

Dr. Andrew Huberman is Hypnotized by Dr. David Spiegel | Huberman Lab Clips

What we'll do first is uh do the hypnotic induction profile A formal test of how hypnotisable you are and we'll we'll take it from there OK Any questions before we go ahead Ok So get as comfortable as you can look straight ahead Now look up to the top of your head all the way up high as you can keep your chin down that it look up past your eyebrows all the way up And as you keep looking up slowly close your eyes good Take a deep breath already exhale let the breath out let your eyes relax but keep them closed and let your body float Imagine you're floating somewhere safe and comfortable like a bath a lake a hot tub or just floating in space And while you concentrate on your body floating into the chair I'm going to concentrate on your left hand and arm in a moment I'm going to stroke the middle finger of your left hand When I do you'll develop a sense of tingling and numbness and lightness and you'll let it float upwards Ready That's good First you may notice some restless movement sensations in your fingers which will spread to your hand and arm and you may get the sense of a magnetic pull as your elbow bends and your forearm floats into an upright position all the way up higher and higher As the rest of your body feels heavy and relaxed Breath deeper and easier breath in and then slowly exhale higher and higher Oh ready exhale That's good The higher it goes the lighter it'll feel each breath deeper and easier Now I'm going to position your arm like so and give you this instruction your hand will remain light and in this upright position even after I give you the signal for your eyes to open If I pull your hand back down to the table it will float right back up to the upright position You'll find something pleasant and amusing about this sensation Later when I touch your left elbow your usual sensation and control will return each time you go into this state of concentration you'll find it easier and easier to use and you can use it to help you concentrate on what's important to you right now We'll come out of the state of concentration together by counting backwards from 3 to 1 on three You'll get ready on two with your eyelids closed roll up your eyes and one let your eyes open Ready 32 one good Now stay in this position please and describe what physical sensations you're aware of Now in your left hand and arm I've been feeling some tingling in my uh left hand Just gentle tingling Is it comfortable Yes Very Um um my body feels very very relaxed and I um I feel like my shoulders are straight across for the first time

Great Does your left hand feel as if it's not as much a part of your body as your right hand Yes I I only remembered I had in my left hand when you asked that question Ok Good Now please note this Yeah I I don't I don't know how to describe what just happened Um I feel like I've got a hinge in my elbow a hinge All right Well look at your left hand and watch what's gonna happen That's what's the razer My hand doesn't really look like it belongs to me Really I mean it it does but I don't know I don't know why I can do this Can you describe what it feels like as it's going up Yeah it feels very relaxed like I think it would be hard to hold it like this Um but it feels easy to hold it like this So and I can still feel the middle finger more than the others I don't know why One Is it surprising at all It's very unusual Yes I know It's it's wild but I'm surprised by my own hand which has not happened before All right Good Now by way of comparison uh please raise your right hand put your right arm down Are you aware of a relative difference in sensation in your left hand going up compared to your right Yeah the right hand feels more it it's this one's more a part of this part of me Yeah It's like I feel like at my elbow everything at my left elbow everything changes is one arm lighter or heavier than the other This my right um is definitely heavier and heavier Are you aware of a relative difference in your sense of control over one hand going up compared to the other Yeah the left hand is um yeah that's going to take some work to doesn't work at all All right So more control on the right All right now make a fist with this hand tight fist Ok Ready open open it open it open it Ok Are you aware of a difference in sensation and control Now in your left hand and arm compared to a moment before Yeah but it still feels kind of not of me a little bit It's coming back Ok Well I don't think I've ever paid that much attention while I left handed for you is the control equal now in the two hands or you still feel um yeah it's about you know maybe 10% less over here Ok So before you had less control on the left now it's getting to the same again Did I do or say anything that would indicate there'd be a change in sensation or control in your left hand and arm Only the fist No I don't like your fist Did I say anything to you about your elbow or touching your elbow Oh yeah that when you touch my elbow that it would return control But I don't remember I remember but I don't remember but only now that you told me But but clearly um something about my perception of time is off because I feel like this is it was a long time ago How long Oh goodness I don't know But it feels really good to squeeze my fist It feels amazing Yeah Did you have a sense of floating lightness or buoyancy in your left hand and arm during the test Yes almost like there was

a um like a tether or tether pulling out Did you have that sense in any other part of your body Head neck thighs abdomen chest all over or just your left hand and arm Just my left hand and arm But the rest of my body is really relaxed I always have a little bit of right side pain lower back pain always And it's um that feels good Now it does and I can feel my feet too Ok So are you feeling any pain in your back No No Ok So the hand is ok Now it's about 98% Ok It's all right Well that's the end of the test And your score is 9.5 out of 10 So you are very hypnotisable Ok Yeah Um As gauged by an I out of hypnosis yet Uh I hope so Ok you are I know um the the well the eye roll that we did initially you you had the up gaze as you kept your eye up was two out of four but you were converging your eyes and you can't keep looking up and squint at the same time So your eye roll score was a four which is the maximum maximum which is consistent with the last time we did hypnosis I think it was about three years ago was that long ago But then I hear your voice in the river And so and actually when we sat down to do the interview today there was um when you start talking and even in our lab meetings occasionally I have to remember that I'm not going to go on And our our colleague Dr Molina says the same thing She's done a lot of hypnosis Yeah I don't think she'd mind me saying that Yeah that um and that yeah the voice is a strong trigger So I know that I think my hand Do you think it's back now Well we want you to have to leave the room with it So that's that's what happened there I mean what was that about Well it's you're affiliating with a metaphor with an image that it will feel like buoyant and uh you're dissociating it So I think it's in part that the LP FC inverse connectivity with the PC C that you your sort of your interception of your arm is sort of separated from the task the hypnotic task of making this feel different And so the implication is sort of that it's not you in a sense that the hand is sort of doing what it wants to do is kind of what it feels like And so you're complying with the instruction but also showing that you can really reorganize your interception of your left hand and arm and also what it does physically So I felt like from here forward it was a completely different experience Interesting Yeah Yeah Well I I think it is that sort of it's the connection to the insula and the disconnection from the PC C that I think is is doing it Yeah Is there anything that I should pay attention for today No no I I don't think so unless you say does it still feel strange or is it feels good So you can turn it on you can turn it off and that's the message is that's internal that's internal you can do it And the fact that your back feels better now is a side effect That's good Yeah there's something I can't Yeah I remember

saying something about my shoulders but you said your shoulders for the first time Felt level Yeah I've always got a little bit of a tilt this way and I felt like it felt level Um Great Thank you You're welcome