

Handout 07

for

Basic Hypnosis: HYP100

Emergence

EMERGENCE

1 - In a moment, I will count from 5 to 1. On the count of 1, bring yourself all the way back to full awareness, full waking state, feeling wonderfully good all over, better than you've felt all day. Want that to happen, allow it to happen, watch it happen. Number 5, feeling relaxed, and who did this to you? Not me, I'm not your mind. Inside you have a wonderful place in which your learning abilities are enhanced, your creativity is revealing itself, harnessed to achieve your goals, and you feel really good all over. Number 4, physically perfect, mentally perfect, emotionally calm and serene. Want that to happen, watch it happen, allow it to happen. Number 3, feeling better than you've felt in a long time, and you are curious. Every muscle, cell, tissue and fiber of your being more and more relaxed, each and every time you practice this simple exercise of progressive relaxation. In some way, you remember everything you have said or done today in hypnosis. And it's ok to remember to forget the things you don't need to remember at this time. If there are any remaining tensions from the day's activities or old ideas . . . Number 2, by the time I say the next number, allow those tensions to be gone. Just breathe them out, let them go. And good and excellent, number 1, eyes open feeling wonderfully good and relaxed all over.

POST TALK

(Complete this process with post talk / follow up questions about the experience).

Kind of surprised yourself, didn't you?

(whether yes or no).

Tell me about that.

(Assess for time distortion)

How much time do you think passed?