

## The Unknowing Hypnotist in You

Write this down: \_\_\_\_\_ shape \_\_\_\_\_

Defn of Hypnosis: \_\_\_\_\_ acceptance of a thought or idea into the \_\_\_\_\_

Defn of Trance: state of \_\_\_\_\_ in which one is most open to receive \_\_\_\_\_

### States of Consciousness:

Beta	32 – 14 Hz	The _____ State	
Alpha *	14 – 7 Hz	The _____ State	also is REM Sleep
Theta *	7 – 4 Hz	The _____ State	also is Light Sleep
Delta	4 – 0 Hz on EEG	The _____ State	also is Deep Sleep

\* are the states of consciousness that are \_\_\_\_\_

Life situations most receptive to hypnotic suggestion:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ charged situations

### Types of Applied Hypnosis:

Stage Hypnosis    Medical Hypnosis    Forensic and Investigative Hypnosis

Clinical Hypnosis    Clinical \_\_\_\_\_

### Clinical Hypnotherapy:

Whereas the conscious mind *speaks* in \_\_\_\_\_, the subconscious *speaks* in \_\_\_\_\_.

Intellectual insight \_\_\_\_\_ is not adequate to achieve \_\_\_\_\_.

We \_\_\_\_\_ in a fashion that gets us the life we \_\_\_\_\_ feel we deserve.

Crafting a Hypnotic Suggestion:

- 1) speak in \_\_\_\_\_
- 2) Use Active Voice
- 3) Find the \_\_\_\_\_ perspective of the idea you wish to express

I \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

I \_\_\_\_\_

You \_\_\_\_\_

You \_\_\_\_\_

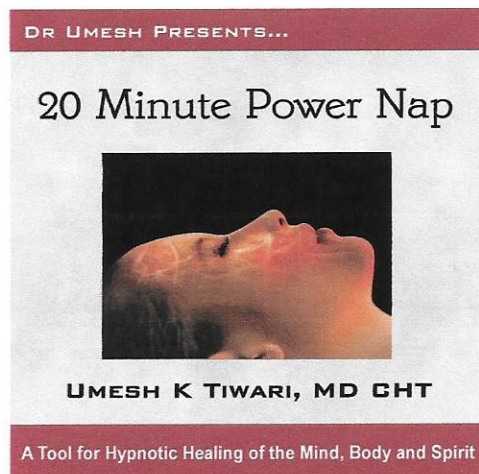
You \_\_\_\_\_


You \_\_\_\_\_

You \_\_\_\_\_

You \_\_\_\_\_

Remember: Your words Shape Their Reality!



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