



CENTER FOR TRUE HEALTH

The Betty Erickson Special: Self-Hypnosis Technique

Sit comfortably and focus on a point, softening your gaze.

Take in the whole room. At some point your eyes will naturally close. Just let it happen when it does.

Complete the sentence below with observations in each of the three categories.

Note: While it's ideal to observe different things, in the audio or visual realm it's okay to repeat items if necessary (e.g. you're in a very quiet room and you only hear one or two things. Remember that silence can be heard, too. Or if you're doing this in the dark to go to sleep.)

1. "I am now aware that I see _____." (Repeat 4 times, 4 different visual observations)
2. "I am now aware that I hear _____." (Repeat with 4 different auditory observations)
3. "I am now aware that I feel _____." (Repeat with 4 different kinesthetic observations)

1. "I am now aware that I see _____." (Repeat 3x, visual)
2. "I am now aware that I hear _____." (Repeat 3x, auditory)
3. "I am now aware that I feel _____." (Repeat 3x, kinesthetic)

1. "I am now aware that I see _____." (2x)
2. "I am now aware that I hear _____." (2x)
3. "I am now aware that I feel _____." (2x)

1. "I am now aware that I see _____." (1x)
2. "I am now aware that I hear _____." (1x)
3. "I am now aware that I feel _____." (1x)

Repeat as needed until you feel a relaxed feeling of being in trance.

You can add your own suggestions once in the trance, or you can ask your unconscious mind before you begin, that while you are in trance it can go through and retrieve all useful and constructive references and resources pertinent to your issue and have them available to you when you come out of trance. Then just trust that this will happen and enjoy your time in self-hypnosis, slowing opening your eyes whenever you're ready to return.

For Insomnia:

Do this 15x instead of 4x. Adding any suggestions that help you relax. You can then open and close your eyes 50x (using the Movie Technique) allowing you to sink deeper into relaxation.