



**Full Circle Hypnosis Inc.**  
**Presents a Step-by-Step Approach**  
**to Self-Hypnosis**

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## **A COMPLETE SELF-HYPNOSIS SESSION**

### **Setting Up The Room:**

Find a comfortable, quiet place where no one will disturb you. Turn the phone off, lock the doors, lower the lights, turn on some soft background music. Be sure to sit up rather than lay down because your subconscious mind already associates lying down with sleep. Get nice and comfortable in your chair and take a few deep breathes to begin to slow your body down.

You may want to tape record a session for yourself and then listen to it over and over again.

### **Desensitize:**

You will want to familiarize yourself with possible noises around so that you do not get startled out of hypnosis. We can feel very vulnerable without the sense of sight. Make a list of the noises you may hear.

*“There may hear sounds around such as cars passing by, people walking and talking, water running, a phone ringing or an answering machine picking up. Just allow these sounds to let you drift deeper and deeper into the calmness that you are about to go into.”*

## **Grounding:**

This is a technique to help ground you. Our society is so busy and stressed that we need to re-focus our energy in the moment. People with illnesses, stress, problems or anxiety are usually dissociated, meaning more aware of mind than body. Their energy is out of control, so re-associating gets you back into your body.

*“In your mind just visualize, imagine or see a room. It can be any room; but a room of your choice; a room that you feel totally and completely comfortable in; safe and secure.*

*In your mind just visualize, imagine or see the wall in front of you. Reach out and touch it with your minds eye, and bring yourself back to your body. Now, locate the wall behind you and just reach out and touch it with your minds eye. And, bring yourself back to your body. And in your mind locate the wall to your right, reach and out touch it with your minds eye and bring yourself back to your body. Locate the wall to your left, reach and out touch it with your minds eye and bring yourself back to your body.*

*Now, in your mind feel the floor beneath your feet pushing against the bottom of your feet, and reach out and touch the floor with your minds eye, just so that you know that it is there. And once again bring yourself back up to your body. In your mind locate the ceiling above you and reach out and touch it with your minds eye. Now, bring yourself back down to your body. Take a nice, deep cleansing breath and feel the calmness enter your body.*

*Now visualize, imagine or see the room you have chosen for yourself and pull all the positive energies back to your body. Just pull them all in so that you are feeling completely centered, safe and secure.”*

## **Induction:**

Inductions induce you into hypnosis through the fight/flight response, allowing the conscious mind to be preoccupied and therefore allowing direct access to the subconscious mind.

*“Now in your mind count DOWN from 5 to 1 and when you get to the number 1, say the words DEEP SLEEP and your body will go to sleep, but your mind will remain alert.*

*5 – WATCH your body starting to become looser, limper, CALMER.*

*4 – Send that FEELING all the way DOWN to your toes and see if you can’t un-wind two or three times as much.*

*3 – WATCH as the CALMNESS continues to flood your body with wave after wave of a warm, peaceful, serene feeling.*

*2 – FEEL your body at rest and slowing right DOWN as it goes two or three times DEEPER still.*

*1 – DEEP SLEEP!”*

Please note: The words ‘deep sleep’ are used to form an anchor that you can associate with hypnosis. Sleep meaning body sleep while the mind is alert and open for change.

## **Progressive Relaxation:**

A really good progressive relaxation can diminish any discomfort that you may have. Please remember that hypnosis does not replace the care of a Doctor and that all pain should be medically diagnosed and treated before using hypnosis.

*“And as you gently slow your breathing down... You begin to feel more and more relaxed... More and more comfortable... You will feel your whole body sinking into the chair... And you will notice how relaxed your whole body has become... From the top of your head... To the tips of your toes... Your eyelids have become very heavy... (and may even twitch at this moment... As you let go of any tension in your body...) And all the muscles in your jaw have become limp and relaxed... As your jaw sinks down... And your tongue rests gently on the bottom of your mouth... And you are beginning to drift down deeper and deeper... Feeling more and more relaxed with every word... And as this wave of relaxation spreads down your neck and shoulders... And all the way down your arms to your fingertips... You may feel a tingling sensation in your fingertips... As your arms grow as heavy as lead... And you soon become aware of a growing peaceful feeling inside... A feeling of calmness and contentment... As you feel every muscle in your chest and abdomen... Become limp and relaxed... And all the muscles in your back are relaxing... Almost like a mental massage... And all the way down your spine... The muscles loosen and relax... And as you drift down deeper and deeper relaxed... You let this wave of relaxation spread all the way down your legs... So that your legs become as heavy as lead... And every muscle in your legs becomes limp and relaxed... So that you are completely relaxed from the top of your head... To the tips of your toes...”*

## **Deepening Technique:**

Deepening techniques are tools to increase your receptiveness to suggestibility. Please note, however, that a very light state of hypnosis may be all you need to create change.

### *Stair Case Technique*

*“Notice yourself standing at the top of a beautifully, well-lit staircase. The steps are large and there is a secure handrail on each side. As I begin to count from 10 down to 1, feel yourself moving down the stairs slowly, safely and deeply.*

*10, 9, 8, 7, 6, 5, 4, 3, 2, 1 – DEEP SLEEP!”*

## **Convincer/Test:**

Successfully challenging yourself not only increases depth, it also eliminates your desire to fight the hypnotic state. Instead you will escape deeper into hypnosis.

*“Your eyes are closed. You can begin to feel your eyelids tightening. Becoming tighter and tighter together, as if they are glued shut or little weights are weighing them down. That’s right, tighter and tighter. In a moment you may try to open your eyes but they will not open. Go ahead and try, they will not open. They are getting tighter and tighter. That’s good, you can stop trying now.”*

## **Positive Suggestions:**

This is where, you repeat your positive statements for achieving your goal or outcome.

1. *“As I now weigh 145 lbs, I have more energy while playing with my children.*
2. *As I now weigh 145 lbs, my mind will be clear and focused because I eat regularly.*
3. *As I now weigh 145 lbs, I wear nice fitting clothing that looks attractive on me and makes me feel feminine.*
4. *As I now weigh 145 lbs, my husband and I enjoy dating again because I look forward to dressing up.”*

## **FORMULATING THE PROPER SUGGESTIONS**

We learn through repetition. Be sure to practice self-hypnosis three to four times per week to ensure your success.

Set a desired amount of time that you wish to be in hypnosis.

*For example, you could make this statement just before entering hypnosis, "I choose to enter the state of hypnosis for 20 minutes and come back feeling refreshed, rejuvenated and clear minded, ready for a great day".*

First of all, determine your goal or outcome.

*Example: My goal is to weight 145 lbs by December 31, 2004.*

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Make a list of four or five positive statements that will help you achieve this goal. Remember your subconscious mind does not judge, so through repetition it will start to create what you are thinking about. Be sure to state everything in the positive. Do not say something like, "I don't want to feel stress anymore", rather you could say, "I remain calm and peaceful while the storm rages around me".

*Example:*

- 1. As I now weigh 145 lbs, I have more energy while playing with my children.*
  - 2. As I now weigh 145 lbs, my mind will be clear and focused because I eat regularly.*
  - 3. As I now weigh 145 lbs, I wear nice fitting clothing that looks attractive on me and makes me feel feminine.*
  - 4. As I now weigh 145 lbs, my husband and I enjoy dating again because I look forward to dressing up.*
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## **MORE EXAMPLES OF POSITIVE SUGGESTIONS**

### **Weight Control:**

- *I know I can do this and I am doing it.*
- *I'm eating healthy and I love healthy low fat foods.*
- *I eat what I want when I'm hungry.*
- *I stop eating when I'm satisfied.*
- *I can eat whatever I want when I'm hungry.*
- *I love weighing 140 pounds. As I exercise, the fat falls off and I get healthier.*
- *"The rewards of being healthier, thinner and more slender are more important to me than eating foods that are wrong for you."*
- *"Each time I am tempted to eat or drink anything that I know is wrong for me, I will say 'no' and mean it, because the rewards of becoming thinner and more slender are more important to me than eating the wrong foods."*

### **Stop Smoking:**

- *"From now on, cigarette smoking is undesirable; the smell, taste and sight of a cigarette will make me feel nauseous."*
- *"I now have the desire to become a non-smoker. Every time I pick up a cigarette, I will say to myself, 'I don't need this cigarette.'"*
- *"It is more important to me to wake in the morning with a fresh taste in my mouth, and to taste and enjoy my food better, than it is to continue to smoke, which I have decided is something I no longer need nor want."*
- *"It is easy for me to be free of cigarettes. It's easy for me to live smoke free. It's easy to choose life free of cigarettes. I feel free. I feel good. I smell good. I have a keen sense of taste. I will always choose to be free of cigarettes. I will always make wise choices. I create my future. I create a smoke free life now. I create health now. I enjoy health now. I enjoy a smoke free life now."*

### **Exams:**

- *"During tomorrow's exam, I will be alert and confident."*
- *"During tomorrow's exam, I will answer all questions quickly and accurately with confidence."*
- *"During tomorrow's exam, I will remember word-for-word all you have studied and I will be completely calm and relaxed."*

## **Studying:**

- *“When I read, I will be calm, alert and ready to fully absorb all that I read.”*
- *“I will read faster, comprehend and remember better than I have in the past.”*
- *“I will, from now on, concentrate more fully on my subjects, read faster and comprehend better than ever before.”*
- *“When I study, I will find that I have better concentration, memory and comprehension of my subject than I have had in the past.”*

## **General Suggestions:**

- *I make the time each day to auto-condition my mind with a positive attitude.*
- *I am happy to be alive.*
- *Life is an interesting adventure.*
- *I do my best with each situation that arises.*
- *I cultivate happiness.*
- *As I meet each day, I experience increased confidence, courage and inner calm that grows with each new experience.*
- *Every day I become more perceptive and think more clearly.*
- *I fully appreciate myself.*
- *I always do what for me is the best possible at the time.*
- *I find increasing pleasure and happiness in all that I think and do.*
- *I am continually filling myself with humility and strong self-assurance.*
- *I find new pleasures in my everyday experiences.*
- *I am able to express my delight with good fortune.*
- *I do everything in a relaxed, efficient manner.*
- *I listen well and make informed decisions.*
- *I have no control over other people, only myself.*
- *I am responsible for my thoughts.*
- *I am responsible for my feelings.*
- *I am responsible for my actions.*
- *I do my best to solve the problems I can; I let the others go.*
- *I allow others to be responsible for their own thoughts, feeling and actions.*
- *I accept responsibility for my own life.*
- *I recognize the difference between ‘my’ problems and ‘someone else’s’ problems.*
- *I am tolerant, cooperative and cheerful.*
- *By conserving my emotions, I conserve my energy.*

### **Post-Hypnotic Suggestion:**

A post-hypnotic suggestion is to be given prior to exiting hypnosis. It is a suggestion that will take place after you have come out of hypnosis. It enables you to enter a hypnotic state much more quickly next time.

*“Each and every time, you count from 5 DOWN to 1, and say ‘DEEP SLEEP’, you will go quickly, easily and deeply into this wonderful state of relaxation.”*

### **Exit:**

There is never any concern about not coming out of a hypnotic state. If you are left in hypnosis, you may simply fall asleep if it is nighttime and sleep through the entire night, awakening at your desired time. Or if it is during the day, you may take a brief nap and wake up shortly.

*“In a moment, I’m going to count from one up to five, when I reach the last number I’ll ask you to open your eyes, have a good stretch and say, out loud, the words “Wide Awake”.*

*One: slowly, calmly, easily you’re returning to your full awareness once again.*

*Two: each muscle and nerve in your body is loose and limp and very calm, and you feel wonderfully good.*

*Three: from head to toe, you are feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene.*

*Four: your eyes begin to feel sparkling clear. You are fully aware, feeling calm, rested, refreshed, invigorated and full of energy.*

*Five: you’re fully aware now. Open your eyes please. Take a good, deep breath, fill up your lungs, and stretch.”*

### **Positive Re-Inforcement:**

Between 30 seconds and 2 minutes, after the session is over, you may still be in a semi-hypnotic state. Take this time to repeat positive affirmations out loud.

*“I feel refreshed, rejuvenated and full of energy.”*

*“I am ready to focus my mind to complete this project.”*

*“Today is already a fantastic day.”*

*“I will sleep soundly and deeply through the entire night, just like a baby.”*

**Recommendations:**

- Listen to [“Basic Steps to Self-Hypnosis” CD](#) by Full Circle Hypnosis Inc.
- Read: [“Hypnosis For Change”](#) by Josie Hadley and Carol Staudacher, 1996

We hope you have learned some new techniques that will assist you in achieving your goals. If you would like to book a hypnosis session today call 403-TLC-HYPNO or register for our next Free Introduction to Hypnosis online at [www.fullcirclehypnosis.com](http://www.fullcirclehypnosis.com).