

The Betty Erickson 3, 2, 1 Self Hypnosis Method (also instant sleep method)

(as compiled by David Gaffney 7/15/2004)

Eyes Open (use mindfulness to rest your awareness on each thing before moving on)

1. Keep your **eyes open** and begin to pay attention to **three things**
 0. **you see** in your immediate environment. It can be colors, pictures on walls, things outside the windows etc.
 1. Then focus on 3 things which you can **hear**. For example, someone walking around the house, a car passing by, the sound of your own breathing.
 2. Next focus on three things which you can **feel**. For example, how your clothes feel on your skin. What you are sitting or standing on. How the room you are in feels, hot or cold or something in between?
2. The next part is to repeat the same cycle, except this time you pay attention to **two things** you see, hear and feel. It is ok for them to be the same things.
3. The last cycle in this chain involves noticing **one thing** you see, hear and feel.

Eyes Closed (make one fanciful change to each selected item)

4. The next part requires you to go inward in an **eyes closed** process.
 0. Notice three things you can see **in your mind**.
 1. Then notice three things you can hear **in your mind**.
 2. and then three things you can feel **in your mind**.
5. Notice two things you can see in your mind, then two things you can hear and feel.
6. Finally notice one thing you can see in your mind and then one thing you can hear and feel.

If you are still not in a reasonable sleepy state, repeat steps 4-6 until you are.

Or, if sleepy but not asleep, just begin repeating positive affirmations