

# CMH Practice Test Questions and Answers

## 1. What is anchoring in hypnosis?

- A) Repeating words
- B) Connecting a cue to an emotional response
- C) Using props
- D) Inducing sleep

## 2. What is suggestion in hypnosis?

- A) A direct order
- B) A therapeutic cue to influence behavior
- C) A medical prescription
- D) A legal mandate

## 3. What is the primary goal of hypnosis?

- A) Put someone to sleep permanently
- B) Induce a trance state for therapeutic change
- C) Force someone to obey commands
- D) Make someone lose consciousness

## 4. What role does rapport play in hypnosis?

- A) It is not important
- B) It fosters trust and cooperation
- C) It replaces induction
- D) It causes resistance

**Answers: 1-B 2-B 3-B 4-B**

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