



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

192 - Sexuality: Incongruent Behavior

- Our outward behavior affects almost every area of our life in one way or the other. We refer to outward behavior as Sexual Suggestibility, because our main concern is how the individuals put the information back into their relationship.
- Our Sexual Suggestibility is different from our Suggestibility. Our Suggestibility is the way we process information and our Sexual Suggestibility is the way we put the information back out to the world, but especially in our relationships.
- Let us forget about Suggestibility and Sexual Suggestibility for the moment.
- Let us suppose a person is giving a lecture to a group of people. His subject is: The sky is the limit. Reach for your goals. He is talking about reaching to the sky and his hands are pointing down. That is incongruent behavior.
- Incongruent behavior is talking to someone directly and yet scanning the room. His eyes are not on the person he is talking to.
- Would it be incongruent behavior if you tell a person one thing and then your actions are completely opposite? Yes. Let us suppose you tell someone you will be at their office the next morning and then they do not hear from you for a week.
- Do you think these in-congruencies would create trauma in the people around them. It would because they, most likely, would be getting upset with you and the situation.
- One of the major causes of incongruent behavior is when there is a big difference in the Suggestibility and Sexual Suggestibility.
- Our mother, or main caretaker, determines our Suggestibility and our father determines our Sexuality.
- Ok, let us suppose a mother is 60% Physical Suggestible (that would mean there is 40% Emotional Suggestible and 60% Physical sexual Suggestible). Let us suppose this mother has a little boy and his sexual suggestibility has not formed yet.
- The mother is going through some trauma in her relationship with the child's father. He is jealous of the time she spends with their child and feels like she caters to the child too much. Now the mother becomes threatened by the father's actions.
- What might happen to this Physical Suggestible mother's communication when she feels threatened? It begins to change does it not? Perhaps, even to the point where she begins to project the Emotional Suggestibility to her child so now the child begins to experience confusion.
- In the relationship, the Physical Suggestible becomes even more aggressive in her relationship with her mate in order to obtain Physical acceptance. As the communication



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continues to break down, her Emotional side is triggered even more and is projected on her child.

- Remember she is 60% Physical and 40% Emotional suggestible. There is a good amount of Emotional Suggestibility, so when she becomes threatened it triggers the Emotional side of her. If the Physical side of her were higher on the scale, then it would not trigger the Emotional side so strongly or as easily.
- How would she demonstrate this change in her communication style with her child?
- The mother projected Physical Suggestibility for the first three years of his life and on the fourth year she is projecting Emotional Suggestibility.
- This can produce Somnambulism, which is an equal amount of Physical and Emotional suggestibility according to what the mother is going through, how long she is going through trauma and how she relates to the child as he continues to grow.
- Communication is more than just our words. It involves our actions, intentions and our body language.
- Many people learn to compensate for the opposite behavior degrees and, as long as it is socially contained or does not cause a problem for them or others, it is acceptable so there is no need to change it.
- Suppose a person is a Physical Suggestible male who has extreme Emotional Sexual Suggestibility. He is friendly, outgoing and in general acting like a Physical male. But then his Emotional Sexuality causes him to act rude to people in certain situations. That behavior is not socially contained.
- However, when you explain this to your client, then they can recognize that characteristic of their behavior and control that characteristic and it becomes socially contained.
- Usually suggestibility is created by the mother but then gradually peer groups infiltrate the system, lowering or raising it within the Suggestibility range.
- Let us take a Physical Sexual boy. He has the need to perhaps play sports or interact with others but he is in a situation where he needs to become very studious in a rigid situation. Then the tendency would be for him to modify his suggestibility because that would help him to cope.
- If I literally say to you, *shut the door* or if I say to you, *that door really should be shut* or if I yell *damn it shut the door*, I have used different ways of communicating the same thing. So in turn your suggestibility begins to modify to fit that kind of condition.
- A child leaves his mother at age five to go to school. He has a teacher who has a suggestibility that is different from his mothers. He immediately attaches himself to the learning of his teacher and peer group. At this point, he will revert into the most comfortable suggestibility that he has learned from his mother. Still the different suggestible patterns begin to have an impact on him. Then when he comes home from school, there may be



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some contradictions between his mother and teacher and the more incongruity takes place. So, when he grows up, he will have the same kind of suggestibility as his mother, but often the degree will be different.

- Now the child grows up and he goes into a structured situation like the military and this will impact his suggestibility also. The military produces tremendous Physical suggestibility, black and white.
- Most people are congruent because they learn to cope and adapt their learning styles and their sexual suggestibility.
- Let us say you have a mother who is an Emotional/Emotional. The father is Physical/Physical. Up to about age 5, the child is influenced mostly by the mother. The mother did not go through any great trauma with the father. The child will be an Emotional suggestible and a Physical Sexual.
- There are many variables that change the degree.