



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **192 - Criticism in Relationships**

#### **Physical and Emotionals**

1. During the honeymoon stage, everything seems to go well. There is usually affection, caring, respect and mutual goals that contribute to making the relationship work. There is communication and sharing. The Physical sexual feels accepted and loved and therefore secure. The Emotional sexual is acting like a Physical.
2. As time goes by, things begin to change. The Emotional begins to revert back to his normal behavior. The Physical feels confused and does not understand the change in their partner's behavior and therefore, begins to feel insecure. When this happens, the communication breaks down.
3. Very seldom does the Emotional and Physical have the same picture in their mind of what they want their partner to be like, so, they both try to bend their mate to fit the picture in their head.
4. The Emotional does this by withdrawing even more and becoming less communicative and affectionate.
5. The Physical does this with criticizing and becomes more aggressive for attention.
6. It hurts when we verbally criticize each other with sarcasm, ridicule or say unkind and hurtful things. When the Emotional trusts their mate enough to share personal information and the mate throws it up to the Emotional in a moment of anger, the Emotional begins to distrust sharing with their mate.
7. Actions and body language may take the form of criticism. People feel small, unimportant and worthless when the person, who claims to care about them, ignores them, refuses to talk, or listen.
8. The Physical loves praise and wants to be loved and accepted. The Emotional mate can often devastate the Physical by not talking, listening or withholding affection from them.
9. The Emotional often struggles with their self image and confidence so harsh words and criticism may be devastating to the Emotional. The Physical will often ignore or minimize the efforts put forth by the Emotional.



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10. Partners learn which buttons to push to get a reaction. Sometimes partners know what they are doing, but mostly it is an automatic reaction.
11. As this happens, the communication breaks down even further and so does the relationship. Often it is called constructive but it is anything but constructive. They both begin to lose control over their lives as they attempt to make each other fit the picture in their head. As they try to regain control, the Physical becomes angry and the Emotional withdraws.
12. We all have the need to feel needed, loved and accepted and we marry to belong; but as criticism takes place more and more, the couple becomes very aware of the huge differences between them.
13. If one or both are under the influence of alcohol, then the potential for violence is increased. Some sort of personal put down is involved in most violent behavior within families and among friends. More than 70 percent of all homicides are committed by people who know each other well.
14. When severe criticism occurs, the primitive areas of the mind may be triggered, resulting in rapid, irrational anger without logic or reason, in an attempt to regain control at any cost. Criticism is a luxury none of us can afford.

### **Scripting**

- Explain Emotional and Physical behavior.
- Using hypnotherapy you may raise or lower the Suggestibility and Sexual Suggestibility bringing your client back into a more balanced state.

### **Suggestions for Physicals**

1. Explain to your client that they need to listen. *Quiet your mind by thinking your Key Word and allowing your mind to just listen. The harder you try to run ahead in your mind, thinking of what you want to say, the more quiet and calm your mind becomes. When your mate has finished talking, you respond in a calm and relaxed way and what you have to say is worth listening to.*
2. Explain that Emotionals are often very direct and are not always diplomatic. They may come across as uncaring or even rude but that is not how they mean to be.



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3. When Emotionals feel insecure, they withdraw. When you feel insecure, you are ready to confront the issue and find solutions.
4. *Emotionals have difficulty expressing their emotions, so by responding to the emotions, it allows them to share.*
5. *You are standing at the top of the steps looking down at the 10th step. Your mate is standing there looking up at you and you can see the trust in his/her eyes. You are the one person he/she can talk to, who will never put them down or criticize them. You always listen and try to understand.*

### Suggestions for Emotionals and Physicals

1. Explain to your client that they need to respond to the feelings such as: *"That must have made you feel good or that must have been difficult for you. You handled that well."* Explain that when he/she tells them something, to never say, *"well if it was me, I would have done it differently or you should have.."*
2. *Light State - There will always be problems. Couples can never completely understand how the other feels and do not expect that.*
3. *Problems that once seemed overwhelming seem smaller and easier to deal with. You can see the creative, positive solutions and move right toward the steps to resolve them in constructive ways.*
4. *Whenever you need more control, feel a sense of urgency, anxiety, nervous or upset, you take a deep breath and think your key word. Do it now. You are in complete control as your physical body relaxes immediately and remains that way. An inner calm forms and stays with you.*
5. *Because you are relaxed, you are able to respond to your mate diplomatically and kindly. You always have a kind word and a warm smile for everyone, but especially your family and loved ones.*
6. *Light State - You love acceptance and approval when you get it but you do not need it to be happy. You never let anyone or anything upset you.*

### Suggestions for the Emotional

1. *Think back to a time when you and your mate were going together. It seemed as if there were a million things to talk about. You could hardly wait to see each other. Now do switching. It seems like there is so much to talk about and share now.*



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2. *It is easy for you to stand up for yourself, in a calm and relaxed manner. You seem to always know what to say and do and you find it easy to defuse situations when needed.*
3. *Others notice how comfortable you are interacting in conversation but especially with those you love. You are comfortable with yourself and others in every situation*
4. *You adapt and adjust to life changes easily and effortlessly.*
5. Tie their Key Word in with various suggestions.

