

## Self Hypnosis

All hypnosis is self hypnosis. Self hypnosis is strategic thought and imagination, which is a form of meditation. Since actions begin as thoughts, these concepts ensure that your thoughts and imagination support your desires rather than sabotage them.

### *Self Hypnosis is...*

- Letting your whole self become focused and calm
- Actively setting aside day-to-day thoughts and judgments by lightly acknowledging them
- Engaging the subconscious mind with simple messages you create (the "Script")
- Acknowledging obstacles and imagining how they can be overcome
- Playing along and accepting suggestions that feel safe and viable to you
- Mental rehearsal of intended actions because the body believes what the mind sees.

### *Create your Script*

Use the accompanying worksheet and following points to clearly describe a specific problem and solution state (focus on one key, short-term issue per 'strategic meditation session').

- Express in positive terms what you're moving toward rather than away from because the subconscious mind does not understand negatives. (e.g., I eat living foods vs. I don't eat junk food – the latter reads to the subconscious as "junk food!"). The clarity of the image is more important than the elegance of the words.
- Set steps that are realistic and believable to you. Think in terms of what you believe and want rather than what you ought to do or what others think is possible.
- Make your goals measureable/qualifiable. Try to answer questions like By when can I reach this goal? Or if it can't be measured/timed, ask "How will I know when I've reached this goal?"
- Know the rewards of getting there: make the benefits of achieving the goal explicit.
- Write in the present tense, keeping your language simple and brief.
- Engage your senses –imagine what you hear/smell/see/touch when you 'arrive'.
- Keep goals personally meaningful and understandable. To ensure your goals are clear and specific and not cryptic or abstract, consider whether the concept would be understandable to a child.

### *Relaxation Techniques*

Use any of the following alone or in combination before meditating on or receiving your script.

- Visualize / pretend you are in a real or imagined Safe Place – bathtub, nature, personal cloud
- Guide yourself through a Progressive Muscle Relaxation, each part becoming light/heavy as you breathe. Or do a slow Arm Drop, which engages the body's natural ability to release effort.
- Visualize a Staircase – 10 steps up or down, each one an opportunity to relax more.
- Count backwards from 25 letting each number take you to a new level of relaxation.
- Imagine a soothing Metaphor – melting ice, healing light, or a relaxing activity you enjoy such as cycling, gardening, walking.
- Give yourself permission to let go; release effort.
- Breathing – observe your breath; breathe out what you don't need.
- Incorporate your spirituality and interests.
- Get relaxed and visualize / focus on / listen to your script. If it's not bedtime, give yourself a count of 5 to bring your attention back into the room or set an alarm.

## Whatever you believe is true!

## Scripting your Goals

Complete the left hand column of the worksheet to fully acknowledge and understand your current situation.

Complete the right hand column of the worksheet by answering the questions or transforming your statements in the left-hand column. Read the right hand column (or record and listen, or have a friend read to you) in a relaxed state. Repeat for different situations or at useful intervals as you progress through your goals.

Now	Goal
Describe current situation/problem	Describe desired outcome/state
What behaviours contribute to this situation? What are the benefits of these behaviours?	Behaviours – what actions go along with this goal?
Obstacles – what stands in your way of changing this situation? What is the benefit of staying this way?	Solution – how will you overcome the obstacles? What are the rewards/benefits of reaching this goal?
Emotions – how are you feeling in this situation?	Emotions – how do you feel when you reach this goal?
Body sensations – how does this situation manifest in your body?	New physical sensations when goal is achieved?
Imagery – how do you imagine/see/judge yourself in this situation?	Advice – how would you encourage someone in your situation?
Duration – how long has this been going on? On what information or belief is it based?	Goal Date & new guiding principles
What are your thoughts about your behaviour?	Higher-level goal – what else can happen after you reach this goal?
Additional notes	Choose a daily activity to associate with this goal as a reminder.