

Self-Hypnosis 101

- Self hypnosis is easy!
- Self hypnosis feels good!
- Self hypnosis is all about relaxing your body and mind so you can give yourself positive suggestions for a better experience

Some of the things you can do with self hypnosis include...

- ★ Relieve stress
- ★ Get a good night's sleep
- ★ Boost confidence
- ★ Manage pain
- ★ Enhance creativity
- ★ Promote healing and wellbeing

How to make good suggestions

- Suggestions are always in the present tense
- Suggestions are stated using positives-the subconscious mind does not process negative statements well

For example:

"I feel confident" vs. "I will feel confident sometime in the future..."

or

"I feel energized and excited when I speak in front of people" vs. "I'm not afraid of public speaking"

The Steps

Remember: You can't mess this up! "Even crappy hypnosis is good hypnosis."

1. Get comfortable
2. Keeping your eyes open, look up towards your eyebrows
3. Take 3 slow, deep breaths
4. Close your eyes
5. Descend a flight of 10 stairs
6. Balloon arm
7. Self suggestions
8. Waking

And that's it! The more you do self hypnosis, the better you will get at it and the greater the benefits will become. So use this simple but empowering technique every day!