

3-STEP SELF-HYPNOSIS PROCESS FOR AIDING SLEEP AND EGO-STRENGTHENING

THE PROCESS

1. SET IMAGERY
 - A. CURRENT STATE ON 1 SIDE OF INDEX CARD
 - B. DESIRED STATE ON OPPOSITE SIDE
 - C. READ AND IMAGINE 1ST SIDE; QUICKLY FLIP CARD AND READ/IMAGINE 2ND SIDE
2. LAY DOWN, PLACE HANDS ON CHEST, FINGERS SPREAD AND NOT TOUCHING
3. WHILE BREATHING IN:
 - A. PRESS 1ST THUMB DOWN INTO CHEST (GENTLY BUT FIRMLY)
 - B. IMAGINE THE DESIRED OUTCOME
 - C. SAY "EVERY DAY IN EVERY WAY, I AM GETTING BETTER AND BETTER"
4. WHILE BREATHING OUT:
 - A. RELEASE THE FINGER
 - B. FEELING THE RELEASE OF TENSION FROM FINGER
 - C. FOCUS ON THE INCREASED SENSATION OF RELEASE TURN TO COMFORTABLE HEAVINESS IN THAT FINGER
 - D. FEEL THE COMFORTABLE HEAVINESS SPREAD FURTHER THROUGH HAND AND ARM WITH EACH FINGER.
5. REPEAT FOR EACH FINGER TILL ALL 10 FINGERS ARE HEAVY

STEP 1: PREPARE THE GUIDED IMAGERY

- GET INDEX CARD
- COMPLETE CURRENT STATE DESCRIPTION:
 - “I AM 30 POUNDS OVERWEIGHT AND I CAN’T SAY NO TO CARBS”
- COMPLETE DESIRED STATE:
 - “I MOVE WITH EASE; I SMILE AS I SAY “NO THANKS” TO SWEETS”
- CREATE COMPELLING MULTI-SENSORY IMAGE OF EACH
 - (CURRENT STATE = 1ST PERSON; FUTURE STATE = 3RD PERSON)
- PRACTICE “FLIPPING” BETWEEN THESE STATES
- TEACH DIFFERENCE BETWEEN POSITIVE THINKING/DENIAL & COMMANDS
- **THIS IS NOT WHAT IS, THIS IS A COMMAND TO THE BODY FOR WHAT TO MAKE HAPPEN.**

STEP 2: TEACH HEAVY FINGER SELF-INDUCTION

- LAY DOWN, PLACE HANDS ON CHEST, FINGERS SPREAD AND NOT TOUCHING
- WHILE BREATHING IN, PRESS 1ST THUMB DOWN INTO CHEST (GENTLY BUT FIRMLY)
- WHILE BREATHING OUT, RELEASE THE FINGER
 - FEELING THE RELEASE OF TENSION FROM FINGER
 - FOCUS ON THE INCREASED SENSATION OF RELEASE TURN TO COMFORTABLE HEAVINESS IN THAT FINGER
- FEEL THE COMFORTABLE HEAVINESS SPREAD FURTHER THROUGH HAND AND ARM WITH EACH FINGER.
- REPEAT FOR EACH FINGER TILL ALL 10 FINGERS ARE HEAVY

STEP 3: TEACH THE COUE MANTRA

- COMMAND, NOT POSITIVE THINKING

STEP 4: TEACH ADDING THEIR END-STATE IMAGE TO EACH IN-BREATH

STEP 5: PRACTICE IN SESSION COMBINING ALL THE STEPS

- Read index card Side A. As soon as the first person POV imagery emerges, Flip to Side B.
- Read index card Side B and see imagine from 3rd person POV. Set the card aside.
- Do the Heavy Fingers induction
 - IMPORTANT: Hands should NOT be touching each other so they can experience the relaxation independently of each other
 - With each finger, press down during inhale, give Coue Mantra as a command, and imagine the desired state
 - During the exhale, feel the pleasant sensations of relaxation