***Self Hypnosis Steps***

*Repeat 3-5 days*



***Pre-session***

*What do you want to change.*

*What positive suggestion(s) could you give yourself.*

***Induction***

*Relax*

*Allow cares and worries to drop away*

***Deepening***

*Relax more*

***Suggestions*** *(Rx)*

*Feel, see, know, visualize yourself in the future following suggestion*

***Awakening***

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*What to Do*

*Induction*

*3 deep breaths*

*focus on relaxing*

*OR. Go thru your body one section at a time relaxing …feet… ankles…. Shins…etc.*

*OR Stare at one point on the wall slightly above eye level*

*Deepening*

*Breathing slowly count from 10 down to 1*

*Suggestions (Rx)*

*Say the suggestion(s) to yourself*

*Feel, see, know, visualize yourself in the future following suggestion*

*Awakening*

*Take a breath and count from 1-3*

***Process***

*First, practice each section separately.*

*Second, connect 2 sections then 3 sections until you can do the whole procedure.*