



**COURSE MATERIAL FOR THE  
CERTIFIED HYPNOTHERAPIST PROGRAM**

**141 – Communication**

Student Number: \_\_\_\_\_

Name: (Please Print) \_\_\_\_\_ Date: \_\_\_\_\_

Please compose four suggestions for each of the items listed below by adding to the words provided to you.

1. You can activate this inner strength and control by.....
2. You probably find it boring and a waste of time.....
3. Because you are a friendly and caring person.....
4. Others notice that you are a.....
5. You find creative ideas flow.....
6. You enjoy the freedom to have more time and emotional energy for.....
7. Of course, you allow.....
8. In your everyday life you find.....



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9. There is nothing to prove and that sets you free to.....
10. Your skills and abilities.....
11. You know that there will always be problems but.....
12. Your skills and abilities.....
13. You know that every one hears a different drummer and.....
14. All the clutter and confusion is leaving as your mind is becoming.....
15. You notice the clear spring waters and.....
16. Of course, you already know that.....
17. It should come as no surprise.....
18. You may have already thought about.....
19. You're glad that you have made that decision to.....
20. You enjoy the satisfaction of allowing.....
21. The trees stand tall and strong just like.....



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22. You like the comfort of knowing you have choices and.....
23. There is a comfort and a calmness along with your knowledge in.....
24. You flexibly flow with.....
25. Do you believe that moving ahead would.....
26. Everywhere you look is the beauty of creation and it contributes to.....
27. Others noticed that you are.....
28. You may even.....
29. When it is appropriate.....
30. Is it because.....
31. But of course.....
32. You have a bright enquiring mind is that because.....
33. You find that you adapt and adjust easily and effortlessly to.....
34. The good feelings you are experiencing now brings a sense of satisfaction and.....



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35. You notice that you are very aware of what is happening because.....
36. Of course you know.....
37. You wonder if this new joy you are experiencing is.....
38. I wonder if that is why you are so aware of the changes.....
39. You may find yourself wondering.....
40. You can listen, really listen and perhaps wonder what you can learn here today.....
41. You really don't have to pay attention to me because----- you're subconscious already  
knows.....
42. You know that your subconscious hears.....
43. Your own logic and reason tells you.....
44. Of course you enjoy this new comfortable feeling that you are experiencing even more in  
the coming weeks and you find.....
45. You make decisions easily and effortlessly because.....



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46. You may be aware of lightness in your arm and as your arm becomes lighter and lighter, you may even notice your body feeling even more light and comfortable. You may even notice the lightness in your body, a lifting of problems, shoulders feeling light as you become even more comfortable. There is an easy freedom of being responsible and happy as.....
47. You don't need to think about the problem right now because you already know .....
48. Your bright intellect and your intuitiveness work together to.....