



london
mindhackers

Hypnosis 101

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Hypnosis process

1. Pre-talk
2. Testing
3. Induction
4. Deepening
5. Suggestion
6. Awakening
7. Posthypnotic
8. Debrief



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Clock face induction

1. **S** holds imaginary clock at arms' length, just above their eyes
2. **S** imagines the clock pointing at 1 and **H** says "One, relaxing, going deeper"
3. **S** imagines the clock pointing at 2 and **H** says "Two, two, relaxing, relaxing, going deeper, going deeper"
4. ... and continue, repeating each part the appropriate number of times
5. **H** can make suggestions of relaxation and eye closure between numbers

