

Writing Self-Hypnosis Suggestions

1. Suggestions should be simple one-liners with a simple command - don't try to do a whole string of things at once, it will just weaken the entire process.
2. Suggestions should never use negative wording. We don't know why, but our brains tend to just toss out words like "no", "never" and "don't". Rephrase as a positive statement. For example, instead of "I won't get so easily tired when I workout" or "I won't eat so much", use " My workouts are feeling easier all the time and give me energy" and "I get more filling satisfaction from the foods and amounts that are healthy for me to eat".
3. Write your *thoroughly thought-out* suggestion on paper or a card.
4. Put yourself in your comfortable and safe position
5. **Give yourself your time limit**
6. Hold the suggestion in your other hand (than the trigger finger hand), and read 5 times slowly, concentrating on each word
7. When you begin to read it for the 5th time, raise your index finger. When you read the last word of the suggestion, lower your finger and drop into a deep state of hypnosis - **turn your internal light switch OFF.**
8. While in hypnosis, DO NOT think about or try to help the suggestion - this would cause the suggestion not to work. Just relax. You may find the words of the suggestion floating around in your mind - they may even be out of order. That's ok! Just stay relaxed.
9. Emerge when you feel that your time is up.

For The First Week

Only practice turning off your switch

For The Second and Third Week

During this time, use only ONE suggestion per week. (After the first week, you may change the suggestion and use this new suggestion for a full week.) You should give yourself the suggestion 2-3 times per day

For The Fourth Week

You may give yourself a different suggestion every day, but not more than ONE suggestion per day. Give yourself the suggestion at least 2 times per day.

After The Fourth Week

You may give yourself as many suggestions as you like, as often as you like, but limit yourself to ONLY ONE suggestion per hypnosis session.

If you ever feel that you're not getting the expected results, then back up to fewer suggestions and more session repetition. Occasionally, just do a session with no suggestions at all except for allowing yourself to go deeper and more relaxed, both for practice and so that self-hypnosis always remains a pleasure!