

▼ Self Hypnosis

- You will always have better results working with a good hypnotist than working with only self-hypnosis. This is because a hypnotist can custom design suggestions based on your answers to questions you give during an interview. A good hypnotist will watch your breathing, watch your physical reactions to suggestions and present suggestions only when you are ready for them. I usually try to give suggestions when my client is exhaling, but it's a intuitive process on my part and there are no hard rules I follow.
- But self-hypnosis is better than no hypnosis, and self-hypnosis can support suggestions given by your hypnotherapist.

▼ Breathing

- To prepare for a self-hypnosis session it's best to calm the mind with breathing. Make yourself comfortable in every way. I suggest you do your self-hypnosis as you go to sleep each night.
 - The pattern is to slowly inhale for the count of 3, hold for the count of 3, then exhale for the count of 3. You'll repeat this sequence 3 times. Over time extend the count from 3 to 5, and with more practice to 8.
 - The easiest way to do self-hypnosis is to make an audio recording. Most cellphones, iPads and similar devices have ways to make audio recordings. When you play back the recording set it to loop if you can and after a couple of hours you will automatically wake up, turn off the recording then immediately go back to sleep for the rest of the night. (Always be careful not to get the cord to your headphone or earphones wrapped around your neck. Never listen to your recording while driving a car or operating heavy equipment. Safety first.)
 - First you need to determine a goal.
 - Next you'll want to make a script. This script will contain the suggestions for you to reach your goal.
- ▼ Let's say your goal is to create a healthier life style. You'll want to start with a few consequences of your not reaching your goal. Then you'll want to give a long and thorough list of the benefits of reaching your goal. These should require you to visualize the effect of the suggestions. They follow a pattern which begins with "I picture myself..." Your suggestions might go something like this:

▼ [First a few negatives]

- I picture myself growing soft and I am unhappy with my sloth.
- I picture myself eating the wrong kind of food and feeling sick.
- I picture myself sitting on the couch and envying the level of fitness of the people on TV.

▼ [Next the positives—Your list should be much longer.]

- I picture myself choosing the right kind of foods to eat and I feel more energetic.
- I picture myself exercising and I see a lean body when I look in the mirror.
- I picture myself looking forward to going to the gym at every opportunity and feeling excitement as I walk through the door.
- I picture myself walking on the treadmill engaging in an activity that triggers endorphins in my brain.
- I picture myself buying clothes that flatter my new and always improving physique.
- I picture myself walking by a box of donuts with no desire to even think of eating one and hearing applause in my head.

- I picture myself reflecting on my new healthy lifestyle and feeling a deep sense of satisfaction and self-control.
- Make your list of positives as long as you want matching what you picture in your mind with a consequential reward of some kind. Think of all the senses you have, all the emotions you can tap into. Pride, satisfaction, self-control, success, and so on.
- Usually you'll want to speak softly, but a few suggestions such as feeling pride for your accomplishments can be delivered with the emotional sense you wish to invoke.
- Space out the suggestions. You can leave as much as 30 seconds between sentences. You can even break up the sentences into phrases with a few seconds space in separation.
- Initially listen to your recording every night, and as you begin to notice the positive results you can begin to reduce the frequency a little week by week. Once the mental habits are in place you will no longer need the recording unless you feel yourself slipping.
- Questions: Contact me at glenbledsoe@mac.com or bledsoehypnosis@icloud.com