



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - The Hand Eye Challenge

Hand Challenge

- ◆ You have just finished doing the arm rising and your client's hand has just touched their face.
- ◆ Quickly touch their forehead and say, *each and every time I touch your forehead or suggest deep sleep you go to sleep soundly, deeply, and your physical body relaxes.*
- ◆ With Emotionals you might say, *your eyes are closed. You may even feel your eyelids tightening.*
- ◆ Physicals you say – *Your eyes lids are becoming tighter and tighter closed. Raise your voice a bit when you say that.*
- Observe the reaction of the eyelids to see if they tighten. Issue **the challenge only if they do.** Never guess at this.
- Once you see the eyelids tighten, suggest that their hand is getting tighter and tighter against their face.
- Often the client's face will lean against their hand, which assures greater success with the challenge. When you see the hand tighten – then move to the challenge using a paternal voice:
- Raise your voice. *Your hand is tightening even more now, becoming tighter against your face. Your hand is stuck tightly against your face.* Lower your voice. *Your hand is stuck so tight that it would be very difficult to pull your hand away.*
- ◆ At this point, tell your client to open their eyes and lower their hand.
- ◆ It is common for Emotionals to look a bit startled when they open their eyes and noticed that their hand is against their face.



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- ◆ The suggestion that they cannot pull their hand away becomes the dominant suggestion, and the alternative becomes the weaker suggestion.
- ◆ The subject will have a tendency to react to the word tighter and lose the thought of pulling his hand away.

Eye Challenge

- ◆ Everything is the same as in the hand challenge except you are challenging their eyes instead of their hand against their face.
- ◆ I find the hand challenge is easier and causes less loss of control in the subject.
- *Your hand is becoming tighter and tighter against your face. Your eyelids are becoming tighter and tighter.* Continue to repeat this kind of patter until you see the eyelids tighten, and then challenge using a paternal voice.
- *Your eyelids are tightening even more now, becoming tighter and tighter, they are tightly closed.* Drop your voice - *The harder you try to open your eyes* (Raise your voice) *the more tightly stuck they become.*
- ◆ Finally, the reinforcement, *you cannot open them.*
- ◆ The suggestion that the eyes will not open becomes the dominant suggestion, and the alternative becomes the weaker suggestion. At this point, raise your voice and say, *tighter and tighter.*
- ◆ The subject will have a tendency to react to the word tighter and lose the thought of opening his eyes. Next say:

Relax your eyes now and open them.