



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

151 - Blocking

Student Number: _____

Name: (Please Print) _____ Date: _____

When blocking yourself make two recordings. One is a conditioning recording. The second is a recording with blocking suggestions, as well as other suggestions combined with blocking.

Such as: *Each time I work with a client, I step into a compartment in my mind where I give my client complete attention. When the session is over, I close that particular compartment in my mind to be opened again on the next session.*

The more clients I see in a day, the more energy I seem to have.

I am perceptive and intuitive as a hypnotherapist. I always seem to know how to form the suggestions my client needs to accomplish their goals.

Helping my client's live happier and more productive lives gives me a sense of accomplishment and makes me happy.

I am always a professional.

The harder I try to overload my mind, the clearer my thinking becomes. I have great coping skills.

Make the second recording on how you will block yourself and the suggestions you give yourself.