



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 162 - Stress Suggestions

#### After the Progressive or Eye Roll

- *I am going to key in a Restful Alert Key word. When a person is in a restful yet very alert state, they think more clearly, they are able to see opportunities and options available to them, and they handle everything in their life better.*
- *You will use your Restful Alert Key the rest of your life.*
- *I am going to give you 5 words and I want you to think of each word over and over in your mind – try to feel it and experience it and then tell me the word you relate to the most.*

#### **Physicals often pick out the word RELAX.**

If your client is over 60% Physical, **do not even use the word FREE**. In the client's mind, they want to be free of the problem and for the moment it appeals to them. But then as they practice free during the week, they will not do well with it. However, once they practice with free and, even though they do not do well with it, it will be difficult to change. Substitute confident or another word. Relax – calm – confident – peaceful – quiet. Give your client time to think the word several times.

#### **Emotionals often pick out the word FREE.**

If your client is over 60% Emotional, **do not use the word RELAX** because they will not relate well to it. Your client may want to experience relax and want to relate to it. But then as they practice during the week, they will usually not do well with the word relax. Perhaps you could substitute the word comfort or comfortable.

- *Now I am going to give them to you again and this time I want you to tell me the word you relate to the best.*
- Repeat the words more quickly this time. *Which one?*



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- *Whenever you feel a sense of urgency or anxiety or you become nervous or tense, you simply take two deep breaths, doing it now, and think your key word after each breath. Watch their breathing. As they start to exhale, say their key word out loud as they say it to themselves silently.*
- *Your physical body relaxes immediately and remains that way. An inner calmness forms and stays with you and you are back in control. The harder you try to get upset or uptight, the more calm and relaxed and in control you become.*
- *You are amazed that you are so calm and relaxed every day, every evening, and every night.*
- *You never worry about things that you cannot do anything about because that does not make any sense. If there is something constructive that you can do about a situation and if you choose to do it - you do it in a calm and relaxed manner, and you are amazed and surprised at how calm and relaxed you are.*
- *Because you are so calm and relaxed, problem solving is becoming easy for you. You are aware of your options. You can see the positive solutions to problems and move right towards the steps needed to resolve them in constructive ways.*
- *You flow flexibly with each day doing the things that you need to do in a calm and relaxed manner, and the things that will make your future better.*
- *Things that once would have bothered you, like people's negative attitudes, bad manners, and rudeness, just roll right off of you. You just shrug your shoulders, let it go, and you can handle the whole thing.*
- *You now know that you can deal with any situation, person, or event in your life in calm and relaxed way, and because you are so calm and relaxed you think more clearly and focus better than ever before.*

### **Top of the Stairs**

Then have them think back to a time in the past when they made something or did something that made them feel good and they experienced a feeling of accomplishment



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and reward. Try to get a smile if you can. If they do not smile say, *that is the weakest smile I have ever seen* and put a smile in your own voice. They will usually smile then.

Continue to suggest positive image reinforcements. Then begin to count them down the stairs.

*With every step you take, your ability to feel calm, relaxed, and in control becomes stronger.*

**10<sup>th</sup> Step - touch** their forehead and tell them to hold their depth right there. You are beginning to condition them to hold their depth where you want them to.

Reinforce the Restful Alert Key (breathing exercise – same as above).

You smile a lot now - you laugh more freely and easily than ever before. You have a great sense of humor that is kind and gentle.

