

Making Everything Easier!™

Self-Hypnosis

FOR
DUMMIES®

Learn to:

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



Practise self-hypnosis with the audio CD

Mike Bryant

Hypnotherapist and counsellor

Peter Mabbutt

Director of the London College of Clinical Hypnosis



Get More and Do More at Dummies.com®



Start with **FREE** Cheat Sheets

Cheat Sheets include

- Checklists
- Charts
- Common Instructions
- And Other Good Stuff!

To access the Cheat Sheet created specifically for this book, go to
www.dummies.com/cheatsheet/self-hypnosisuk

Get Smart at Dummies.com

Dummies.com makes your life easier with 1,000s of answers on everything from removing wallpaper to using the latest version of Windows.

Check out our

- Videos
- Illustrated Articles
- Step-by-Step Instructions

Plus, each month you can win valuable prizes by entering our Dummies.com sweepstakes.*

Want a weekly dose of Dummies? Sign up for Newsletters on

- Digital Photography
- Microsoft Windows & Office
- Personal Finance & Investing
- Health & Wellness
- Computing, iPods & Cell Phones
- eBay
- Internet
- Food, Home & Garden

Find out "HOW" at Dummies.com

*Sweepstakes not currently available in all countries; visit Dummies.com for official rules.



Self-Hypnosis

FOR

DUMMIES®

Self-Hypnosis
FOR
DUMMIES®

by Mike Bryant and Peter Mabbutt



WILEY

A John Wiley and Sons, Ltd, Publication

Self-Hypnosis For Dummies®

Published by
John Wiley & Sons, Ltd
The Atrium
Southern Gate
Chichester
West Sussex
PO19 8SQ
England

E-mail (for orders and customer service enquires): cs-books@wiley.co.uk

Visit our Home Page on www.wiley.com

Copyright © 2010 John Wiley & Sons, Ltd, Chichester, West Sussex, England

Published by John Wiley & Sons, Ltd, Chichester, West Sussex

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except under the terms of the Copyright, Designs and Patents Act 1988 or under the terms of a licence issued by the Copyright Licensing Agency Ltd, Saffron House, 6-10 Kirby Street, London EC1N 8TS, UK, without the permission in writing of the Publisher. Requests to the Publisher for permission should be addressed to the Permissions Department, John Wiley & Sons, Ltd, The Atrium, Southern Gate, Chichester, West Sussex, PO19 8SQ, England, or emailed to permreq@wiley.co.uk, or faxed to (44) 1243 770620.

Trademarks: Wiley, the Wiley Publishing logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Dummies Daily, The Fun and Easy Way, Dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Wiley Publishing, Inc., is not associated with any product or vendor mentioned in this book.

LIMIT OF LIABILITY/DISCLAIMER OF WARRANTY: THE CONTENTS OF THIS WORK ARE INTENDED TO FURTHER GENERAL SCIENTIFIC RESEARCH, UNDERSTANDING, AND DISCUSSION ONLY AND ARE NOT INTENDED AND SHOULD NOT BE RELIED UPON AS RECOMMENDING OR PROMOTING A SPECIFIC METHOD, DIAGNOSIS, OR TREATMENT BY PHYSICIANS FOR ANY PARTICULAR PATIENT. THE PUBLISHER, THE AUTHOR, AND ANYONE ELSE INVOLVED IN PREPARING THIS WORK MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION ANY IMPLIED WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. IN VIEW OF ONGOING RESEARCH, EQUIPMENT MODIFICATIONS, CHANGES IN GOVERNMENTAL REGULATIONS, AND THE CONSTANT FLOW OF INFORMATION RELATING TO THE USE OF MEDICINES, EQUIPMENT, AND DEVICES, THE READER IS URGED TO REVIEW AND EVALUATE THE INFORMATION PROVIDED IN THE PACKAGE INSERT OR INSTRUCTIONS FOR EACH MEDICINE, EQUIPMENT, OR DEVICE FOR, AMONG OTHER THINGS, ANY CHANGES IN THE INSTRUCTIONS OR INDICATION OF USAGE AND FOR ADDED WARNINGS AND PRECAUTIONS. READERS SHOULD CONSULT WITH A SPECIALIST WHERE APPROPRIATE. THE FACT THAT AN ORGANIZATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHOR OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANIZATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ. NO WARRANTY MAY BE CREATED OR EXTENDED BY ANY PROMOTIONAL STATEMENTS FOR THIS WORK. NEITHER THE PUBLISHER NOR THE AUTHOR SHALL BE LIABLE FOR ANY DAMAGES ARISING HEREFROM.

For general information on our other products and services, please contact our Customer Care Department within the U.S. at 877-762-2974, outside the U.S. at 317-572-3993, or fax 317-572-4002.

For technical support, please visit www.wiley.com/techsupport.

Wiley also publishes its books in a variety of electronic formats. Some content that appears in print may not be available in electronic books.

British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library

ISBN: 978-0-470-66073-7

Printed and bound in Great Britain by Bell & Bain Ltd., Glasgow.

10 9 8 7 6 5 4 3 2 1



About the Authors

Mike Bryant is a Hoosier from Indianapolis who has lived in England since 1984. Mike is also qualified psychiatric social worker, counsellor, and hypnotherapist.

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 is currently a part-time staff counsellor at Goldsmiths, University of London.

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.

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.

Authors' Acknowledgments

From Mike Bryant: I would like to thank my clients and supervisees who have provided a two-way learning process for me. I owe them a great deal in my development as a clinician, trainer, and author.

Many thanks to Nicole at Wiley for pitching this book and helping it to fly. Much appreciation also to Mario, Ogun and Nelson for their encouragement.

Peter, many thanks for bringing your expertise and humour to this project. It was great fun working with you.

From Peter Mabbutt: ¡Hola! to my sister Nadine and all the clan in sunny España. Thanks to my 'other' family of Sandra, Gerald, Andrea Winston and Veronica Fernandez for continuing to put up with me. To my own family, Linda, Barrie, Barry, Gillian, Anna, Sally and Sam a big hallo again.

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!

Sara Winston Fernandez, a true personality in the making. So young and yet so bossy and with the innate ability to make us all smile and laugh. Thank you.

Here's to the newbies: Sheila Menon, Principal of LCCH Asia Pacific, many thanks for the opportunities and doors opened and for becoming such a good and close friend - oh, and for our gin and tonic post-lecturing debriefs in various hotel bars across Malaysia and Singapore! Allan Dodgeon, media mogul and radio raconteur, thanks for bringing hysterical laughter into the serious business of work and for the incredible friendship that grew from a Tweet.

I would like to say a big thank you for all the support and encouragement given to me by my colleagues past, present and future at the LCCH right across the globe.

A big thanks to Nicole, Simon and all at Wiley who made this possible, you really made a challenging process such a breeze.

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

Publisher's Acknowledgments

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

Some of the people who helped bring this book to market include the following:

Commissioning, Editorial, and Media Development

Project Editor: Simon Bell

Commissioning Editor: Nicole Hermitage

Assistant Editor: Ben Kemble

Content Editor: Jo Theedom

Copy Editor: Sally Osborn

Technical Editor: Mark Haynes

Publisher: David Palmer

Production Manager: Daniel Mersey

Cover Photos: © Stephane106 / Alamy

Cartoons: Rich Tennant
(www.the5thwave.com)

Composition Services

Project Coordinator: Lynsey Stanford

Layout and Graphics: Carrie A. Cesavice,
Timothy C. Detrick, Joyce Haughey

Proofreader: Lindsay Littrell

Indexer: Claudia Bourbeau

Publishing and Editorial for Consumer Dummies

Diane Graves Steele, Vice President and Publisher, Consumer Dummies

Joyce Pepple, Acquisitions Director, Consumer Dummies

Kristin A. Cocks, Product Development Director, Consumer Dummies

Michael Spring, Vice President and Publisher, Travel

Kelly Regan, Editorial Director, Travel

Publishing for Technology Dummies

Andy Cummings, Vice President and Publisher, Dummies Technology/General User

Composition Services

Gerry Fahey, Vice President of Production Services

Debbie Stailey, Director of Composition Services

Contents at a Glance

<i>Introduction</i>	1
<i>Part I: Identifying Your Needs and Preparing the Way ...</i>	7
Chapter 1: What Is Self-Hypnosis?	9
Chapter 2: Getting Your Mind and Body Working Together	19
Chapter 3: Using Self-Hypnosis to Achieve Your Goals	35
Chapter 4: Resisting Resistance and Avoiding Relapse	51
<i>Part II: Training Your Mind with Self-Hypnosis</i>	69
Chapter 5: Entering a Hypnotic Trance with Traditional Self-Hypnosis	71
Chapter 6: Working with Words: Becoming Your Own Recording Star	87
Chapter 7: Consciously Directing Your Unconscious	103
Chapter 8: Using Unconscious Self-Hypnosis	119
<i>Part III: Improving Your Outlook with Self-Hypnosis</i>	131
Chapter 9: Putting Paid to Panic, Anxiety, Phobias and Fear	133
Chapter 10: Signing Up to Self-Esteem	149
Chapter 11: Minimising Pain	165
Chapter 12: Ironing Out Anger	181
Chapter 13: Overcoming Insomnia	195
<i>Part IV: Overcoming Problems with Self-Hypnosis</i>	209
Chapter 14: Quitting Smoking	211
Chapter 15: Keeping a Handle on Your Drinking	227
Chapter 16: Controlling Your Eating Habits	245
Chapter 17: Fostering Good Relationships	263
<i>Part V: The Part of Tens</i>	279
Chapter 18: Ten Creative Ways to Enter Trance	281
Chapter 19: Ten Ways to Know You're in Trance	287
Chapter 20: Ten (or so) Reasons to Seek Professional Help before Trying Self-Hypnosis	291
Appendix A: Self-Hypnosis and Hypnotherapy Resources	297
Appendix B: About the CD	301
<i>Index</i>	303

Table of Contents

.....

***Introduction*..... 1**

About This Book.....	1
Conventions Used in This Book.....	2
Foolish Assumptions.....	2
Why You Need This Book.....	3
How This Book Is Organised.....	3
Part I: Identifying Your Needs and Preparing the Way.....	3
Part II: Training Your Mind with Self-Hypnosis.....	4
Part III: Improving Your Outlook with Self-Hypnosis.....	4
Part IV: Overcoming Problems with Self-Hypnosis.....	4
Part V: The Part of Tens.....	5
Icons Used in This Book.....	5
Where to Go from Here.....	6

Part 1: Identifying Your Needs and Preparing the Way.... 7

Chapter 1: What Is Self-Hypnosis? 9

Understanding Self-Hypnosis.....	9
The ins and outs of self-hypnosis.....	10
Finding out how to induce hypnosis.....	11
Delving into your unconscious mind.....	12
Scoping out the uses of self-hypnosis.....	12
Seeing How Self-Hypnosis Works.....	13
Using suggestibility.....	13
Working with dissociation.....	14
Building on post-hypnotic suggestions.....	15
Reassuring Yourself About Safety.....	15
Staying in control.....	17
Deciding when to stop hypnosis.....	17
Knowing you always wake up.....	18

Chapter 2: Getting Your Mind and Body Working Together. 19

Exploring the Mind–Body Conundrum.....	20
Approaching the Holistic vs Medical Debate.....	22
Helping the Mind to Heal the Body.....	24
Engaging your central nervous system.....	26
Being sympathetic to your nervous system.....	27

Experiencing Visualisation	29
Seeing how everyone can visualise	30
Adding extra senses to deepen your experience.....	31
Creating a safe place in your mind and body.....	32
Chapter 3: Using Self-Hypnosis to Achieve Your Goals	35
Clarifying Your Goals	36
SMARTening up your goals.....	36
Deciding on your steps to success	38
Scoring the self-exploration goal	39
Striking the problem-solving goal.....	39
Waving a Magic Wand to Manage the Magic of Goal Setting	41
Questioning the magic wand question.....	42
Freeing yourself with the magic wand	43
Achieving Your Goals.....	43
Keeping your success in mind	44
Jumping the hurdles.....	44
Travelling in time	45
Putting Everything Together.....	46
Maintaining Your Goals After You Achieve Them.....	48
Ensuring you've got what you want	48
Staying positive.....	48
Practising to make perfect.....	48
Creating new goals.....	49
Chapter 4: Resisting Resistance and Avoiding Relapse	51
Understanding How You Block Your Own Needs	52
The secondary gain conundrum: The 'benefits' of keeping the problem	53
Pedalling through the cycles of awareness and addiction.....	54
Helping yourself to remove obstacles.....	56
Countering Your Inner Critic.....	58
Imagining your inner critic and speaking its language	58
Empowering yourself.....	60
Creating good images for body themes	61
Countering 'I am bad' themes	63
Using Your Critic to Achieve Success.....	63
Challenging unhelpful beliefs	64
Using your mistakes to your advantage.....	65
Finding healthier alternatives to problems	67

Part II: Training Your Mind with Self-Hypnosis..... 69

Chapter 5: Entering a Hypnotic Trance with Traditional Self-Hypnosis71

Looking at Traditional Self-Hypnosis Techniques..... 72
 Setting the scene..... 72
 Focusing on eye fixation 74
 Relaxing progressively 76
 Investigating Different Ways to Induce a Trance..... 78
 Being hypnotic 79
 Remembering past relaxed states 80
 Understanding Vogt’s fractionation 81
 Rising to the challenge with arm levitation..... 83
 Picturing your favourite place 85

Chapter 6: Working with Words: Becoming Your Own Recording Star 87

Scripting Your Success 88
 Formulating your focus..... 88
 Attending to structure..... 89
 Getting help with what to say 90
 Creating key phrases 90
 Speaking ‘Hypnotese’ 92
 Being positive with what you say 92
 Reframing your words..... 93
 Being specific..... 94
 Modifying scripts to suit your needs 95
 Using Your Voice to Best Effect..... 96
 Making your voice interesting..... 96
 Choosing between authoritarian and permissive voices 97
 Recording Your Scripts Electronically..... 98
 Finding the right equipment..... 99
 Using recording equipment 101
 Using recording software..... 102

Chapter 7: Consciously Directing Your Unconscious 103

Understanding Your Nervous System..... 104
 Appreciating your autonomic nervous system..... 105
 Following the unconscious connection
 to your nervous system..... 105
 Looking at the Importance of Breathing..... 106
 Breathing your way to relaxation 106
 Slowing your breathing to trigger trance..... 108

Conceptualising Your Unconscious Thermostat.....	110
Adjusting your unconscious thermostat	
when you're stressed.....	112
Controlling your health thermostat	113

Chapter 8: Using Unconscious Self-Hypnosis 119

Introducing Unconscious Self-Hypnosis	119
Understanding Amnesia.....	120
Speaking to your unconscious	123
Remembering your dreams	123
Doing self-hypnosis without realising you're in trance	124
Daydreaming more often	126
Turning on Unconscious Self-Hypnosis	126
Using Anchors to Secure Positive Thoughts.....	128
Using metaphors to trigger unconscious self-hypnosis	128
Developing useful scripts	129

Part III: Improving Your Outlook with Self-Hypnosis..... 131

Chapter 9: Putting Paid to Panic, Anxiety, Phobias and Fear 133

Foiling the Fear Factor	133
Understanding your body's unique responses	134
Safely going into trance.....	136
Reducing Anxiety.....	138
Exploring methods to reduce anxiety.....	139
Monitoring your success	141
Optimising your performance	142
Overcoming Your Fears and Phobias	143
Understanding the emotional component of your phobia.....	143
Unpackaging your fears	144
Successfully facing your fear or phobia.....	145

Chapter 10: Signing Up to Self-Esteem. 149

Developing Greater Self-Love.....	150
Accepting yourself	152
Enjoying the healthiness of being ordinary.....	154
Coping with Your Worst-Nightmare Situations	157
Using self-hypnosis to feel stronger	158
Problem solving with self-hypnosis.....	158
Resolving Conflict with Self-Hypnosis.....	160
Using self-awareness in the fight against conflict.....	161
Using your magic wand to achieve the unbelievable.....	161
Taking the 'win-win' approach to conflict	162

Chapter 11: Minimising Pain	165
How Hypnosis Can Control Pain.....	165
Safety First!.....	166
Understanding Your Pain	167
Characterising your pain	167
Using scales to rate your pain.....	168
Looking at Different Types of Pain	170
Seeing that Pain's Subjective	171
Strategising Your Way to Pain Management.....	172
Visualising your relief.....	172
Manipulating your pain.....	175
Numbing your pain.....	177
Chapter 12: Ironing Out Anger	181
Calmly Understanding Your Anger.....	182
Finding out how anger works for you	182
Judging when anger's inappropriate	184
Defining Your Anger Triggers by Keeping a Diary.....	185
Creating your anger diary.....	186
Using your diary to change your anger.....	187
Being Assertive with Your Anger.....	189
Using your anger constructively.....	190
Stopping before the flashpoint.....	191
Changing your angry behaviours and thoughts	192
Chapter 13: Overcoming Insomnia	195
Investigating Insomnia and Sleep Disorders	196
Defining different types of sleep disorder	196
Uncovering the causes of sleep problems.....	197
Sussing Out Your Somnolent Solution.....	197
Keeping a sleep diary	198
Watching what you eat.....	200
Discovering how much sleep you need	200
Practising Practical Sleep Strategies.....	201
Becoming knowledgeable about sleep.....	201
Increasing your social support	202
Using medication for sleep problems	203
Using self-hypnosis to improve your sleep	203

Part IV: Overcoming Problems with Self-Hypnosis..... 209

Chapter 14: Quitting Smoking	211
Understanding Your Smoking Habits.....	213
Getting to grips with the quit cycle.....	213
Working out when you smoke.....	216
Understanding the difference between need and habit.....	217
Preparing to Quit	218
Advertising you're a smoke-free zone.....	219
Positively dumping the paraphernalia.....	220
Using Self-Hypnosis to Stop Smoking.....	220
Preparing to become a non-smoker	221
Becoming and remaining a non-smoker.....	222
Handling temptation.....	223
Inhaling healthier habits	224
Chapter 15: Keeping a Handle on Your Drinking	227
Understanding Your Emotional Need to Drink.....	228
Thinking about how you feel about drinking	229
Facing up to your feelings.....	230
Discovering Your Drinking Patterns	231
Working out how much you drink	232
Focusing on factors that affect your drinking patterns	233
Working out what type of drinker you are	234
Lone drinking.....	236
Binge drinking	237
Using Self-Hypnosis to Reduce Your Drinking	238
Establishing your drinking goals	238
Thinking through self-hypnosis scripts for your drinking	239
Decreasing your drinking.....	240
Going for total abstinence	243
Chapter 16: Controlling Your Eating Habits	245
Chewing Away at Why You Eat	245
Understanding emotional hunger	247
Understanding physical hunger.....	249
Knowing whether to drink or to eat	251
Digesting Diets	252
Seeing how diets can help – or not.....	253
Cooking up a healthy diet	255
Changing Your Mind to Change How You Eat	257
Homing in on helpful healthy eating strategies	257
Changing how you feel about your body	259
Enjoying your menu of success	260

Chapter 17: Fostering Good Relationships 263

Turning 'Me-Me-Me' Into 'Us-Us-Us'	264
Practising communicating and listening skills.....	264
Looking outwards to pull your relationships together	265
Developing emotional intelligence	265
Practising self-monitoring.....	266
Focusing on others	267
Changing Yourself to Change Others.....	268
Stimulating the stimulus/response.....	269
Looking in the mirror	270
Listening to yourself.....	271
Being bravely in control.....	271
Confidently Attracting a New Partner	272
Looking at people you admire.....	272
Developing a sense of humour.....	274
Becoming charismatic.....	275

***Part V: The Part of Tens*** 279**Chapter 18: Ten Creative Ways to Enter Trance 281**

Boring Yourself into Trance.....	281
Confusing Yourself	282
Reading a Novel About Your Life.....	283
Staring into Space.....	283
Using Your Own Resistance	284
Time Machine Part One: Imagining the Future You Stopping By for a Chat.....	284
Time Machine Part Two: Imagining the You-Before- You-Had-the-Problem	284
Tuning into Your Favourite Television Channel.....	285
Using Your Senses to Deepen Self-Hypnosis.....	285
Levitating Yourself into Trance	286

Chapter 19: Ten Ways to Know You're in Trance 287

Your Breathing Slows.....	287
Your Experience of Passing Time Changes	288
Your Eyes Move Beneath Your Eyelids	288
You Feel Pleasantly Lethargic.....	288
Your Heart Rate Slows Down	288
Your Mind Drifts and Wanders	289
Your Mind Goes Blank	289
Your Muscles Feel Heavy.....	289
Your Muscles Twitch	289
You Think You've Fallen Asleep	290

Chapter 20: Ten (Or So) Reasons to Seek Professional Help before Trying Self-Hypnosis	291
Anxiety and Panic Attacks.....	292
Confidence Problems	292
Depression.....	292
Eating Problems and Weight Loss.....	293
Infertility	293
Insomnia	293
Phobias	294
Physical Pain or Discomfort.....	294
Problem Drinking.....	294
Sexual Problems	295
Smoking.....	295
Appendix A: Self-Hypnosis and Hypnotherapy Resources	297
Hypnotherapy Organisations.....	297
United Kingdom	297
United States	297
Canada.....	298
Australia	298
Useful Script Books	298
The Handbook of Hypnotic Metaphors and Suggestions	299
Scripts and Strategies in Hypnotherapy:	
The Complete Works	299
More Scripts and Strategies in Hypnotherapy.....	299
Appendix B: About the CD	301
What You'll Find on the CD	301
Customer Care	302
<i>Index</i>	303

Introduction

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 1: 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 emphasising 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!

Part I

Identifying Your Needs and Preparing the Way

The 5th Wave

By Rich Tennant



In this part . . .

The first Part of this book gives you the basics for understanding and practising self-hypnosis. In it, we define what self-hypnosis is, and briefly look at what it isn't. We then examine how you can get started on overcoming your problems by getting your mind and body working together.

We also take a look at how to help you achieve what you want to achieve, whilst at the same time discussing how you can overcome your own resistance to change and avoid relapses.

Chapter 1

What Is Self-Hypnosis?

In This Chapter

- ▶ Understanding what self-hypnosis is all about
 - ▶ Discovering how self-hypnosis works
 - ▶ Feeling safe about self-hypnosis
-

Whether you realise you are or not, you're doing self-hypnosis continually, every hour of the day. In this book we guide this natural tendency to help you get what you want using the raw skills you already possess. In this book we will help you to understand how hypnosis works and how you can hypnotise yourself using different techniques – old and new.

We also help you to develop powerful self-hypnosis skills across a range of topics, including:

- ✓ How to clarify your goals.
- ✓ How to train your mind for a range of different self-hypnosis approaches.
- ✓ How to improve your outlook.
- ✓ How to achieve more with *less effort*.
- ✓ How to apply self-hypnosis to specific problems.

You may be *pleasantly surprised*, as hypnotherapists frequently like to say, at your new-found abilities after applying the ideas and practical suggestions in this book.

Understanding Self-Hypnosis

As you read this book, you're in a slight trance state. You're hearing the words on the page in your mind; they're stimulating you to think in a certain way. In a literal sense, you're simply looking at dried ink on paper. Yet the letters are forming words that give you a certain meaning that they don't to someone who can't read or comprehend what you're able to understand easily.

Unconscious self-hypnosis

We show you a new and exciting approach to self-hypnosis that we've developed based on our clinical practice – *unconscious self-hypnosis*.

Unconscious self-hypnosis works without you having to think about what's happening, unlike traditional self-hypnosis methods that can involve very self-conscious approaches. This is a significant departure, as you don't have to close your eyes and sit in a quiet room or to do artificial countdowns or deepeners.

Unconscious self-hypnosis is fast and you can do it in many real-world situations, including:

- ✔ With your eyes open
- ✔ In the workplace,
- ✔ In noisy, public places
- ✔ While you're talking or listening to others

Traditional methods of self-hypnosis often require some form of isolation from your daily routine, which isn't always possible for people living a busy life. Some methods require you to take an hour of undisturbed time. For most people, finding a regular hour of undisturbed time's probably difficult – but that's not a requirement of unconscious self-hypnosis.

Unconscious self-hypnosis works rapidly and in very light trance states that can be indistinguishable from daydream states. We're all natural born experts at daydreaming – we bet you've wondered a few times what you may do if you won the lottery.

Once you've mastered unconscious self-hypnosis, you have a skill for life that works like a thermostat, continually adjusting itself when you need to access the resources of your inner mind.

Self-hypnosis is like that: simply by focusing, you can go into a relaxed state of mind, sometimes called 'trance'. In this trance state you can allow your mind to create new meanings and discoveries in your life that can help you *spontaneously create new behaviours* and *form helpful beliefs*.

Creating a trance state's the first part of doing self-hypnosis. The second part's giving yourself a hypnotic suggestion for change. This is called the *hypnotic suggestion*. The italicised words in the previous paragraph – *spontaneously create new behaviours* and *form helpful beliefs* – are direct examples of two hypnotic suggestions. Already your unconscious mind understands that effective self-hypnosis changes your unhelpful behaviours and beliefs. When these changes occur, you're doing effective self-hypnosis.

In this book we take you through a range of topics that help you develop skills of self-hypnosis.

The ins and outs of self-hypnosis

The first time one of us (Mike) was hypnotised, it was by someone informally many years ago. I was speaking to a well-known hypnotherapist and enquired