“LAWS” OF HYPNOSIS

1) The law of dominant effect
2) The law of reverse effect
3) The law of repetition

STEPS FOR SELF-HYPNOSIS INDUCTION

5) Look up (with eyes, not the head) at a spot on the ceiling
4) My eyes begin to blink
3) I close my eyes (but continue to look up beneath the closed eye lids) I test my eyes and realize that I either can’t or do not wish to open them. I allow the eyes to be in their most relaxed position.
2) I am relaxed. (Scan the body from head to toe for muscular tension)
1) I am in hypnosis

REINFORCING STATEMENTS

1) Each time I go into hypnosis, I go in more easily and more deeply.
2) I can always bring myself out wherever I wish
3) The more I practice, the better I get.

DEEPENING EXERCISES

Imagine that you are riding an elevator from the tenth floor to the first floor. As you descend, you watch the numbers of the floors light up and you go deeper and deeper into hypnosis.

Count backwards from 100 to 95. As you do this, visualize the numbers in your mind. As you count down, the numbers grow dimmer and dimmer until at 95 the number is very difficult to discern. At that point stop trying to visualize anymore numbers and simply enjoy your deeper state of hypnosis.

COMING OUT OF HYPNOSIS

1) I’m beginning to awaken
2) Feeling very refreshed
3) A good sense of well being
4) Very clear headed and clear minded
5) Wide awake

David E. Corbin, Ph.D., Professor of Health Education/Public Health
Professor of Gerontology, University of Nebraska at Omaha