

5 KEY PIECES OF INFORMATION TO CREATE CUSTOM SUGGESTIONS

There are 5 key questions you can ask before you begin the hypnosis that will give you the information you need to create the best hypnosis script for your client. Use them to create your own session worksheet and you'll have something to reference in each in every session. Your session worksheet will help keep you focused on what's relevant to the client's issue and objectives.

The 5 key pieces of information you need for your Session Worksheet are:

1. What's the goal?
2. What do they need to stop doing to achieve that goal?
3. What do they need to start doing to achieve the goal?
4. What are the benefits of making this change?
5. What's the most important benefit?

CREATE A SESSION WORKSHEET

Once you have the answers to these 5 key questions you'll have everything you need to create a Session Worksheet. You can then continue to use your Session Worksheet throughout your sessions to gather relevant information to craft your suggestions.

That way you'll know exactly what to say. Every time.

8 TIPS FOR CREATING YOUR SESSION WORKSHEET

Here are 8 key components to your session worksheet. Use them to help you create your most effective scripts – every time.

If you don't know where you're going how will you get there? Work with the client to create a clear therapeutic goal statement. In the client's own words, what do they want as a result of working with you? NOT what they DON'T want!

#1. THERAPEUTIC GOAL STATEMENT

#2. CONDITIONS FOR CHANGE

What needs to happen to create that desired change? Make a list of behavioral changes that will contribute to the client achieving their therapeutic goal. Remember, hypnosis isn't magic. It requires the client's willingness to participate in their own healing.

What will they STOP doing once the problem is resolved?

What will they START doing once the problem is resolved?

#3. BENEFITS OF CHANGE

What makes this goal so important that they MUST achieve it NOW? How will life improve as a result of making this change? In other words, what are the benefits of change? List at least 7. More is better. So continue to collect them throughout your session.

#4. MOST IMPORTANT BENEFIT

Have the client close their eyes and listen as you go through their list of 7 benefits. Read them out loud to the client. Ask them to notice how each one FEELS as they hear it. Which one has the strongest motivational charge?

#5. KEY PLAYERS

Before you dive into the hypnosis find out who the key players are in the client's life. Some of this will be revealed during the intake process. Who are the relevant people in the client's life? This includes past and present. Living or dead.

Make a list. Then note of the quality of each relationship (now and in childhood). Does the client consider it a Positive (+), Negative (-), or Neutral (0) relationship?

Remember to include:

- Mom, Dad, Siblings, Spouse, Children

#6. SITUATIONAL TRIGGERS

Make a list of any specific situations in daily life that the client recognizes as problematic. What makes things worse? Better?

#7. ANY FEARS OR LIMITING BELIEFS

Listen carefully during the intake process because fears and limiting beliefs will often surface as the client talks about their life. Make a note so you can address them should they arise during the regression.

#8. ADDITIONAL INFORMATION

Your Session Worksheet gives you a place to keep track of additional information as you continue to work with your client. This might include insights and pivotal moments during the regression work. Or positive shifts which can be used as reminders that positive change is occurring.

1. Therapeutic Goal: What's the client's desired outcome?
2. Conditions for Change: What do they need to stop doing? What behavior might replace that? What do they need to start doing? What needs to happen for them to begin?
3. Benefits of change: List as many as possible.
4. Most important benefit: Find the excitement factor.
5. Key Players: Look for sources of pain and support.
6. Situational Triggers: What sets them off? What makes the symptoms worse?
7. Fears or limiting beliefs: Listen to what the client is saying.
8. Additional information: Ahas! Releases. Realizations. Discoveries. New decisions. Choices. Positive shifts. Improvements.