

Learning Self-Hypnosis: The Eight-Step Self-Hypnosis Process

This assignment shows you an eight-step process for designing your own self-hypnosis sessions. Self-hypnosis takes only a few minutes. Find a quiet place where you won't be interrupted. The steps are as follows:

1. Identify the goal you want to achieve (step 2) and plan it on your template (steps 3–7).
2. Induce trance. There are many ways to get into a state of focused concentration. An induction is included which will help you achieve the optimal level of trance just by reading it aloud while relaxing.
3. Focus on how your life will be improved once you successfully achieve your goal.
4. Think about what you will be doing new once you achieve your goal.
5. Visualize yourself carrying out the new behavior - imagine how you will think, feel, and act. Think of this as your mental rehearsal for times of challenge.
6. State some behavioral suggestions and positive affirmations that you can easily repeat to yourself to remind yourself about the change you are creating.
7. Now make your own posthypnotic suggestion with this easy formula:
"From now on when I encounter X, I do Y."
8. Reorient yourself: read the "wake-up" script, open your eyes if they were closed, stretch, and take a deep breath. Done!

A well prepared self-hypnosis script will involve the elements of a well-formed *commitment to change*.

That is, they contain the following key elements:

1. They focus on the positive—on what you want, not on what you don't want.
2. They remind you to use your inner resources and strengths.
3. They tap into your four sources of *personal power*: what you think, what you feel, what you say, and what you do.
4. The emphasis is on creating a solution, not analyzing the problem.
5. They are future-oriented—no lamenting about the past here.
6. The change is self-initiated—no one else has to do it for you, and you don't have to wait for external circumstances to change first.
7. The solution happens at a certain time and place or under specific circumstances. When you think of the solution, you specify where and when you intend to bring it about. This lends clarity to your thinking, preferable to a vague statement such as "I want to be happier."
8. They involve thinking in both words and pictures. What you say to yourself and what you visualize can have powerful impacts on your future actions and feelings.

Make or ask your practitioner for as many copies of the blank template as you wish, so that you can design your own self-hypnosis solutions. For each one, complete the worksheet. Then carry out the eight steps, beginning with a clear goal in mind, then taking yourself into trance, creating the solution, and ending with reorienting yourself. You can use the methods you have learned for accessing a light trance state whenever it is safe and convenient for you to close your eyes and concentrate for a few minutes. After a while and with practice, the eight steps will flow easily and logically for you, and you will apply them easily and spontaneously.

Another way to hypnotize yourself is with an audio recording of your own voice. You tell yourself to relax, focus your thoughts, close your eyes, and guide yourself through the steps in each template. If you wish to create a self-hypnosis tape for yourself, ask for assistance from your practitioner who can help you tailor it to your own needs.

Self-hypnosis is a way to program your mind and body for great results! Get a pen or pencil and start designing your own self-hypnosis sessions now! Simply fill in a blank templates, one by one, as you address each new problem on your way to obtaining your *preferred weight*. Have fun, stay positive, and good luck with your progress!

Adapted from:

WHY Client Workbook © 2006 Crown House Publishing, www.CHPUS.com, www.crownhouse.co.uk and Blair, F.R. (2004). *Instant Self-Hypnosis: How to Hypnotize Yourself with Your Eyes Open*. Sourcebook: Naperville.

Self-Hypnosis Template

Step 1: Self-Hypnosis Induction: Take a deep breath and focus your concentration while reading the *Instant Self-hypnosis Induction* aloud. After reading the *Induction* return here to complete the specific suggestions for your particular goal.

Step 2: State your goal succinctly: _____.

Step 3: How will life improve when you reach your goal?

Step 4: What can you see yourself doing when you reach your goal?

Step 5: Visualize yourself carrying out the solution in a situation that previously would have been challenging. This is a multisensory scene in which you obtain the benefits of reaching your goal. (Use present tenses to describe how you will respond differently in a similar situation—specifically, how will you think, act, and feel).

New thinking: _____
_____.

New feeling: _____
_____.

New actions: _____
_____.

Step 6: What behavioral suggestions and positive affirmations can you give yourself to help you reach your goal? _____

Step 7: Your posthypnotic suggestion:

From now on whenever I encounter _____

I will _____

Step 8: Reorient yourself by reading the *Wake-up Script* below.

“I will awaken from hypnosis by counting to five. When I reach the number five, I will become fully alert and wide awake. One... beginning to awaken from hypnosis. Two... becoming aware of my surroundings... feeling satisfied, safe, and comfortable. Three... looking forward to positive results from this hypnosis session. Four..., feeling absolutely wonderful. FIVE... FIVE... FIVE... now wide awake and fully alert.”