

## Chapter 4

1. The four stages of inducing a hypnotic state are:

- A.) The contributor is asked to focus on one thing, like a word, phrase, or a clock.
- B.) Once it is ensured the contributor is comfortable, they are asked to relax.
- C.) The contributor is told to trust the hypnotist and encouraged to let go.
- D.) Finally, the contributor is asked to use their imagination.

Instrumentally these four steps have proven consistent to bring people to hypnosis.

2. Meditation is the art of being able to focus on one object to gain self-control of your thoughts. Usually, focusing on your breath and controlling your thoughts. Whereas hypnosis is induced by a therapist. Hypnosis is used as therapy to help individuals remember deep rooted information. Meditation has the potential to reduce blood pressure. Both meditation and hypnosis have their similarities as well both have been shown to assist people with anxiety, sleep, pain, weight loss, and depression.

6. The two kinds of awareness are internal and external consciousness. Two examples of awareness apart of consciousness including daydreaming, and intoxication. For example, if you have daydreamed while cutting your front lawn and really didn't think about it. That is because it is in your biological rhythm to complete difficult tasks.

7. Stage 1 sleep- Is the phase that transpires when we are transitioning from being wakefulness to sleep. In this phase our breathing and heart slowdown.

Stage 2 sleep- Is the phase that the body transitions into a highly relaxed state. Something called K-complex occurs in stage 2 of sleep, meaning that the brain activity is at a high.

NREM Stage 3 sleep- In this phase we have a low frequency. Our heart rate and respiration slow down dramatically.

REM sleep- The fourth phase of sleep is the REM phase. In this phase people usually dream, their brain activity is high and muscle activity is low.

Usually, sleepers that find themselves in NREM sleep experience slow eye movement. In contrast REM sleepers' eyes move rapidly and have a range of direction. The difference between NREM and REM is that brain activity decreases during NREM and increases during REM sleep.

13. Withdrawals are the negative symptoms a person experiences after drug use. Withdrawals are the negative uncomfortable agitation that is produced from sedative drugs. The symptoms have the opposite side effects of drugs. Withdraws can occur even if a drug is not abused, people

can develop a dependence. This could potentially be the result of a psychological dependence.

## Chapter 5

33. Perception is influenced and affected by culture as one of the main experiences with which we process new information. Culture tends to be what is familiar to us and affects we use what is familiar to us as a frame of reference. An example would be picking a candle that smelled like my favorite childhood dessert.

35. Axons from the retinal ganglion cells unite and exit to the back of the eye to create the optic nerve. The purpose of the optic nerve is to carry visual information to the brain from the retina. The optic nerve is the bridge for what we see to how we process it.

36. The trichromatic theory of color vision is when all color are perceived by the mixture of three colors red, green, and blue. The difference colors are produced by the mixture of the three colors. The different types of cones within the eye are responsible for each of the three colors.

44. Another major theory after the trichromatic theory of color visions is the opponent- process theory. This theory color is in opposite pairs such as black-white, yellow-blue, and green-red. Some of our cells are stimulated by opposite color and stopped by others.

46. Depth perception is processing how near or far something is. It is the perception of the three-dimensional world we live in. The spatial awareness a person has is a complex set of factors. Determining what is behind, in front, above, and below us is an example of depth perception. In the Mexican culture the pinada is used for birthday parties, it is a figure of some soft full of candy you are meant to hit with a bat. The challenge with the pinada is to be blind folded and spun around in order to disrupt your depth perception. By spinning someone around while blind folded really does throw your depth perception into disarray.