
11. Prefers movement games to games where one just sits.
12. Finds it fairly easy to keep physically fit
13. One of the fastest in a group to learn a new physical skill.
14. Uses free time for physical activities.