

## SELF HYPNOSIS INSTRUCTIONS

AT LEAST TWO TIMES A DAY

### STEP #1 3 Gentle Breaths

Begin with a few deep breaths and on the exhale do the following:

1. Relax your jaw
2. Relax and drop your shoulders
3. Relax the muscles in your torso and stomach

Continue to breath gently and deeply...

### STEP #2 Take Yourself To Your Favorite Place ...

Sit comfortably and slowly count backward from 10 to 1.

Slow down with each descending number...

10...9...8...7...6...5...4...3...2...1.....

### STEP #3 Your Future

Now... Think of a wide screen TV and see yourself in your future.

Focus on your goal and put yourself right into that future scene AS IF YOU HAVE ALREADY ACHIEVED IT.

**See, feel, hear, and sense how great you feel.**

### STEP #4

Repeat your Powerful Personal Statement at least ten times:

**“I LIKE THE IDEA I \_\_\_\_\_ AND I FEEL GREAT!”**

**When you repeat this, say it in your mind with feeling and imagine how good you feel safe, happy, and relaxed :-)**

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