



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

154 - Resistance & Fear of Loss of Control

Tell your client:

- *I am going to test your suggestibility. It is one of those good tests. You can't pass it or fail it so please don't help me or hinder me.*
- *It tells me if I am going to run into fear of loss of control or resistance.*
- *If I run into fear of loss of control it is usually in the first session because the subconscious mind doesn't know what to expect.*
- *You have never seen me before, or been hypnotized before so your defense mechanisms are up.*
- *By the second session, your subconscious mind knows what is going to happen so the fear of loss of control disappears.*
- *If I run into resistance, it is usually the second or third session because the subconscious mind now knows what is going to happen.*
- *Let's suppose you love sweets but you want to quit eating them. The first session you do fine but by the second session your subconscious mind knows what is going to happen. The subconscious mind begins to resist the suggestions because it identifies with eating sweets and doesn't want to give them up.*
- *Often I can work through the fear of loss of control and resistance here so that we won't run into it later.*
- *However, if resistance does come up, we move right through the resistance and go ahead and accomplish your goals.*
- *At this point you are actually setting the stage to let go of any resistance you might have run into.*
- *You are taking your client through the arm rising and you see their hand jerk. You will then use the jerking of their hand to help minimize future resistance. If you do not see any jerking then suggest it. *You might feel a little jerking in your hand as it continues to**



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move inward and upward. When you see the jerking and only then, tell your client, *you might be aware of your hand jerking a little bit as it continues to lift and rise. That is ok. You're just working through any resistance. From this time on, use the word jerking in your suggestions. Your hand is continuing to lift and rise, jerking and pulling inward towards your face as if your face were a magnet – drawing it, pulling it. Jerking – pulling – closer and closer – higher and higher- with every breath – continuing to pull inward and upward*

- You have finished doing the Arm Rising. Reassure your client that you are not going to put them through that again. *I won't put you through the arm rising again. This first time tells me some things I need to know. However, you did get a good demonstration of the power of your subconscious mind. Just like your subconscious mind controls the little muscles in your eye lids, it controls the large muscles in your arm and at least 88 to 99 percent of all you do.*
- Tell your client depending on what they did during the arm rising:
 - *I didn't see much fear of loss of control or resistance so that is good.*
 - *You probably felt your hand jerking. You were working through some resistance. Sometimes we can work through it here so that it never comes up in the session.*
- You have now set the stage to let go of any resistance you might run into in future sessions.