



SELF-HYPNOSIS PROGRAM

DEVELOPED BY: BRIAN IMBUS, B.S./C.H.

What is Hypnosis?

Hypnosis is an altered state of consciousness whereby direct access is gained to the subconscious mind. It is a state of increased suggestibility. Once a suggestion is accepted by the subconscious it is automatically and uncritically acted upon. It is a very natural condition that people experience on a daily basis (driving your car, reading a book, daydreaming, ect.).

Misconceptions concerning Hypnosis

Under Hypnosis a person will carry out any suggestions given.

False. An individual will not accept a suggestion that is contrary to their principles, nor will they commit a criminal act. While in Hypnosis, a person has the power to select only the suggestions that they are willing to accept.

Is it possible to get 'stuck' in Hypnosis?

Absolutely NOT! A person will only remain in the Hypnotic state for the length of time they want to.

People who are easily hypnotized are weak-willed or feeble minded.

False. The opposite is more accurate. The more intelligent and imaginative a person is, the easier it is for them to be hypnotized.

Who can be hypnotized?

Anyone can be hypnotized provided that they are willing to participate.

Uses of Hypnosis

The uses of Hypnosis are virtually unlimited in nature. The most common are weight and smoking control. Hypnosis can also be utilized for stress, sleep control, increasing memory, improving concentration, improving study habits, test taking, improving self confidence, or enhancing athletic abilities, ect... Presently, Hypnosis is being used effectively in many different fields, including: educational, medical, dental, & sales.

What is Self-Hypnosis?

Self-hypnosis allows an individual to program his/her subconscious mind with one or more suggestions that will help bring about a habit change much more easily than if working with just the conscious mind. When utilizing hypnosis you will not be asleep but in an altered state of consciousness whereby you will be aware of what is happening around you, but will have your concentration focused on one specific thing.

During this process you will be in a "Theta" brain wave state in which you have a direct communication link between the conscious and subconscious minds, thus allowing you to

plant suggestions directly into the subconscious.

The following program will assist you in developing the skills to enter the hypnotic state, give yourself positive suggestions and bring yourself out of the state. The best time to practice this technique is just prior to sleep or during another inactive period during the day. In order for you to master self-hypnosis you should practice the process for 21-30 consecutive days.

If you miss more than 2 days in a row, the entire procedure should be started over.

Self Hypnosis Program

Directions

- A.** This program is best utilized with soft background music absent of lyrics.
- B.** If you are not getting the results you are expecting after 5 weeks, you might want to utilize a self-hypnosis conditioning CD.
- C.** Get totally comfortable with the self-hypnosis procedure before trying to give yourself suggestions to bring about a habit pattern change. (Approximately 1-2 weeks)

Week #1

Get into a relaxed position where you will not be disturbed for approximately 20 minutes.

- A.** Find an eye fixation point slightly above eye level and focus on it. Take a deep breath all the way in – hold- exhale slowly while relaxing and counting backwards from 5 to 1. You will be taking a deep breath after each number while allowing yourself to relax deeper with each and every breath you exhale. Tell yourself that your eyelids are getting heavier and sleepier after each number. Finally, on the count of 1, if not before, allow your eyes to close; mood music can be used to enhance the experience.
- B.** Focus on your right foot...relax every muscle and every nerve in your right foot. Continue to slowly push that relaxation up over your right ankle, right calf, up into your right leg.
- C.** Focus on your left foot...relax every muscle and every nerve in your left foot. Continue to slowly push that relaxation up over your left ankle, left calf, up into your left leg.
- D.** Continue to push that relaxation up over your pelvic region, over your stomach area, up into your chest region. Slowly push that relaxation up into your right shoulder and feel the relaxation flow down through your right bicep, right forearm, right wrist, out into your right hand. Relax every single muscle in every finger in your right hand. Focus on your left arm and totally relax every muscle throughout your left arm all the way out into each finger on your left hand.

- E. Push that relaxation up over your neck region, now up into your face region, relax your cheek muscles.
- F. Now, take your deepest breath so far and as you exhale feel the relaxation washing down your entire body from the top of your head down to the tips of your toes.
- G. When you are completely relaxed, mentally repeat the following suggestions: "Each time I utilize this process, I become more self-confident and more successful." Continue to repeat the suggestion at least 5 times, this should take approximately 1-2 minutes.
- H. Slowly count from 1 to 5, open your eyes, feeling relaxed, refreshed and rested.

The total process will take 10-25 minutes, if done at bedtime, count from 5 to 1 and end the process with your eyes closed.

Week #2

- A. Repeat the same steps as week one, you should find the amount of time needed to reach the relaxed state becoming shorter.
- B. Between weeks 2 and 3, select an area of improvement that you would like to work on.
- C. Formulate a positive suggestion and write it on a 3x5 card.

- use as few words as necessary
- use positive wording moving toward what you want to have happen, not away from the habit you want to change
- at this point, work on only one area of change at a time

Week #3

Get into a comfortable position with the suggestion card in hand.

- A. Locate your eye fixation point, take your suggestion card, hold it between the focus point and your eyes, and read it to yourself 5 times.
- B. Drop the card, focus on the spot, take a deep breath, and start counting backwards from 5 to 1.
- C. By the count of 1 allow your eyes to close (after numerous repetitions, your eyes should become so heavy you will want to close them before the count of 1).
- D. Proceed with the relaxation process as discussed in Week #1.
- E. Repeat to yourself the suggestions on your card at least 5 times for the next 1 to 2 minutes.
- F. For an additional minute, repeat to yourself, "Each time I practice self-hypnosis, I achieve it faster and go deeper."
- G. Count from 1 to 5, open your eyes relaxed and refreshed or move into a sleep state.

Week #4

- A. Get in your comfortable position.
- B. Follow steps A-G from Week #3
- C. Your body and mind should now be conditioned so you will automatically drift into a pleasant state of hypnosis.

Developing Suggestions

Keep all suggestions positive

Always word suggestions in positive terms. It is important that you always move toward what you want to become and never away from what you don't want to be! Positive terms and positive imagery will always dominate because they are stronger.

Place suggestions in the immediate future

Time should be allowed for the suggestion to be accepted by the subconscious and then be carried out.

Be Specific

Always word your suggestions in direct and simple terms that can be easily accepted by the subconscious mind.

Anchor suggestions to past successes

Whenever possible, relate the suggestion to a former success. In this way, a success pyramid can be developed to better insure one success after another.

Suggestions for specific problem areas

Weight loss

"From this point forward, I will be in complete control of my food intake. I will make smart decisions with my food choices."

"With each and every passing day, I am becoming more thin, & slim. I will continue to lose weight until I hit my goal weight loss of..."

Smoking

"I am in total control of my negative habits."

"From this point forward, I find the smell of smoke revolting and will refuse to continue to abuse my body with cigarettes."

Improving Study Habits

"I am becoming more motivated to study each time I look at a book or attend a class."

Concentration

"No matter if I'm in a classroom listening to an instructor, or studying by myself, I am able to concentrate on the task at hand."

Comprehension

"I will more easily comprehend and understand material after reading or hearing it one time."

Memory

"Everything my mind absorbs is automatically recorded in such a way that I can recall it easily and effortlessly anytime I want."

Test Taking

"Each time I sit down to take a test, I become calm and comfortable, able to remember everything I've learned."

Self-Confidence

"I am becoming more self-assured and more self-confident in all aspects of my life."

"I see myself as a very worthy and very capable person."

Procrastination

"When something needs to be done, I do it immediately and decisively."

Public Speaking

"Each time I speak before a group, I'm comfortable and in control. I'm able to say what I want to say effectively and with conviction."

Energy

"I am finding more than enough energy necessary to complete any tasks I am working on."

Creativity

"My creative forces are becoming free-flowing and more apparent with each and every passing day."

More Outgoing

"I am deriving pleasure and excitement from dealing with others."

Sports Improvement

"Each time I participate, my concentration intensifies and mentally, emotionally, and physically, I utilize 100% of my total potential."