

## **Week 8 Video 3 Five Session Program For Fears**

I'm going to show you how you might want to consider structuring a simple five-session program for fears.

So the first session, session number one, you're going to be doing the question and suggestion form. Of course in session one you're going to be doing all the other things you already know about, the pre-talk, the suggestibility tests, all that kind of stuff, and the Lemon Convincer, the question and suggestion form. And you're going to be creating those direct suggestions that are on the right-hand side of the form and you're going to give them direct suggestions and these direct suggestions are going to be in that section of the ego strengthening form where it says "Insert suggestions here." That's session one.

You're also going to teach them self-hypnosis and give them their powerful statement either "I like the idea..." or "I choose..." whatever it is. Generally with fears, they're not too sure if they can get over it but they really want to, that's their first session, and by the time they come for the second or third session they go, "Wow! Other people can get over this. I think I can too." So they may shift from "I like the idea..." to "I choose to remain calm and relaxed."

And by the way, if you're starting out and you've never helped anybody for the fear of flying, and the client says, "How many people have you helped with this?" Tell them the truth but don't reveal anything and the reason that you hear all my stories throughout all these videos is because feel free to tell these stories but you can say, "You know, fear of flying is one of the easiest things that we do to help people." Starting by giving them positive suggestions and because it's simply a thought in your mind and because "I'm an expert at how the subconscious mind works and know how to change these thoughts and help you change them that I feel confident that you're going to be fine when you fly."

Now of course, you cannot guarantee anything but you want to be confident. You want to have that confidence so that your client feels good with you. If the client senses that you're not confident, why would they ever pay for sessions? So you can say, "So many people have gotten over the fear of flying. In fact..." and you can share a story about it. Maybe a friend of yours has gotten over the fear of flying. Maybe you can say, "You know, one of my friends, she had a client and she was afraid of flying and she went to Rome and the flight home was just as good too." Whatever the story is, share the story but notice that feeling inside of yourself.

If you don't feel confident about your sessions and your ability to help others, then I'm going to suggest you go here and do some self-hypnosis but that's one of the reasons to help you with that confidence is why I'm having you practice these things.

At the stage where you are right now, you are able to help almost 95% to 100% of the people who come into your office just with simple direction suggestions. Hypnosis is that powerful. You know your subconscious mind is that powerful.

So now, we're back, we're up to session number two. And in session number two, I'm going to ask you to ask your client to create a little video of what happens and write down what they say. Just write down every single word. Notice the parts where the client says, uh, I feel scared or nervous because those are the parts you're going to add your words in to help them feel calm and relaxed. Now if this happens, if they tell you the whole stuff in session one, that's okay. You can wait until session two to do this part.

So now that they've created this video of what happens, we talked about that in the last video, that you're going to do the induction, the ego strengthening and right into that section where "insert the suggestions" you're going to do an event rehearsal. And in that even rehearsal, you're going to give them all their words back in that video rehearsal but you're going to shift and change so that now if they say, "Uh, I'm nervous sitting at the gate waiting," "You sit there calm and relaxed. You read your book and focus on your breathing. Feel calm and relaxed..." you're going to change their words during those parts where they experience that pain and uncomfortable feeling. And again, the event rehearsal, just like the direct suggestions, go into that section in between that ego strengthening.

I can't stress enough how important that ego strengthening is because you know what, even if you didn't include the event rehearsal or the direction suggestions and just the ego strengthening, without even mentioning flying, you got over 70% chance that they get over it just from that, so we're adding things in so you can be in the top 1% of hypnotherapists who have the ability to help people affect permanent profound positive change because we're not doing just the minimum, you're doing so much more than most hypnotherapists.

So now we get to week three, here's week three down here and this is where you want to consider adding in "here's the strategy." "Here's what you're going to do when you're on the plane. This is what you do. You're going to sit down. You're going to do your self-hypnosis You're going to take yourself to a serene place. You're going to spend time there." You're also going to be adding that while light, "Surround you in that white light, surround the plane," there's no hard and fast rule.

And you're going to find out from your client what do they want to do while they're on the plane. Do they want to sleep? Do they want to read a book? Would that be helpful? Add that in. "Imagine you're sitting there. Put yourself here. You're now on the plane, you're reading a book, you are so engrossed in the book you're not even aware of where you are." These are simple suggestions. They're direct suggestions but keep on saying these direct suggestions because when the subconscious mind accepts them and goes, "yeah, I like that idea," they will be accepted.

So the self-hypnosis and the white light are those strategies for when they are on the plane.

And week four, and of course, they're still doing self-hypnosis on week two, and no surprise, self-hypnosis on week three, okay. Week four, you're going to ask them to come in and ask them, "How do you feel about flying? We may not know exactly what's going on with the client so we have to ask them, "How are you feeling about flying?" And then, you can choose to do any of these over again. Repetition in a situation like hypnosis is perfect. Repetition when you ask your spouse to do something over and over again may not be so perfect. So, number four, you can choose direct suggestions. You can also even combine it with an event rehearsal. You can combine it and adding the strategy, the white light.

That's session four and session five can be any combination of any of these things, okay, making sure that when you get to session four and session five that they actually are doing their self-hypnosis and – Oh, I actually mentioned self-hypnosis twice here. It's that important. I like to specifically focus my client's self hypnosis on beyond the end result. I have them imagine themselves sitting there on the plane feeling good doing the white light, but in the self-hypnosis, I prefer having my clients go to the absolute end result, and what's the end result? Coming home safely from a trip, from a flight, being at home, walking in the house going "Ah, I'm home. I feel so great. Everything worked out well." That is the end result and as you remember that, that's the end result, the outcome they truly truly want is that happiness and that safety and security.

You use this for other self-hypnosis situations for your clients, because frankly, there are going to be people who come to you for confidence. Confidence of creating a new business but they don't know exactly what it's going to be like. They don't know the steps. Unlike flying, you know the steps. You get in the car, go to the airport, get in the plane, get off the plane. Starting a business, they don't know the steps. They don't know what it's going to look like. They might not even be sure what the business looks like but they want to have the confidence of move forward.

So, focusing on the outcome they want, the end result is of key importance because that evokes and elicits the feeling, that feeling of success, comfort, safety, confidence. When they know how they want to feel, that's what they want to reprogram right into here.

Now by the way, number five is also this, people do this naturally with different situations. Think of going on a vacation. Have you ever met anybody who was nervous and scared about going on a vacation to a place they've been to before? Probably not because why the heck would they go back. So when somebody is thinking about a vacation, they're thinking about the outcome they want. They're over here thinking about how great it's going to be sitting on the beach or being in hiking. They're focusing on the feelings that they're going to have a result of that vacation. Nobody is ever going to be over here thinking about the outcome of their vacation and worrying that it won't work out. If they are, they need your help really badly.

So when they've done this and they think about their vacation and they think about how good it's going to be and how much it's going to be, they're eliciting those new feelings and your job is simply to get them to be over here to elicit the feelings that they want to achieve. Okay? See you on the next one.

**[00:12:39 END OF VIDEO]**