

Demonstration 12.6 The Pinocchio Effect

This one may be a little weird. You'll need a good friend and two chairs. First, set up the two chairs, one behind the other. Now, sit in the first chair, and have your friend sit in the chair right in front of you. Close your eyes and have your friend take your dominant hand and place it on their nose. Here comes the weird part. Put your other hand on your own nose. Start tapping and stroking your friend's nose at random intervals, the more random your movements, the better this works. Imitate these movements on your own nose. Try to make the movements synchronize as best as possible. Continue this for thirty seconds to a minute. If you are susceptible, you may start to feel as if your nose is three feet long! Not everyone will feel it, so don't worry if you try it a few times and you don't feel anything different.



Photo by R. Oldmixon