

Making Everything Easier!™

# Self-Hypnosis

FOR

# DUMMIES®

## Learn to:

- Unlock the power of your mind
- Enter a hypnotic trance and direct your sub-conscious
- Use hypnosis to lose weight, quit smoking, overcome anxiety, beat insomnia and more



Listen to guided self-hypnosis on the audio CD

**Mike Bryant**

*Hypnotherapist and counsellor*

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*Director of the London College of Clinical Hypnosis*



# Self-Hypnosis For Dummies®

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# ***Self-Hypnosis For Dummies***<sup>®</sup>

**by Mike Bryant and  
Peter Mabbutt**



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## About the Authors

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Having worked in both America and the United Kingdom as a counsellor and mental health professional, Mike was a consultant for the Sainsbury Centre for Mental Health, advising NHS Trusts across the UK, and now works as a Mental Health Act Commissioner for the national Care Quality Commission.

Mike has also worked as a clinical supervisor to both counselling and hypnotherapy training organisations and

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Mike currently lives in London with his wife and family and has a private practice as a counsellor and hypnotherapist. You can find more information about Mike's clinical practice at [www.mikebryant-hypnotherapy.co.uk](http://www.mikebryant-hypnotherapy.co.uk).

**Peter Mabbutt** is CEO and Director of Studies at the London College of Clinical Hypnosis (LCCH). He lectures extensively throughout the UK and the Asia Pacific region to students of hypnotherapy, the medical profession and the general public. Peter also makes regular appearances on radio promoting and discussing hypnotherapy.

Peter is responsible for the development of the LCCH's core courses that lead to the award of a Masters degree. With his colleagues he has introduced many new techniques and subjects to the curriculum, ensuring that it continues to meet the needs of the modern-day hypnotherapist.

Peter has a background in psychopharmacology and co-authored a range of papers on tranquilisers, anxiety, and learning and memory. He was involved in the development and management of several innovative international research projects designed to further understanding of the neurological and psychological basis of hypnotherapy. Peter has specialist interests in the mind-body connection, pain management, lifestyle improvement, performance enhancement, the treatment of trauma, and cardiovascular hypnotherapy.

## **Dedication**

From Mike Bryant: I would like to dedicate this book to my girls: my wife Toni, and my brilliant, beautiful daughters Jodie and Jessie.

From Peter Mabbutt: I would like to dedicate this book to my partner Steven Winston. A big thank you for the past 10 years. Here's to our future together.

Mum and dad, watching from above, thanks for all the happy memories.

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Elijah and Dalya Winston, you are now at that age when you will be doing your utmost to ensure that your parents and I require prolonged therapy. Do your worst, kids - we can take it!

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And Mike, it's always a pleasure working with you. We have another one under our belt. When do we start the next?



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We're proud of this book; please send us your comments through our Dummies online registration form located at [www.dummies.com/register/](http://www.dummies.com/register/).

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# Introduction

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Hypnosis brings to many people's minds images of mysticism and thought control, enclosed in a veneer of magic, wielded by sinister Svengali types who have dark ambitions as they take control of their poor victim! Thankfully this is a wild and fanciful notion that has absolutely nothing to do with reality. As you get to know and understand hypnosis and self-hypnosis, you find that the technique has a focus that's firmly based on helping you regain control of an area of your life where you perceive you've lost control - a far cry from the fiction of Svengali.

People come to self-hypnosis for a variety of reasons. You may be reading this book because you want to take control of stress and discover how to relax. Maybe you're seeing a hypnotherapist and you're asked to practise self-hypnosis as a homework assignment. Maybe you simply want to make a change to some aspect of your life and you've heard how powerful and effective self-hypnosis can be. Or maybe you're a student of hypnotherapy who wants to find out more about the ins and outs of self-hypnosis. Whatever your reason, this really is the book for you. Read on to find out why.

## About This Book

*Self-Hypnosis For Dummies* helps you understand the realities of self-hypnosis. As you read this book you can discover how self-hypnosis maximises your own innate ability to change, and how you can use self-hypnosis to help overcome a wide variety of anxiety, emotional and

behavioural issues, while at the same time promoting a healthy lifestyle, well-being and an inner sense of positivity.

Despite some of the seemingly miraculous outcomes some people achieve using self-hypnosis, in this book we focus on reality as we show you how self-hypnosis can help you achieve what you want to achieve while making you aware of its limitations. Of course, we give advice on how to overcome these limitations by getting further professional help.

This book gives you both a technical and a practical grasp of self-hypnosis, focusing primarily on practical aspects. After all, self-hypnosis is a very practical subject. You can find exercises, hints and tips that allow you use self-hypnosis as a means of taking control, bringing in changes that enable you to lead a more satisfying life.

## Conventions Used in This Book

To help you navigate through this book, we've set up a few conventions:

*Italics* give emphasis and highlight new words or define terms.

**Boldfaced** text indicates the key concept in a list.

Monofont denotes Web and e-mail addresses.

We (the authors, Mike and Peter) use the pronoun 'we' to signify both of us or 'one of us' followed by '(Mike)' or

'(Peter)', depending on who the author writing that particular paragraph is.

Also, when speaking generally we use the female pronoun 'she' in odd-numbered chapters and the male 'he' in even-numbered chapters, just to be fair to both genders.

## **Foolish Assumptions**

When authors write books they tend to do so while holding on to several assumptions about their prospective readership. We, the authors of this fair tome, are no different and we've made the following assumptions about you and your reasons for parting with your hard-earned cash in order to read what we have to say. At least one of the following applies to you:

You're interested in hypnosis and want to find out more about a very fascinating subject, yet you don't want to plough through something more technical.

You want to practise self-hypnosis because you want to make some kind of change to your life.

Your hypnotherapist has suggested that you use self-hypnosis to aid your treatment programme.

You already practise self-hypnosis and want to make sure that you do so properly.

You're a trained therapist or are training in hypnotherapy and want some new tips to give to your patients.

# Why You Need This Book

Self-hypnosis is a wonderful way of helping yourself to take control of your own life, making those tweaks and modifications that you've always wanted to make but were perhaps unsure of the best way of doing.

As practising hypnotherapists we understand the challenges some people face when carrying out self-hypnosis. This book, like all *For Dummies* books, is written in a people-friendly way that helps you to do the following:

- Understand the reality of self-hypnosis.

- Overcome any challenges you may have had when practising self-hypnosis previously.

- Work through simple and effective exercises as you bring about self-insight and change.

Remember, you're a goal-directed being. That means that your behaviours, anxieties, problems and successes, and the way you handle your emotions, are heavily influenced by the way you think. As you read this book you see how to focus your mind in a positive way, getting a good and realistic handle on your thinking as you bring about change to your life.

## How This Book Is Organised

As this is a *For Dummies* book, you don't have to read the whole book from cover to cover in order to get the most out of it.

We've split this book into five parts, each broken down into its respective chapters. Each chapter's a story in its own right that you can read alone or in conjunction with others. We reference information you can find in other chapters, maybe directing your attention towards specific parts of those chapter in order to make the most out of what you're reading.

## **Part I: Identifying Your Needs and Preparing the Way**

This section provides the foundation on which self-hypnosis is based. We break down any barriers of misunderstanding by defining what self-hypnosis is. We then look at how your mind and body work together as a team in order to create problems and, most importantly, how to overcome them. We explore the goal-directed nature of your mind and how you can best put your mind to use in order to help you achieve what you want to achieve, while at the same time discussing ways of overcoming any resistance to change.

## **Part II: Training Your Mind with Self-Hypnosis**

Here we open up the self-hypnosis toolkit and take an in-depth look at the techniques you can use. We explore ways for you to take yourself into the trance state, and

lovingly linger over the language that hypnotherapy uses so that you get the most out of each practice session. We help you to become conscious of your unconscious as you discover how to harness its power for your own benefit.

## **Part III: Improving Your Outlook with Self-Hypnosis**

If you're searching for that feel-good factor, this is the section for you. Whether you're looking to calm yourself or your anger, ease your pain and sleep well, or confidently step out into the world brimming with self-esteem, here you can find strategies to help you accomplish a more fulfilling life.

## **Part IV: Overcoming Problems with Self-Hypnosis**

If your health is important to you then you want to read through this section, as we cover eating and drinking issues as well as smoking here. We show you how to recognise the emotional and behavioural factors that push you towards making unhealthy lifestyle choices and how to gain power over those factors.

Let's be realistic, self-hypnosis alone doesn't magic away the unhealthy. Rather, self-hypnosis builds on your inner willpower and becomes a positive driving force, helping you create motivational strategies that eradicate the unhealthy as you stride purposefully into a healthy new lifestyle and a healthy new you!

# Part V: The Part of Tens

This is the supplemental resource section of the book. Do you want to put your creativity to good use? If so, we expand on what you can find out in Chapter 5 as you discover 10 creative ways to enter trance. If you're not sure how to tell whether you're in trance, peruse the 10 reasons that show you are. To do self-hypnosis or not to do self-hypnosis – if that is the question then we give you 10 reasons why you should be seeking help from a professional source first.

## Icons Used in This Book

As you read this book you find many icons that are designed to highlight certain information or give you pointers to ponder on.



This icon indicates an anecdote that we feel usefully illustrates something that we're saying in the text.



We highlight technical terms and language that you may find unfamiliar and explain them under this icon.



This icon draws your attention to an important point that we want you to bear in mind as you continue reading and practising.



Here you can find something of technical interest that relates to the paragraph you're reading.



This icon indicates that we're emphasizing information that you may find useful later on.



This icon does what it says on the tin - it highlights something that you really do need to pay attention to.

## Where to Go from Here

Julie Andrews may say 'start at the very beginning, it's a very good place to start' and in general we agree with her, except for the fact that this is a *For Dummies* book. That means that you can start anywhere, at any chapter and still get the most out of your reading. So, turn to the table of contents and jump to the chapter that most appeals to you or to the one that directly addresses the issue you want to work on.

As you read this book, remember that if your mind has had the power to create a problem, it certainly has the power to resolve that problem. We wish you luck as you discover how to take control of your life!