

Countdown Induction

The most used hypnosis induction

The Countdown induction is a classic Hypnosis Induction. Every hypnotist uses the countdown induction or a variation of the countdown induction. This hypnotic induction technique ties the idea of getting more relaxed to numbers going down. As the numbers get smaller the relaxation gets bigger. Every hypnotist needs to know this induction. It is a very easy hypnotic induction to learn.

Target	Countdown induction		Technique
	Before you begin going into your hypnotic trance now just make yourself comfortable. Just settle yourself down and you can relax now. All you have to do is to focus on becoming comfortable.	D	Bind
	Take a moment now and wiggle about until you are in the right position for what comes next.	I	lack of Reference
	Look around your body and notice if there is any tightness, or any discomfort, and maybe just shrug everything until you are happily settled down and ready. If anything is making you uncomfortable then fix it.		
	Fixing things stops them bothering you doesn't it?		Truism
Capability	Now, in a moment I am going to count down from ten to one, and when I get to one you will have relaxed into a deep satisfying trance. But before that you can move every part of your body as you become loose and floppy and relaxed.	D	
	Now take a deep breath and relax it. Just let it all flow out... ahhhhh. That's right. Now tense up your whole body, and then let go again... really relax... and feel how good that is...	I	Progressive relaxation induction
	TEN... focus your attention on your feet ... think about your feet... think about letting your feet and toes and ankles relax and get loose.		Countdown induction starts
	NINE... Now relax all the muscles in your legs... in you calves, your knees your thighs... very relaxed... feel those legs getting heavy and heavier...		

	EIGHT... now feel that relaxation spreading into your body... your chest....	
	SEVEN... and now feel that relaxation in your shoulders... spreading all the way down your arms... down to you hands... your fingers... and those arms feel so heavy... so relaxed... it is as if they belong to someone else...	
	SIX... and now allow your neck to relax... and become aware of your face relaxing... your cheeks... your jaw... your lips ...	
	FIVE... let your eyes relax... your eyebrows...your forehead...	
	FOUR... and everything feels loose and heavy... as if you arms and legs were made of stone... totally relaxed... you can feel the weight pressing down... and you just can't move those arms and legs now... and you can enjoy this feeling of total relaxation... letting go... and the more you relax the more you can relax...	
	THREE... and as your mind drifts off you feel a wave of relaxation traveling down your body ... down and down... from the top of your head... relaxing your face... relaxing your neck... your shoulders your body... spreading... down and down... gently and easily... feel your body sinking down... safe and warm and secure...	
	TWO... and each soft gentle breath out... is relaxing you more... and that relaxing means you can relax deeper and deeper now... letting go... drifting away... nothing matters... enjoying that that lovely feeling...	
	ONE... and totally relaxed now... totally at ease... and your mind can drift away to a place... far, far away.... a place where you feel relaxed... where you feel comfortable... always... and think of what the place is like... what other places there might be that you make you feel comfortable... maybe a beach at twilight... or a favorite chair... or snuggled warm in bed on a stormy night... or maybe floating in warm water... allow your mind to drift over these things and other things... whatever feels right for you... as you drift ever deeper... enjoying the feeling ... nothing matters... nothing is important... just being in the moment... let your mind empty...	Dissociation
	[Now do a depth test to be sure your client is in trance]	