

## What Is Self-hypnosis (Auto-hypnosis)?

Self-hypnosis is a self-induced trance state used to promote good health and well-being. This trance state also occurs when doing anything repetitive or familiar, without paying attention, e.g. daydreaming. Use this Crazy Colour Card for Self-hypnosis to help reduce stress and discomfort, boost confidence, overcome a phobia or just for pleasure.

## Getting the Most From Self-hypnosis

Try to do your self-hypnosis sessions every 2-3 days. Create a comfortable space and relaxing atmosphere by using candles, incense and soothing music. Remember to let others know you don't want to be disturbed, and for how long. Soon you won't need to do the whole routine, just using your triggers and affirmations should suffice, which you can then use anywhere.

## Inductions to Begin Self-hypnosis

Inductions relax your mind, so make yourself comfortable and minimise possible disturbances. Try each of the following to discover which works best for you:

**Eye Rolling** Slowly breathe in and roll your eyes up as far as you comfortably can. As you breathe out roll your eyes gently down until they close. Repeat this 3 times, a little slower each time.

**Tunnel Breathing** Stare at a point slightly above your line of sight and imagine breathing into that point so it becomes like a tunnel. Focus your attention on that point and create a feeling of calm. Say to yourself, 'with each breath I am calm and soothed.' Close your eyes when they become tired.

**Recite Numbers** Slowly count 1,2,3,1,2,3 continuously in your mind without any other thoughts sneaking in. If any thoughts do get through try reciting the numbers quicker. Continue to do this until the numbers fall from your mind or you forget which number you were on.

**Progressive relaxation** Imagine every part of you relaxing. Begin with your toes and relax each muscle one at a time until your whole body is completely relaxed. This is a great technique to use when you are going to sleep.

**Rainbow Sinking**  
Colours are very powerful aids to relaxation. Picture or think about the numbers 7 to 1 surrounded by (or painted in) each colour of the rainbow in turn. Count down and imagine each colour filling your whole body. With each passing colour feel yourself sinking down into a deeper level of relaxation. Spend as long on each number as you require.



## Deepening Your Hypnotic State

The easiest way to deepen your hypnotic state is to imagine the sensation or experience of a controlled fall, or slipping down inside yourself. See which of the following techniques works for you:

**Steps or Escalator** Imagine walking down ten steps counting off each step to yourself or imagine going down a slow escalator with coloured numbers on the ceiling that switch off as you pass under them.

**Breathing** Say to yourself, 'with each breath I sink down into peacefulness.'

**Candle** In your mind's eye picture a candle burning and as the wax melts think about yourself as becoming relaxed and fluid as the melting wax.

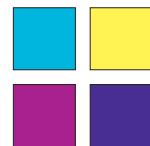
**Imagery** Dream of being somewhere beautiful and peaceful such as lying on a beach, walking in the countryside or gently floating down a river.

## Imagine Your Special Place

Imagine a special place, it could be somewhere that you know or have made up. Some people call this their *happy place*. Go into your special place during hypnosis. With practice just thinking of this special place will induce a feeling of calmness and control.

## Crazy Colour™ Cards

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## Post Hypnotic Suggestions (PHS)

These are suggestive phrases that you recite before and during your hypnosis sessions to enable you to achieve your desired outcomes. Use *Progressive Language* in your PHS:

- Keep them positive and brief,  
e.g. I enjoy life to the full.
- Use the present tense,  
e.g. Today is a good day for me.
- Be exciting and emotive,  
e.g. I glide across the dance floor like Fred Astaire.
- Make them progressive, e.g. day by day etc.,  
e.g. My writing skills are now getting better and better.
- Be specific,  
e.g. My arms are relaxed and free from discomfort.

## Awakening

Decide how long you want your session to be. Set an alarm or tell yourself the duration, e.g. 'I will be in hypnosis for ten minutes' or 'I will fall asleep at the end of this session.' When you are ready to awaken from your trance slowly count down from 5 to 1, bringing yourself to full alertness with the last number.

## Symbolism

Use mental imagery or things around you as post-hypnotic triggers to bring about change or as a reminder to do something. Use peaceful colours when relaxing and powerful (or crazy!) colours to invigorate you.

## Affirmations

These are intentions that can be spoken to yourself or written down. You could put them on your fridge door, on the cover of your diary or as a welcome message on your mobile phone or computer, e.g. 'I am healthy, fit and strong in mind and body' or 'I experience harmony and balance in all that I do.'

## Glossary and Terms

**Abreaction** The release of emotions, usually through weeping, when in a therapeutic situation.

**Anchor** Associating an internal response with some external trigger, e.g. snap fingers and awaken.

**Altered State** The alternative state to full alertness.

**Amnesia** Forgetting or choosing to not remember.

**Auto Suggestion** A suggestion you use for yourself.

**Aversion Suggestion** Using a negative suggestion to emphasise a positive thought, e.g. "Cigarettes make my clothes and breath smell bad."

**Brain Waves** Electrical frequencies of the brain: beta (awake, alert,) alpha (relaxed, calm,) theta (imagery, meditation,) & delta (deep sleep).

**Congruence** When you feel happy and well balanced.

**Conscious Mind** The mind that operates during alertness.

**Deepening** Attaining a deeper trance state.

**Disassociate** Separation from yourself, e.g. imagine watching yourself from afar. Useful when trying not to be afraid.

**Fractional** Going into hypnosis, being partly awakened, and then going straight back into hypnosis.

**Holding Pattern** The physical symptom of stress or anxiety, e.g. IBS, migraine, or tense shoulders.

**Hypnagogic** When you are drifting off to sleep.

**Hypnopompic** When you are awakening from sleep.

**Hypnosis** The induction of a hypnotic trance during which you can choose to bypass your conscious mind.

**Hypnotism** The art or science of hypnosis.

**Induction** A technique to guide (induce) you into a hypnotic state.

**Modality** The way you think: visual modality in pictures, auditory in sounds and self-talk, and kinaesthetic in feeling.

**Neuro Linguistic Programming (NLP)** Using your mind and body to understand, or bring about, change.

**Phobia** A persistent fear of a thing or situation.

**Post-hypnotic Suggestion** Instruction given before or during hypnosis to be acted upon after awakening.

**Progressive Language** Positive statements, in the present tense that encourage you towards your goals.

**Progressive Relaxation** Relax each part of your body slowly from your toes to the top of your head.

**Regression** Recalling the memory of an incident or experience from the past.

**REM** Rapid Eye Movement experienced when dreaming and sometimes in hypnosis.

**Subconscious** Your inner mind with all your habits, programmes and automatic body functions.

**Time Distortion** Losing track of time, a common hypnotic phenomenon.

**Trance** A state of hypnosis.

**Wakeful Hypnosis** When you are watching adverts or going about life but not paying attention, e.g. day dreaming.

## Step by Step Guide

1. Decide how long the session will take.
2. Make yourself comfortable, with no distractions.
3. Decide your goal, from this develop a post hypnotic suggestion (PHS), write it down if you wish.
4. Spend a short time focusing on your PHS until it is crystal clear in your mind.
5. Using your favourite induction put yourself into hypnosis.
6. Use Deepeners to deepen your trance.
7. Imagine being in your special place.
8. Recite the PHS in your mind and/or imagine it written down and/or think about achieving your goal, i.e. use Mental Rehearsal if appropriate.
9. Spend some time in hypnosis while you embed your PHS.
10. Awaken and return to full consciousness once you are ready.

## Triggers

Triggers are actions, thoughts, or behaviours that trigger a response, urge, memory or emotion. They are around us all the time, e.g. a particular song. Triggers are used in hypnosis to create a reaction, e.g. while in self-hypnosis create a trigger to help you relax by thinking of a colour that you associate with calmness. Imagine breathing in that colour and feeling very calm. After doing this a few times in self-hypnosis it will become a trigger for you and every time you see or think of that colour it will trigger you to feel calm. Alternatively breath in a pleasing scent during your self-hypnosis session and later smell that scent when you want to feel calm.



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## Reducing Stress

If you are in a stressful situation or feel tense that say to yourself 'this is passing.' Count slowly to five and consciously slow your breathing. Imagine breathing in and filling yourself with a calming colour, say to yourself 'as I breathe out I feel calm.'

## Easing Discomfort and Pain

Focus your attention on the area of discomfort in your body and breathe into it. Identify how it appears to you: its shape, colour, and texture. Change its appearance until it becomes soothed and comfortable. Imagine sending it your own healing power and feeling the sensation of physical comfort.

## Breathing to Relieve Tensions

Are tensions or pain causing you to hold your breath or over-breathe? To develop a feeling of control regulate your breathing so that your out-breath is the same length as your in-breath. For quick relaxation count the length of your in-breath and aim to breathe out for double that amount of time. To ease pain breathe slowly and rhythmically.

## Feeling Confident with Presentations and Interviews

If you have an interview or are giving a presentation or speech, rehearse it imagining it as a great success. Smile for half an hour before and repeat a positive affirmation to yourself just before you start. Imagine a diamond shape around your navel and breathe into it creating an inner calm. Feel the tension flowing down your arms and shake it out through your fingers.

## Mental Rehearsal

Whatever you are facing mentally act it out. Use all of your senses so you can make the experience as real and vivid as possible. Your mind and body cannot distinguish reality from imagination, each time you mentally process something your brain will accept it as a template to replicate.

## Behaviour Change and Dealing with Phobias

Think about doing the thing you wish to change. Now project yourself forward in time while imagining what you would prefer to be doing as clearly as you can, e.g. experiencing good health as a non-smoker or clinching yet another sale. Bring the future image back to the present and replace the old image. Do this a few times in quick succession.

By making things you fear comical it will help you stop being afraid of them. Make an image of whatever worries or frightens you into a cartoon or child-like drawing. Make it funny, e.g. a spider in red tap shoes and a top hat. or the dentist's drill becoming a magic wand with the dentist-saying abracadabra.

## Coping With a Fear of Flying

Keep in mind that planes are designed to stay up and be safe. Before you fly practise your breathing techniques and mentally rehearse a safe and enjoyable journey using the behaviour change process above.

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