



SELF-HYPNOSIS COURSE

E-BOOK



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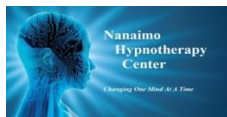


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What Hypnosis IS and IS NOT

Hypnosis *IS NOT*:

- NOT a magical mystical experience
- NOT where you lose control to a hypnotist
- NOT a strange and unusual state
- NOT when you lose all your memory of what is going on
- NOT where you can acquire abilities and talents that you don't normally have
- NOT anything to do with mysterious powers or occult forces
- NOT going to cause you to be 'Stuck' in hypnosis
- NOT just for weak willed people
- NOT a way to become unconscious or semi-conscious
- NOT sleep

Hypnosis IS NOT This!



What Hypnosis IS

- ✦ When you enter into a state of hypnosis you have a heightened focus and concentration and the ability to concentrate intensely on a specific thought or memory, while blocking out sources of distraction with a ***heightened state of suggestibility***.
- ✦ Hypnosis is a ***very natural and normal state*** that you enter into several times every day and whether you are aware of it or not, throughout your entire day, you are constantly being exposed to suggestions, and at times you may readily accept just about everything you see and hear.
- ✦ A suggestion can be anything that you can detect with any of your five senses and ***anytime that you are in a heightened emotional state***, you are also ***very receptive to suggestion***. Your sense of *smell or taste* can be a hypnotic suggestion. (e.g. coming home to the smell of baked cookies you feel safe and loved) As your *sense of sight* can also be a hypnotic suggestion. (e.g. traffic lights automatically signal stop, go, slow down) ***The end result of hypnosis is to learn an automatic response.***
- ✦ The difference between learning new automatic responses when we are fully conscious compared to when we are unaware is that we can control and monitor what we want to accept or reject when we are conscious. Even when you are in an intentional state of hypnosis you are always in control. All new suggestions are being filtered through your conscious and critical minds before they are absorbed by your subconscious mind. ***Only you can allow the suggestions that you want as an automatic response.***
- ✦ When you are in a state of hypnosis, whether it be with a trained hypnotherapist or on your own through self-hypnosis by using either your own internal thought dialogue or a recorded audio that you listen to, ***YOU are always in control of the thoughts or suggestions that are going to influence you*** and you also have the ability to accept or reject them at any time you wish.
- ✦ For another explanation of what hypnosis really is as taught by Dr. John Kappas, PhD from the Hypnosis Motivation Institute read below:
 “Hypnosis is created by an overload of **message units**, disorganizing our **inhibitory process** or our **critical mind**, triggering our **fight/flight mechanisms** and ultimately creating a **hyper-suggestible state**, providing access to the **subconscious mind.**”

The Theory of Mind

The Conscious Mind – is *approx. 11% of your mind*

- ✚ Short-term Memory – remembers the past 1 & half hours only
- ✚ Analyze information
- ✚ Make Decisions and choices
- ✚ Exercise Willpower

The Critical Factor – is *approx. 1% of your mind (part conscious & part subconscious)*

- ✚ Memory of the past 24 hours
 - Message Units → Inhibitory Process (Critical Mind) → Fight or Flight
 - All of the above help to Create a Hyper-suggestible State 

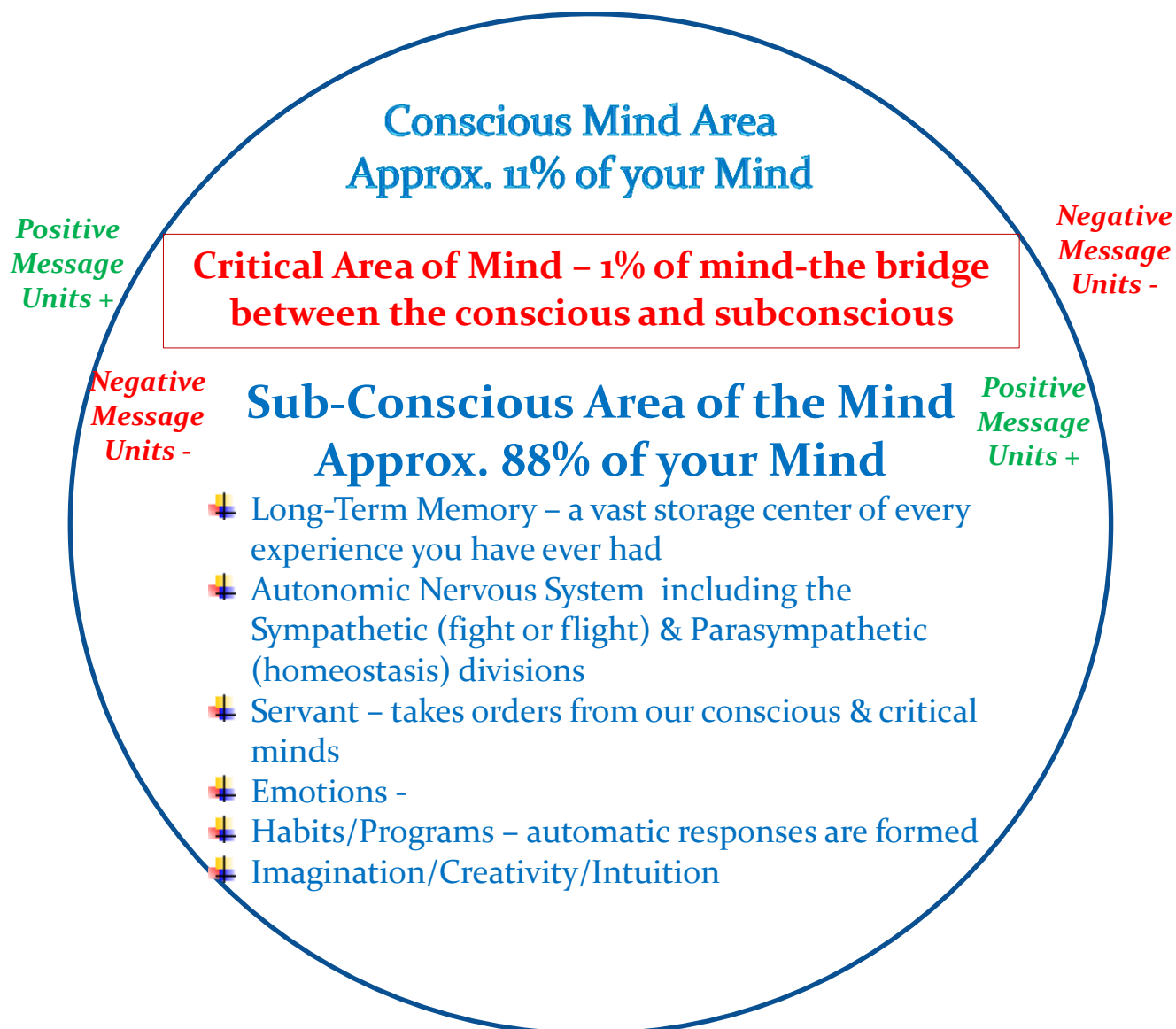
The Subconscious Mind – is *approx. 88% of your mind*

- ✚ Long-Term Memory – a vast storage center of every experience you have ever had
- ✚ Autonomic Nervous System including the Sympathetic (fight or flight) & Parasympathetic (homeostasis) divisions
- ✚ Servant – takes orders from our conscious & critical minds
- ✚ Emotions – love, joy, peace, happiness, anxiety, anger, and fear...are all stored within our subconscious minds...sometimes you can't explain why you feel a certain way about something...
- ✚ Habits/Programs – automatic responses are formed
- ✚ Imagination/Creativity/Intuition

What are Message Units?

Message units are all of the input that is being sent to the brain by the environment, the physical body, and the conscious and subconscious minds. When there are too many message units incoming (as in a life-threatening emergency), a state of anxiety results causing an overload by disorganizing the critical mind.

- ✚ When we have received an overload of message units, the critical mind is unable to process all the message units, which brings on the state of hypnosis. When we become overloaded, the subconscious mind takes over and begins to deal with any knowns.



Notice the Differences

- ✦ A hypnotic state that is created by another person like a hypnotherapist or a hypnotist is called, Hetero-hypnosis.
- ✦ A hypnotic state that is self-created by conditioning yourself is then called, Self-Hypnosis.
- ✦ Hypnosis is NOT Sleep – Sleep is a state in which you are unconscious whereas hypnosis is a state where you are consciously aware of what's going on.
- ✦ During the sleeping state WE DO NOT LEARN.
- ✦ The difference between meditation and self-hypnosis is that when using self-hypnosis you go through a process of organizing your thoughts to vent, release and relax. When you meditate you go through a process of “clearing” your thoughts.

An Example of What Self-Hypnosis IS



- ✦ When preparing yourself for a self-hypnosis session always remember to place yourself in a semi-comfortable position. A semi-comfortable position prevents you from drifting off into a normal sleep state.

Because sleeping is a stronger condition in the mind than your new condition of **hypnotic sleep**, it is important that you assume a position different than the sleeping position, preferably using a recliner or easy chair for your self-hypnosis.

Different Types of Suggestibility

There are 4 basic suggestibility types that most people are grouped into:

- 1) **Emotional Suggestible** subjects have a high degree of responsiveness to inferred suggestions. They learn by inference rather than by direct or literal suggestions. They are more left brain dominant.
- 2) **Physical suggestible** subjects have a high degree of responsiveness to literal suggestions and are more right brain dominant.
- 3) **Somnambulist suggestible** subjects are 50% emotional suggestible and 50% physical suggestible and respond to both direct and inferred suggestions. They make up at least 25% of the population and are wonderful hypnosis subjects.
- 4) **Intellectual suggestible subjects** are highly analytical and have a strong fear of being controlled by the hypnotist. They have a tendency to rationalize everything. There are differing techniques that can be used to help these individuals to go into hypnosis as well.



How Is Suggestibility Created?

Suggestibility is defined as the manner in which an individual receives and interprets input or *message units* or how the individual was communicated with from infancy to adulthood.

- ✦ From **birth to age 5** your suggestibility is influenced mainly from your primary caregiver or your mother in most cases.
- ✦ From **age 6 to 9** your learned suggestibility is influenced by your peers, teachers, and others.
- ✦ From **age 9 to 14** your suggestibility is influenced by your father.

Example:

If a mother follows through with what she says to the child and her verbal and nonverbal communication is congruent, the child learns direct, literal communication or **physical communication**. If a mother does not follow through with what she says, the child receives incongruent messages and begins to look for the hidden meaning in what is being said or **emotional communication**.



What is Hyper-Suggestibility?

Hyper-suggestibility is a state in which the individual consciously responds to his/her suggestibility, in the same way that he/she would respond to it in the hypnotic state.

How Hyper-Suggestibility is caused and its Dangers

- ✚ Sudden trauma of any kind can put a person into a state of hyper-suggestibility. Events like car accidents, bodily harm like breaking a limb suddenly, or trauma from abuse, military action, or any type of trauma can put you into a hyper-suggestible state.
- ✚ Allowing yourself to enter into a state of trance and then failing to bring yourself out of the state can keep you in this hyper-suggestible state.
- ✚ If a person remains in this hyper-suggestible state for too long and you fail to bring yourself out of this state you can become very suggestible to all the negativity in your environment. Things in the news media and any type of negativity around you may give you a feeling of powerlessness, irritability or depression.

The Importance of the AWAKENING Procedure

- ✚ Even though you may become interrupted or disturbed suddenly while doing your self-hypnosis by the phone ringing, or someone coming through the door suddenly while you're in hypnosis, ***always be sure to count yourself out!***
- ✚ Count yourself out by counting from ***zero, one, two, three, four, five and then saying to yourself, WIDE AWAKE, open your eyes, WIDE AWAKE*** and then immediately change your body position by sitting up straight or moving to a different chair.

Self-Hypnosis Conditioning

How does it feel; Physically, Emotionally and Intellectually?

Self-Hypnosis Conditioning in 4 Easy Steps

Step 1-discover your physical keyword through your hands.

Place yourself in a semi-comfortable position, with your hands on your thighs. Begin to concentrate on your hands, suggesting silently to yourself that you feel a [*heavy, floating, relaxing, light, loose, tingling or limp*] sensation in your hands, which begins to move down through your body and into your legs. Once the [*physical keyword*] sensation reaches your feet, reverse the action, suggesting that you feel this [*physical keyword*] sensation from your toes into your heels, your ankles, the calves of your legs, the area where there is contact between your hands and your legs, and then up through your mid-section. As this relaxation begins to move upward through your stomach muscles and solar plexus, become aware that it continues up through your arms.

Step 2-discovering your emotional keyword through your breathing.

About this time, you would deepen your breathing and move all of your concentration to your breathing, while saying your emotional keyword [*calmness, confidence, success, happiness, joy, contentment, peace*] silently to yourself. This expansion of breathing and the natural association of [*emotional keyword*] will begin to represent the condition of your emotional suggestion. Continue to be aware of your breathing still deepening, as the relaxation moves through your shoulders, into your back, up through your neck muscles, in through your scalp and across your forehead.

Step 3-using your intellectual keyword to deepen the sensation.

Now by rolling your eyes upward under your eyelids, implant the keywords [*deep sleep*] in your mind to strengthen the natural association. This will deepen the sensation of Self-Hypnosis. **You are ready at this point to bring to mind your Vivid Mental Imaging and your Personal Positive Suggestions towards your goal.**

Step 4-establish a condition of awakening.

The best procedure is to *count from zero upward to five and say, Wide Awake!* Then, almost immediately, change your position, by sitting up or moving to a different chair or different location. Your mind will perceive this motion as an active, rather than a passive condition, and will, therefore, release you from the hyper-suggestible state. *Again, repeat the count, zero, one, two, three, four, five, and the words, Wide Awake.* The awakening procedure repeated in the mind creates a condition, whereby you are brought back to the waking state.

After you have created both the hypnotic state and the waking state a few times, you will begin to recognize the different feelings associated with each.



When entering the hypnotic state you may experience some of the following sensations:

- ✦ a twinge of current passes over your forehead
- ✦ a feeling of calmness
- ✦ a tingling in your fingertips
- ✦ a sense of numbness or limb distortion
- ✦ a sense of being light and floating away from your body
- ✦ a heavy feeling like you are sinking
- ✦ a sense of energy moving through your body
- ✦ feelings of emotions
- ✦ fluttering eyelids
- ✦ an increase or decrease in salivation
- ✦ some feel a slight trembling when they awaken or a difference in alertness

Some important things to remember for self-hypnosis to work successfully:

- 1) You will always have full control of your suggestibility by **being aware of whether you are IN or OUT** of the hypnotic state.
- 2) Consistent **practice or repetition** is a must.
- 3) Also **associating the state by conditioned responses** through the use of your keywords.
- 4) **Fifteen minutes should be the average time** spent in the hypnotic state no longer...the tendency to drift off becomes greater if you go too long.

Physical, Emotional, and Intellectual Keywords

Physical Keywords to use:

- Heavy
- Floating
- Relaxation
- Lightness
- Loose
- Tingling
- Limp

Emotional Keywords to use:

- Calmness
- Confidence
- Success
- Happy or Happiness
- Joy
- Contentment
- Peacefulness or Peace

Intellectual Keywords:

- Deep Sleep
- Deep Hypnotic Sleep

Creating Realistic Goals for Yourself

Write Your Goal Here:

My Intention is to use self-hypnosis to:

I will achieve my goal by

_____ (Insert Date) _____

Once you have properly composed the sentence, read it ALOUD. Self-hypnosis is all about the way you speak to yourself. It is all about following instructions that your mind is given. The better you are able to follow simple instructions, the easier it will be for you to go into a hypnotic state.

Also, your mind responds best when you get excited and emotional about your goals, and that goes for both positive AND negative emotions. This is also a great way to show you how you can take a simple sentence and turn it into a hypnotic suggestion for your own use.

Wishing and Reality - Understanding the Difference

Words have a lot of power. You'll find that making your wishes come true has a lot to do about *how you think* and about *how you word things to yourself*. Think of the goals you've already achieved. This goal is just one more added on your list!

Be realistic - All of us have dreams or goals that we don't have the motivation to do because we don't really believe we can reach them. Plenty of us want to be famous and be millionaires, but do we actually take steps to make that happen? No. So decipher between those goals that you actually want and those that just sound nice.

Odds are you'll be able to recognize when you're truly passionate about something. If it's something you find yourself thinking about every single day and can't imagine not having it in the future, this could really be something to hold onto. Strive to keep your focus only on those things that you are passionate about and nobody else.

Believe in yourself - While there will certainly be others who will help make your wishes come true, it is your decisions and your actions alone that will make things happen. Know that you can do whatever you have a mind to do.

That's right, positive thinking makes us more successful, happier, and can even improve our health. By focusing on a future positive outcome you're really just setting yourself up for success. And you deserve that! Setting one good goal and focusing on it alone creates a cascading effect into the next desired goals.

Have specific set goals - In order for your wishes to come true, you must be able to visualize or imagine them clearly and specifically. What is it exactly that you want? Your goals may be money, love, or merely a simple, happy life. But what do those words mean to you? By being more specific and clear in the vision you have then the goal can become a reality to you.

Creating Your Own Vivid Mental Images

It is important to remember when creating your own vivid mental images of the scene that you are hoping to go to in your inner mind, that you do so by using as many of your five senses as possible.

The images we create about our bodies, our physical sensations, our potential, or our challenges can shape our reality. Our subconscious mind will respond to engaging in vivid imagery almost as if we are having the “real” experience. It's not quite the same, but it's not quite different, either. So, when we imagine something visually, we activate our visual cortex, just as we activate our auditory cortex when we imagine hearing a song or a conversation, and so forth.

Creative Imagery is multisensory, and thus, you may “smell” or “taste” or even feel the bread that mother is baking, or “see” her print apron or blond hair, you may even “hear” her soft, voice, or “feel” the intense heat in the kitchen on a beautiful summer's day. Depending on how engrossed we are, these experiences can seem quite real.

Quick Tips to Create Effective Imagery

1. Decide on the end goal first. Be sure it is realistic and achievable.
2. With the larger goal in mind, write down each step needed to reach it. Be realistic and descriptive and include details.
3. Use multi-sensory imagery (seeing, hearing, sensing, smelling, tasting, as well as the feeling of moving forward).
4. Focus on both the observable physical changes (e.g., becoming slimmer or getting a hole in one) and the inner emotional ones (e.g., being confident, feeling more satisfied with healthy food in smaller portions).
5. As you become aware of any blocks or obstacles to your goal, like fears, worries, and insecurities cancel these thoughts and imagine them detaching away from you totally like watching them float away from you into the sky....

Do you visualize or imagine?

- If you were about to think about biting into a sour lemon, would your mouth begin to water?
- Can you visualize - *can you picture things in your mind?*
- Can you imagine - *can you remember what images look like?*



Sample Vivid Mental Images for you to use

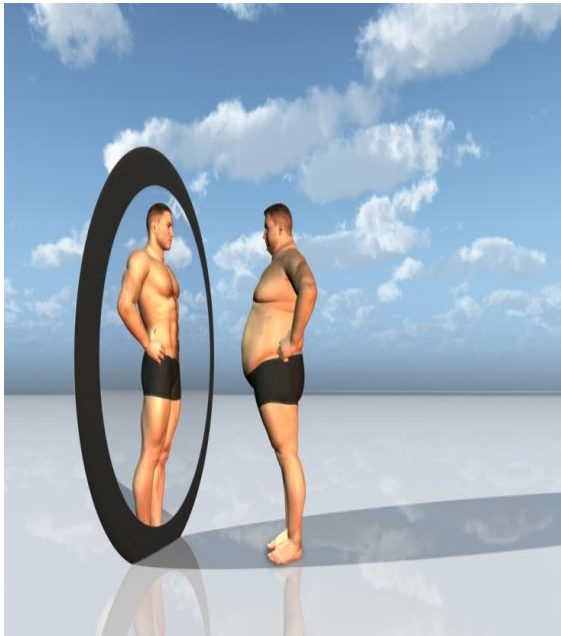
Relaxing in Grassy Field



Relaxing on a Tropical Beach



Imagine Seeing Yourself Slimmer



Imagine YOU in the Body That You WANT



Your Perfect Golf Game



The Perfect Basket



Being a Confident Public Speaker



Being a Confident Singer



Creating Your Own Personal Positive Suggestions

It helps to keep these thoughts in mind when creating your positive suggestions: whenever something is being suggested; an idea brings about a thought, sensation, or action without any resistance. It (the feeling, behavior, or thought) happens automatically and effortlessly. This is what you are looking for when formulating your suggestions. See this list below with more tips:

- 1) Suggestions have a cumulative effect.
- 2) Suggestions should also be kept very simple and easy to understand.
- 3) Suggestions should always be positive.
- 4) Another rule when creating suggestions is that they should be believable.
- 5) Be very specific when creating your suggestions.

Words to Avoid and Words to Include

Words to Avoid:

- ✚ Don't
- ✚ Never
- ✚ Not
- ✚ Quit

Words to Include:

- ✚ Words that describe what you *really* want
- ✚ Start statements with....*I am*
- ✚ *I can*
- ✚ *I enjoy, I feel, I believe...*

Sample Suggestions for Common Issues

Abundance/ Prosperity Suggestions

- ✚ I have every right to be prosperous and successful.
- ✚ It's OK to have abundance in my life.
- ✚ Being prosperous allows me the freedom to choose and act in helpful ways.
- ✚ My creative abilities keep emerging, allowing perfect solutions to any problems.
- ✚ My life, my relationships, and my work are becoming more satisfying to me.
- ✚ I'm a person who creates my own happiness, my own success and abundance in life.
- ✚ I use my own inner wisdom, knowledge and intelligence to gain greater prosperity in my life.
- ✚ I feed my body healthy foods and healthy drinks so it's performing at peak performance.
- ✚ I sleep like a baby knowing the past is done and over and tomorrow is a new and wonderful day.
- ✚ I'm open to abundance and prosperity in my life and I make the right decisions and take the right actions because my mind, body and spirit are in harmony.

Anxiety or Stress Relief Suggestions

- ✦ The absolute truth is that it is a necessity to live each moment in the here and now.
- ✦ Every day is a fresh beginning, every day is a fresh beginning, and every morning is a world made new.
- ✦ Today is my most important day. Yesterday is gone. I cannot live in the past, I only go forward.
- ✦ The past, even yesterday, can be of value to me, only if I learn lessons and grow from the experiences and let go of everything else.
- ✦ I'm here to accomplish something, some particular phase of the universal plan that is greater than me, greater than each and every one of us.
- ✦ I cancel negative thoughts and only think of positive up-lifting thoughts.
- ✦ Calm and relaxed, calm and relaxed, calm and relaxed....each and every time I tell myself calm and relaxed, I become much calmer and much more relaxed.
- ✦ I see myself in all situations and challenges being calm and relaxed.
- ✦ As I continue to relax I realize everything is going to be just fine.

Athletic Performance Suggestions

- ✦ My body has the most amazing capabilities.
- ✦ My mind has within it all the resources to help me be an outstanding athlete.
- ✦ I have what it takes to be an outstanding Athlete with natural athletic skills.
- ✦ I expect to perform well every time I participate in any athletic training or event.
- ✦ I have increasing confidence in my athletic abilities and enjoy constantly improving them.
- ✦ Every day my technique, strength, energy, increase and I feel empowered.
- ✦ Before I participate in any tournament, event or game I take a moment to visualize my self-going thru every motion.... absolutely perfectly.
- ✦ Each night before I go to sleep I visualize myself doing my _____ absolutely perfectly.
- ✦ I'm successful, confident, happy and grateful.

Good Health

- ✦ Every day in every way I am getting healthier and healthier and feeling better and better.
- ✦ I love myself and I am perfectly healthy.
- ✦ I am full of energy and vitality and my mind is calm and peaceful.
- ✦ I think only positive thoughts and am always happy and joyous, no matter what the external conditions are.
- ✦ I always feel good. As a result, my body feels good and I radiate good feelings.
- ✦ Every day is a new day full of hope, happiness and health.
- ✦ Good health is my birth right. I bless my body daily and take good care of it.
- ✦ I am of a strong heart and steel body. I am vigorous, energetic and full of vitality.
- ✦ Every passing day my body becomes more energetic and healthier.
- ✦ I breathe deeply, exercise regularly and feed only good nutritious food to my body.
- ✦ Healthy, wealthy and wise is my motto. My body is healthy, I am wealthy and my mind is wise.

Stop Smoking Suggestions

- ✦ My last cigarette may have been just a while ago but my days of smoking are over, they are done.
- ✦ I'm in a new chapter of my life...in a better place, feeling fine, smoke free, cigarette free, breathing better, feeling healthier, improved, enhanced, upbeat, and confident and feeling fine.
- ✦ I feel no withdrawals only freedom, in fact it feels like a distant memory, a long time ago ... a different lifetime when I was a different person.
- ✦ I feel contented, satisfied, fine, and free regaining health and harmony, vitality and energy, extending my life, doing the right thing here, now making the right decision.
- ✦ This time I am sure, I'm serene, I'm certain, I'm forever done with smoking and cigarettes, I am done, I have moved on, and I am forever feeling fine and remaining in control...
- ✦ There is no Image, thought, emotion, or feeling from the past, in the present or to come in the future that can ever make me take that first puff again...
- ✦ I am now and forever free of the habit , I'm cigarette free especially when, I'm with people, family or friends that are smoking, I'm in control, I feel better, happier, healthier, and permanently free of the habit.
- ✦ I am on top of the world here, winning, unbeatable, unstoppable, now sure of myself and my habit free life.
- ✦ I have changed my negative habits and behaviors into positive thoughts and actions, I'm free and freedom feels great.

Self-Confidence Suggestions

- ✦ Every day I feel confident that everything I know continues to assist me in a positive way...
- ✦ I feel secure in the fact that my life has purpose and meaning...
- ✦ And I'm grateful for the gift of being a powerful, wise and a confident human being...
- ✦ I am free to express all my capabilities easily and consistently, whether I'm in public, at work or at home.
- ✦ I am very aware that every tomorrow is created by the thoughts I think today so I always think positive uplifting thoughts...
- ✦ I'm successful in everything I do that is positive in my life... my mind and body glow with vitality, positive energy and motivation ...which means I'm able to achieve great accomplishments.
- ✦ I'm aware that I'm fully capable of being anything I want to be and doing anything I want to do...
- ✦ My mind is focused on positive thoughts and outcomes and this creates what I want to achieve...
- ✦ I allow only good thoughts and feelings to grow in me and become part of my unique personality.

Sleeping Better Suggestions

- ✦ When I'm ready to sleep I can relax my body and mind easily.
- ✦ I feel safe and relaxed and comfortable so drifting deeper and deeper into a wonderful state of sleep comes easily to me.
- ✦ I can relax every muscle in my body by taking 3 deep breaths. After each breath I say to myself sleep now, sleep now, sleep now every muscle and nerve goes loose and limp and I sleep effortlessly.
- ✦ From this moment on, I'm able to drift off to sleep at any time that I wish.
- ✦ I'm easily fading away tension, fading away thoughts and feelings and memories, allowing them to drift away as I drift off easily and naturally into a comfortable deep sleep.
- ✦ I'm in control and I feel so happy and free now, my confidence has become so much stronger as I'm now in control of my thoughts and my life.
- ✦ Sleeping comes so easy now that I'm in control.
- ✦ I sleep great and every day I feel more positive about myself because I know now that I really am achieving my fullest potential.
- ✦ I have beautiful feelings flowing through my body, calm and peaceful thoughts flowing through my mind. And these wonderful calm and peaceful thoughts and feelings will remain with me. They will remain and they will support me in the most wonderful of ways.
- ✦ I sleep like a baby knowing the past is done and over and tomorrow is a new and wonderful day.

Weight Loss Suggestions

- ✦ I have made the right decision to lose weight!
- ✦ I'm losing weight and becoming slimmer...fitter... healthier...I'm in control of my weight and I feel better.
- ✦ I know now that there are times when I do not need to eat or snack because these are only thoughts and thoughts can be changed....deleted...gone...gone.
- ✦ I am easily satisfied by eating smaller portions.....and I 'm becoming slimmer and fitter...the new person that I want I can easily be.
- ✦ Because I'm losing weight...and becoming slimmer and healthier from today onward...because my stomach is so much smaller....I eat smaller amounts of healthier, delicious, nutritious foods.....in smaller portions...at regular intervals throughout the day.....
- ✦ I feel satisfied with only eating what is needed for my_____ pound bodyenjoying eating healthier, delicious, nutritious foods...and releasing weight as I do...
- ✦ I feel fitter every day and every day I find it easier to do a little more exercise because I know this will help me reach my target weight.... I do a little more exercise every day...
- ✦ I enjoy the daily exercise....I feel positive and confident and in control...
- ✦ I feel more confident every day now that I'm in control...
- ✦ I eat only healthy, delicious, nutritious, foods in small amounts because I honor and respect my body which means I'm in harmony with my mind, body and spirit...

In Conclusion

We hope you've enjoyed reading this self-hypnosis e-book. Of course, the more you practice the better you become at creating all the positive changes that you want for yourself.

Please keep in mind that initially it is not recommended to use self-hypnosis without any previous guidance from a Certified Clinical Hypnotherapist if you are suffering from depression, trauma, or post-traumatic stress of any kind. The reason is that you are not in a very positive mental state and you may be incapable of forming positive suggestions all on your own during this time. Whenever you are experiencing these types of issues it is advisable that you ***first see a Certified Clinical Hypnotherapist for one-on-one sessions*** in order for them to guide you into learning how to relax and how to release from your mind any negative thinking patterns. After you are feeling better then you may safely use self-hypnosis on your own for any further self-improvements you wish to achieve in your life.

Ronald and Tracy Thompson are both Advanced Certified Clinical Hypnotherapists practicing hypnotherapy in all areas of emotional and physical issues like: weight loss, stopping smoking, pain management, insomnia, stress, anxiety, depression, enhanced learning, memory recall, sports performance, public speaking, confidence, self-esteem and much, much, more.

Hypnotherapy is a very *powerful self-help tool* which you can easily use to help you achieve the success in your life that you are looking for.



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