

Create Suggestions More Powerful Than Any Script -- For Practically Any Issue

Script: A set of pre-written hypnotic suggestions for an issue

Scripts are for amateurs. If you have taken an hypnosis class and were given a script book and sent out into the world, you were not well trained. And even if you're not a pro, listen up. There's a better way. It's quite easy to make up suggestions that are more powerful than any script -- for almost any person and practically any issue.



I've just made a big statement, let me back it up.

I'm Keith Livingston from Hypnosis101.com. I teach NLP and hypnosis for a living. In all the time I've been teaching, I have never taught students to read from a script.

To tell you the truth, it would be easier to send students out into the world with a script book (a set of hypnotic scripts in which each script is supposed to address a specific issue) and a false sense of confidence. That's what a lot of hypnosis trainings do.

But scripts are like one-size-fits-all pants. We all know that people are different shapes and sizes and one size doesn't fit all. Well, our minds are unique. That means one "size" or type of suggestion does not fit all people equally well.

What's The Answer?

I've found that by teaching students one simple principle and a few easy to learn questions, they can do a better job than most professionals who work with scripts. So, let's get right to it. What is the simple principle that can help you create powerful suggestions? It's this.

When you tie a suggestion to a person's specific motivations, it makes that suggestion multiple times more powerful.

Look at it this way...

Some people smoke to relax. Some smoke as a rebellion against people who tell them they shouldn't, some smoke to get a new perspective (by going outside and taking a break), some smoke for the comfort of the ritual of smoking and some smoke to be social. Some have more than one of these motivations.



A general suggestion such as "stop smoking," doesn't answer these needs. Leave those needs unanswered and the unconscious mind will want to answer them. And it knows how to answer those needs -- by smoking. So, you're setting up a scenario where the unconscious mind may battle itself.

And a scatter-shot approach where you suggest all possible motivations is inefficient and diluted.

The same principles hold true for any other issue: weight loss, nail biting, pain control, anger issues, stress reduction...

Leave needs unanswered and there's a good chance the suggestions won't work long term.

Now, each person is unique and has different motivations for both doing what they do, and for wanting to stop. Use those motivations in your suggestions and you multiply the power of your suggestions. Fail to do so and you're tying one hand behind your back.

So, how do you find out those motivations and add them to your suggestions?

You ask!

Two Types Of Emotion To Add To Your Suggestions

Let's cover two main types of emotions that will help you create powerful suggestions. They are the positive intention and the motivating emotions behind the goal.

I'll explain what these emotions are, how to find out what they are for a particular hypnotic subject and how to add them to your suggestions.

Definitions

1. **The positive intention** is an emotion that a person is getting or trying to get from their current behavior. People smoke to relax, bite their nails for a feeling of calmness or give up in order to avoid the pain of failure (perhaps for a feeling of safety or comfort).
2. **The motivating emotions for achieving the goal** are simply what good feelings a person would have were they to achieve their goal. They might feel pride or energy if they exercise regularly, they might feel relief and accomplishment after passing a test or feel comfort after healing quickly from an injury.

Let me give you some examples. They are (of course) going to be different for each person. The principles are the same, whether you're working with an annoying nail-biting habit or the most serious abuse.

Examples

Bob: A Smoker

Bob, gets a relaxed feeling when he has a cigarette. He finds it calming to step away from his desk and take a moment to think about things in a new way. He wants to stop smoking so he can have more energy and a sense of pride in himself for successfully accomplishing his goal. Ideally, when in the past he would have wanted a cigarette, he'd like to feel even more calm, relaxed and energized than he would have, if he had a cigarette.

Is this scenario, Bob gets calmness and relaxation from smoking (that's the positive intention), feelings of energy and pride are his motivations for achieving the goal.

Celia: Anxiety

When Celia has a report due at work, she starts to get anxious. The anxiety is designed to motivate her to do a good job on the report. If she did a good job, she'd get feelings of security and safety. So, the positive intentions are feelings of security and safety!

If she were able to achieve her goal of feeling secure and safe, she'd feel both confidence and a sense of accomplishment. Those are her motivations behind achieving the goal.

Jessie: Intimacy Problems

Jessie has experienced abuse in the past. Now that she's in a solid, loving relationship, she still tenses up and recoils when her husband touches her. She'd like to be able to respond to her husband in a more loving way.

She feels guilt about the lack of affection she shows her husband. She would feel a sense of relief and fulfillment if she could respond differently (those are the emotions behind achieving her goal). The emotions she feels when she recoils are disgust and fear. The disgust and fear are there to keep her safe (in the past, those emotions were useful in helping her stay safe). The positive intention is a feeling of safety.

OK, before we get into how to draw that information out of someone you're hypnotizing, I want to make sure you get this point. Find out the emotions that motivate people and add the motivations to your suggestions, and you've just attached a turbo-booster to the power of your suggestions!



How To Get The Positive Intention

Ask questions such as, "What good feelings do you get from smoking?" "How do you feel when you smoke," is another good one.

Oftentimes a negative feeling precedes or drives an action, and we want to find out what that emotion is too. Then we flip it to a positive emotion and use it in our suggestions.

A person might tell you they feel anxious before they smoke or when their husband touches them. There are two ways to flip that to a positive emotion. You can ask, "What's important about having that feeling? What does having that feeling get for you or try to get for you?" Keep asking and eventually it will flip to a positive emotion.

Or, you can ask, "What's the opposite feeling to that?" What is the opposite feeling to anxiety? It depends on the person or situation. It might be relaxation for some, safety for others and calmness for yet another person. We want them to tell us the emotion that resonates with them.

How To Get The Motivation Information

"Imagine you've achieved that goal in just the way you want it, how does it feel?" Stepping a person into having achieved their goal (in their imagination) will give us the positive emotions that motivate them.

How To Use These Emotions In your Suggestions



Now, you tie the emotions to whenever they used to have the problem. Let's suppose the smoker used to smoke on breaks from work. "From now on, whenever it's time for a break from work, you automatically feel feelings of calmness and relaxation flow into every cell of your body. You feel a tremendous sense of pride knowing you've left cigarettes in the past."

For Celia -- "Whenever you think about a report being due, feelings of security and safety automatically flow into your body. As you start to work on the report, feelings of confidence and a powerful sense of accomplishment motivate you to do a wonderful job."

Now, you're going to want to reinforce and repeat those suggestions, always tying good feelings to the new behaviors.

Enjoy the new power of your suggestions!

Sincerely,
Keith Livingston

PS: There's a lot more about how to create and deliver the most powerful suggestions possible in my full [hypnosis certification course](#). Check it out!