

Three Self-Hypnosis Exercises

Here are three brief STEP-BY STEP hypnosis inductions that you can follow to ease yourself into self-hypnosis trance. They can be done and practiced on your own, or with the help of a qualified therapist who is trained in the use of hypnosis as a therapy tool.

CAUTIONS!

These exercises are ONLY to be done in a safe place (NEVER WHILE DRIVING OR OPERATING DANGEROUS MACHINERY!!!). You should sit down in a comfortable chair in a quiet and safe place. Back supported and feet flat on the floor. Hands on your lap or on the chair's armrests.

IT IS YOUR RESPONSIBILITY TO TAKE CARE OF YOURSELF!

We do not and cannot take responsibility for how these exercises are used. They are safe and relaxing, BUT like everything else, their use in the wrong place and time, or overuse can be harmful. Water can be harmful, yet it is necessary for life (you can drink too much or drown in it!). If you feel uncomfortable with doing self-hypnosis OR any of these exercises on your own, DON'T DO IT!

IF YOU ARE IN THERAPY, or are emotionally unstable, seek medical or professional psychiatric or psychological advise and guidance! In such cases, do not explore changing your state of consciousness on your own (with self-hypnosis or by any other means) without the help of a qualified, licensed and well trained mental health therapist.

For more information about these exercises and for help in learning how to individualize **the self-hypnosis tool**, consult my books:

[Hypnotize Yourself Out Of Pain Now!, Coping With Uncertainty: 10 Simple Solutions](#), or [Brief Cognitive Hypnosis: Facilitating The Change Of Dysfunctional Behavior](#).

Or, if you wish to contact me for a personal consultation, you can e-mail me at info@hypnosishelpcenter.net or call me at my office at 215-947-7867 (947-STOP).

The first exercise enables you to experience how easy it is to practice shifting your attention in a controlled and intentional manner. That is one of the key aspects of self-hypnosis; *shifting your attention and becoming absorbed in a pleasant, interesting, or neutral experience.*

Self-Hypnosis Induction #1: A Simple Exercise in Shifting Your Attention

1. Let your eyes flutter down closed and take a very deep breath in through your nose.
2. Slowly exhale through your mouth. Keeping your eyes comfortably closed, let your eyes relax and let your body float. Now let yourself breathe normally and easily without trying to change your breathing in any way.
3. Open a new channel of concentration whereby you experience yourself in a place that you find really pleasant. This is your "happy place". Use all of your senses to imagine the feelings of really being there now. Experience the pleasurable thoughts, feelings and sensations. Internalize the joy of this wonderful experience on both a conscious and subconscious level.
4. When you are ready to rouse yourself up, open your eyelids, and bring your eyes back to focus. You become fully alert and awake, and a beautiful relaxing smile spreads over your face indicating that you have a new state of mind. You are satisfied about how well this brief exercise in shifting your attention has worked for you.

Self-Hypnosis Induction #2

This second self-hypnosis induction enables you to practice giving yourself simple self-hypnotic suggestions for relaxation. By practicing this exercise in a safe place (NEVER WHILE DRIVING OR OPERATING MACHINERY OF ANY KIND!), you will experience pleasant and neutral self-hypnosis and develop the ability to communicate with your subconscious. **Follow all the cautions given above.**

1. Repeat to yourself several times: *I am now going to ease myself into a comfortable state of self-relaxation and self-hypnosis. By doing so, I put myself in charge of my state of consciousness and my experience.*
2. Next, pick a small object to stare at not too far away. Keep your eyes focused on that object while you repeat to yourself: *My eyelids are getting heavier and heavier. Soon they will close, and then I will be in relaxation and self-hypnosis.*
3. When your eyes do close, keep them comfortably closed and turn your attention to your breathing. Pay attention to your breathing without trying to change your breathing. If your eyes are fluttering pay attention to the fluttering also. Repeat to yourself: *With each and every normal breath that I take, I become more and more relaxed and I go deeper and deeper into relaxation and self-hypnosis.*
4. If your mind wanders, the moment you realize it is wandering, bring your attention back to your breathing. When you feel noticeably more settled, comfortable, focused and relaxed, enjoy your comfortable feelings.
5. To awaken and re-alert yourself, just tell yourself: *When I count from one to five, I awaken from self-relaxation and self-hypnosis. At the count of five, I open my eyes and feel wide awake, alert, refreshed, and yet relaxed at the same time. I feel more comfortable and more relaxed AFTER I awaken than I felt BEFORE I began this exercise.*

Self-Hypnosis Induction #3

This instant self-hypnosis induction is for when a person is feeling ANGRY. It can help you interrupt your anger response and to dissolve your anger away.

1. Clasp your hands together tightly in front of you and stare at your knuckles. Repeat to yourself: *My eyelids are getting heavier and heavier. Soon they will close, and I am much more calm and relaxed.*
2. At the same time, turn your attention to your breathing. Pay attention to your breathing without trying to change your breathing.
3. Now, when your eyes close, still keeping your hands clasped together, feel your clasped hands and grip loosening, and becoming more and more physically relaxed. Repeat to yourself: *I am now calm and relaxed. I am no longer angry, and I am in charge of my feelings and experience.* Continue to pay attention to your breathing.
4. When you are ready to re-alert yourself, count to five, and at five, open your eyes and unclasp your hands (if they are still entwined). Your new feelings of comfort and calm will last for some time.

NOTE: You can repeat the hand clasp exercise whenever you need to take a break to de-fuse or de-tense yourself if you are feeling overwhelmed by anger or rage that you want to contain or dissipate safely. With practice, you will be able to do it "on the fly". **HOWEVER, AGAIN, NEVER DO THIS OR ANY OTHER OF THESE EXERCISES WHEN YOUR FULL ATTENTION IS REQUIRED WHEN YOU ARE DRIVING OR OPERATING ANY MACHINERY!!!**