



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

131 - Why Repetition?

- The subconscious mind learns by repetition. Habits start out easily, often without thinking about them. They grow with practice – layer upon layer, thought upon thought, and then fuse with imagination and emotions. Each time the habit repeats, it becomes stronger because the subconscious mind identifies and associates with it until it becomes like a steel cable.
- The subconscious mind learns by repetition in the hypnotic state just as it does in everyday life. However, it learns very quickly in the hypnotic state.
- If you give a suggestion and your client does well with it, that does not mean they will always because you have not reinforced it enough.
- That is why Atlanta West Hypnotherapy does not do one-time sessions. You must understand how your client will most likely accept suggestions, what their depreciation rate will be, and how you need to give the suggestions based on their suggestibility.