

# Changing subjective perception via autosuggestion

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**Autosuggestion:** reiteration of ideas by oneself aiming to actively influence one's own perceptual, brain or interoceptive states.

Participants who employed autosuggestion showed:

- ✓ Biased tactile perception (after autosuggesting stronger/weaker tactile perception).
- ✓ Biased emotion perception (after autosuggesting that neutral face looked as happy/sad).



Image source: Pixabay.com, "woman-1172718" by Gerd Altmann/geralt

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