



Hypnosis 101

How to hypnotize someone

The Hypnosis 101 script is a simple fairly full proof induction for the absolute beginner. It will put almost anyone into trance. Use this if you are new to hypnosis. Don't be afraid to ask your partner to tell you if you doing anything wrong. It is always a good idea to ask your partner to describe afterwards what they were feeling as you hypnotized them. This will guide you in the future. Never be afraid to try something new. Feel free to deviate from the script.

How to use the script

You do not need any special voice control or emphasis. Just say the suggestions in your normal voice, as if you are talking to a child. Try not to read the script... you can refer to it as much as you want... but don't read from it directly if you can avoid it. Almost nobody sounds natural when they are reading aloud. The exact words are not important, the continuous gentle flow of suggestions is what counts.

The script needs to be delivered slowly... very gently and slowly... suggesting rather than commanding... pausing briefly at each ellipsis ("...") and trying to match your pace to the pace of the listener's breathing. Watch the listener closely all the time. If they make any movement, comment on it, and say something like 'Yes, *that's right, that's exactly right*' so they get feedback and approval and reassurance.

Watch the listener's breathing and try to time saying each statement or group of statements as they breathe out. This will also help you to not go too fast.

Hypnosis is done slowly

Take your time, watch their breathing. Ideally the listener will start breathing slowly and evenly. That will give you an idea of the right pace to use. Leave the listener lots of time to think about and then act on your suggestions. It might seem incredibly slow to you, but it does not seem slow to them. There is nothing wrong with stopping and saying nothing for ten or twenty seconds, to allow the listener time to feel the changes taking place inside them. Silence is the best deepener. Remember that the listener has been told to keep on relaxing and going deeper, so they will use your silences as instructions to go further into trance.

Hypnosis 101: Basic Hypnosis Induction Script

Steps	You say to the person...
<i>Step 1</i>	<i>start with relaxing the muscles</i>
	Settle yourself down now... as you begin to relax...
remove any tension	shrug your shoulders and let them go... lift your arms slightly and then drop them down... rotate your head... ease out any tension from your neck... your back... tense your leg muscles and then let them relax...
permission	That's right...
<i>Step 2</i>	<i>then talk about their breathing</i>
begin the relaxation	Now take a deep breath... and just let it out... now another deep breath,... and as you let it out... allow yourself to relax even more... and then one more breath... and really let your yourself relax...
permission	That's good....
<i>Step 3</i>	<i>tell them to focus attention on one thing</i>
Suggestion breathing = relaxing	now become aware of your breathing... of how your breath is moving gently in and out... as you relax... and then become aware of ... how on every breath out ... you can relax a little more... and just tell yourself that with every gentle breath out... relaxing deeper and deeper...

	and take a few moments now to relax even more... deeply... completely... and notice how that relaxation progresses... smoothly...
<i>Step 4</i>	<i>get them to close their eyes</i>
	... and become aware that as you are thinking about going deeper and deeper you can become even more comfortable... and how nice it is to just close your eyes and drift away... whenever you want to...
<i>Step 5</i>	<i>make them even more relaxed</i>
	... and I wonder if you can imagine a quiet, peaceful spot... maybe on a warm afternoon... to imagine lying comfortably... somewhere nice... somewhere you can relax ... calm and peaceful... mind drifting away... imagine your arms and legs... are beginning to feel tired and heavy... as heavy as lead... to relax ... totally... to just let things go... and drift away...
<i>Step 6</i>	<i>take them deeper...</i>
	..and imagine a room somewhere,... and in that room there are stairs going down... and you can go down those stairs... safe and secure ... warm and comfortable... carried gently down and down... more deeply relaxed... and with each step your body relaxes more... and your mind relaxes more...
Countdown Induction	and there are ten steps going down... and you can go down those steps now ... going deeper and deeper with every comfortable breath... 10... 9 ... more and more relaxed... 8 ... more comfortable... 7... and 6... deeper and deeper... and as you go down each step down you are feeling more and more comfortable... 5.... and 4... and 3... and by and by you are drifting off into an endless velvety welcoming dreamland...
<i>Step 7</i>	<i>test they are in trance</i>
	... and now focus your attention on your eyes... those eyes can become so relaxed, so tired that you just cannot open them, it is as if those eyes are glued tight shut.
	And I'd like you now to pretend that those eyes are so relaxed... so tired... that you just cannot open them... it is as if those eyes are glued tight shut... and they just won't work...
	And when you are sure that have relaxed those eyes to the point where you just cannot open them... and they just don't work...
	You can try to open them... and you will find that they just won't work... it's as if those eyes are glued tight shut... and they just don't work.
	[tries to open the eyes... failure means they are in hypnosis now]
<i>Step 8</i>	<i>deepen the hypnosis again</i>
	That's good... that's exactly the way it should be...

	I wonder if you can imagine being in a comfortable chair... just relaxing somewhere... breathing gently... and going into a pleasant dreamy feeling... letting your mind drift away... nothing to do ... you don't have think... you don't have to do anything at all... except enjoy that lovely feeling... nothing bothers you... calm and relaxed...
	That's good... and just allow your mind to relax even more...
	[wait for a response, you should see a tiny movement. If it is a big, immediate lift of a finger, then the person is faking it. Tell them to open their eyes and talk to you about what they felt].
<i>Step 9</i>	<i>here is where you put the hypnotic suggestions</i>
	And while you are in this state your mind is open to many possibilities... you can imagine things vividly... you can recall feelings and memories... you can become aware of things in your mind... and things in your body... and outside your body... as if you are floating... weightless... and open to all experiences...
	Now become aware of your hands... allow your mind to think about the feeling in your hands... the weight... the temperature... the way they are lying... and while you are more and more aware of your hands... you can become aware that some part of your mind feels a need to move some part of your hand... a finger or a thumb... and you can just allow that to happen... do not assist in any way... just allow it to happen on its own... and it may start as a tiny tremor... you might feel a tingle or it might be something else... allow that movement to be, and then we can go on...
	<i>[wait for a response, you should see a tiny movement. If it is a big, immediate lift of a finger, then the person is faking it. Tell them to open their eyes and talk to you about what they felt].</i>
	<i>[If you get a tiny movement then they are in trance. You can then give whatever suggestions you want to. 99% of people will be hypnotized by this stage.]</i>
<i>Step 10</i>	<i>Bring them out</i>
	And now it's time to return to the present. I am now going to count from five up to one, and when I get to one... you will be back in the present... awake and alert and ready for the rest of your day. 5... 4... 3... 2... ONE.