

SELF HYPNOSIS

Self-Hypnosis

- Has much in common with affirmation and visualization
- Many variations and styles. It is often effective to record your own voice and listen through headphones. Can also be done through mentally guiding yourself.
- Best done in the morning immediately after rising or just before going to sleep.

1. Know your objective and goal before you start.

- Write it out clearly
- Should be a positive statement
- You may include slight variations of wording

2. Begin with relaxation technique

- Step-by-step process
- May help to visualize going down stairs, down an elevator...
- Keep mind focused on task at hand
- Do not try to self-induce sleep so much as total relaxation

3. Once relaxation is achieved, begin by mentally repeating the phrase

- Repeat affirmations firmly, with intensity and sincerity
- Avoid mechanical repetition
- Continue repeating the affirmation for 5 to 15 minutes.

- Gradually return to waking consciousness.
- It's OK to fall asleep after the practice (especially if done before sleep)

Affirmations

- Positive self-statements are called *affirmations*.
- Affirmations are not wishing, hoping, expecting, or demanding.
- They are realistically positive statements which affirm, or confirm, what you currently possess.

Basic Affirmations

General phrases which recognize and enhance basic qualities and processes.

- *"I believe in myself."*
- *"I trust my decisions."*
- *"I choose to be positive."*
- *"It's all right."*
- *"I can do it."*
- *"I'm always improving."*

Specific Affirmations

These affirm qualities or actions specific to an activity.

"I am _____."

"Positive, Committed, Joyous, Smart, Focused, Healthy, Persistent, Graceful, Patient, Poised, Centered, Flexible, Creative, Powerful, Strong..."

- Place in the blank the specific mental, emotional, and even mechanical qualities you wish to confirm and emphasize.

How to Create and Use Your Affirmations

- Make sure you have redirected your negative self-statements. Trying to place affirmations on top of a core of putdowns does not work. Become aware of them, actively confront them, and then replace them with more appropriate self-statements.
- Achieve a relaxed body and calm state or mind. Relaxation, concentration, and affirmations are all intricately linked in human performance.

- Construct your affirmations in a positive manner, without any qualifications, exceptions, or double negatives. Be completely positive. Period.
- Construct your affirmations in the present tense and begin them with "I am..." It is only the *here-and-now* which you can control. Emphasize good processes and qualities instead of numbers and outcomes.
- Continually repeat and refine your affirmations, increasingly feeling and believing them.

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