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Conversational hypnosis scripts

The following examples of indirect hypnotic words and phrases used in conversational hypnosis illustrate how Milton's model of hypnotic advice is conducted. Each title describes how conversational hypnosis works, and provides examples of hypnotic forms of words such as those used in conversational hypnotic scripts. The Therapist's implied cause and effect makes a statement implying that one thing causes another, or states that one thing is true, therefore the next must be true. That statement may not be true, or there may not be a direct connection between one thing and another. And knowing that you can stop giving you the right to change. 'Flicking the tape means you choose a different life' 'You don't have to smoke anymore because so many people love you and need you'. You can identify implied cause-and-effect statements by asking 'Does A really lead to B?'. Complex Equality This is where The Milton Model's advice is given that one thing is equal to or equivalent to some other. Not that one thing causes another, but the implication is that because one thing is right another thing must be true. Seeing yourself on that bridge shows that you've made a decision today.' 'Flicking the tape means you choose a different life' 'because you have control... You have a choice in everything you do... '. You can identify complex equalities by stitution 'equals' for linking verbs, while the word 'cause' does not match. Postulate ConversationA postulation conversation is a question that, on the face of it, requires a Yes or No answer, but which actually demands certain behaviors. 'Can you give me cream?' is a request to act, not a question of ability. Do you really have to stand there?' is a request for someone to move. Similarly, questions can be asked in hypnosis which is really an instruction. I wonder if you can remember a time when you were really relaxed?'. Can you imagine some peaceful and quiet places? 'I wonder if you could imagine a big old house somewhere....? 'Can you start relaxing while counting down from ten?' Conversation questions can be tested by trying the 'yes/no' answer to see if they match. Embedded CommandsDirect commands can be embedded in regular conversations. This is the essence of conversational induction, or covert hypnosis induction. For example a therapist could start a conversation with 'I can see that you're comfortable lying there, relaxing in that chair, quietly confident, looking so comfortable as if you were to just let things go and relax while I talk about this and that and you know, you don't have to think, you don't have to listen to me or do anything really except relax and allow you to mind to drift like a little kid curled up comfortably in a quiet place that's warm, slowed down, more comfortable and more comfortable and more and so on. Embedded commands are usually indicated by some form of analogue marking, for example by speaking louder or looking directly at the client when using a specific tone of voice. Extended QuotesIf you associate suggestions with others this can avoid a lot of resistance from clients. By using one or more level quotes you can say almost anything to the client, and may confuse unconscious minds in the process, making suggestions more likely to be accepted. Milton Erickson once told me about how he told a man 'you can learn to relax instantly' and the man found he could relax immediately and said you know 'Everyone can relax faster than they think.'. I met a guy from Bombay who said the secret to confidence is 'Fake it until you make it'. And when you're circulating around that party you hear someone say 'I'm so proud of him. She's the best daughter I've ever wanted. He has been everything to be expected. And someone else replied 'Yes, maybe we don't say it often enough, maybe we think he'll just find out'. PerformativeA's missing advice is presented to the subconscious stating that some opinions are true, but does not say how they are known to be true, or who says them. The therapist intends that the subconscious will accept the statement as self-proof and not ask for evidence. Examples include your subconscious mind will find the correct answer. You will never have a problem with your nails again. No habit can resist the power of the mind. You can always test missing formative statements by asking 'Says Who?'. Mind ReadingThe Milton Model designs suggestions as if knowing what the client thinks or feels, when the reality is that the therapist has no way of knowing what the client is thinking. Examples include 'Part of your mind is wondering how fast you're going to be trans now...' You become more curious about how that change happened' 'Your mind is now becoming more open to the idea of change...'. You can identify a mind-reading statement by asking 'How can you know that?'. ModalThese Operators are phrases that imply things can happen or should happen. Typical Milton Model operators include words like 'can, should, should, maybe, can, will,will'. Capital operators are probably the most commonly used form of hypnosis. And any gentle breath out can lead to more relaxation. And you can be surprised at how quickly you go into trans. You may see your left is getting heavier....'. Capital operators can usually be recognized if it makes sense to add ...'or may not' to the end of the statement. Negative Suggestions Negative Suggestions are similar to conversation postulation because they ask for one thing but actually expect different behaviors. Milton's model works because the mind is unconsciously conscious do not deal with negativity well, and tend to ignore the words 'don't and don't' and instead focus on the sentence object. The phrase 'Don't think of kangaroos' should release the kangaroo's memory before it can't be thought of, so negative questions can be used to give positive commands. and I don't want you to feel that you're going into trans now.' You shouldn't be too curious about how you feel about yourself going to be trans. 'You don't have to think about a really relaxing experience to call it in mind anymore'. The nominalization of the Milton Model is about using words in a 'vague' way. Nominalization is a word formed from a process. For example, the verb 'to limit' can be nominalized into the noun 'restriction'. Word restrictions are then treated as if it is a 'thing' and the fact that it refers to an ongoing process is forgotten. By using nominalization things are treated as if it is over and done with, when in fact the process may still be ongoing. Nouns ending in '-ship', '-ment', '-ion' or '-ings' are often nominalizations, e.g. 'relationship', 'cancellation', 'learning', 'decision'. By treating the word as a noun, the fact that you ask the person to go through the process is hidden. Your relaxation increases as you listen to my voice'. By moving your finger, you confirm your irrevocable decision. ' '... You may be wondering which part of your achievements you enjoy the most.' You can test nominalization by asking for a noun, 'could it be put in the bag?' Nominalization is abstraction and has no physical form so it cannot be bagged. Non SequiturA Milton Model non sequitur is a statement presented in the form of 'cause leads to effect', A > B, but where in fact there is no logical relationship between A and B. The statement structure fools the listener by starting with the statement of something true and then determining the result that is not followed logically. Making clients focus on their breathing has nothing to do with relaxation, but by stating something true, that they focus on their breathing, disturbed thoughts to accept the second part, that they can relax, without examining the causal relationship between them. '... paying attention to your breathing can make you more relaxed. You'll go back to the present, and bring with you everything you've learned today. When I count down the steps you'll go deeper into trans.' This can be identified by testing 'Oh, really? And how does it work?' PresuppositionA Milton Model talk about the consequences of something and deliberately avoid mentioning the underlying concept. The advice starts from the assumption that it is true and then discusses the consequences of it becoming a reality. By focusing on the consequences of whether it is true or not ignored is ignored never tested. AdverbialAnd now as you relax deeper you feel something different. AlternativelyI don't know if you will go to hypnosis before relaxation is fully complete or begins immediately. Awareness of the little things you notice reminds you of how relaxed you have been. CausalityBecause your eyes are closed, your mind will be open to the idea of deep relaxation. Equality Coming here today means you have made the decision to relax. Ordinal It may not be until the third breath that you notice relaxing. Your time may not feel you're at the right level of relaxation yet. Existence May be interesting to consider your level of relaxation. A presumption might be present if that statement makes more sense when you add I guess at the end of it. InanimationsThese is a Milton Model statement that assigns feelings or actions to things that cannot have them. Technically this is called a Violation of Selection Restrictions. Sofas can't think, plants can't speak, but sentences can be constructed with such a voice and because our minds are specifically tuned to metaphors, this type of advice will be accepted by unconscious people. 'That chair knows the secrets of many clients'. The part of you that makes you smoke shame and wants to change. 'Listen to the wind in the trees and absorb the wisdom'. Selection restrictions are always a metaphorical form. The QuestionThe tag is a Milton Model question that encourages clients to confirm the truth of words immediately ahead of time, right? If you read that question again, it's almost impossible not to say 'Yes', right? It's always good to get clients into a positive frame of mind, I'm sure you'll agree? If the tag question is delivered with a declining tone of voice, it amplifies the statement and prevents a split. 'Relaxing can be a lot of fun, can't it?'. 'Some people really enjoy relaxing, don't they? You may be wondering what you're most going to enjoy, aren't you? '. Tag the obvious question, don't you think? Truism setA Truism is a clear statement. In truisms the Milton model is used in sets to produce causes and effects that spur. The client listens to the first truism statement, and agrees with it. Clients listen to the next truism, and agree with it too. Subsequent suggestions were then made while an agreement with truism was still in mind, so it would also be accepted as true, even if it had nothing to do with the first statement. Examples of truism sets are probably 'People are happiest when they feel loved and needed' 'There are times when everyone underestimates their talents 'Everyone wants to be liked, and everyone needs to be loved, and you learn to listen to your emotions.' You can identify the truism set by asking 'Yes, A is true, and B is true, but how does it make C C QuantifierThe Milton Model uses statements with words like 'all, every, always, never, any, everyone, no one, no one' acting to publish certain statements. Universal quantifiers always have an exaggerated element. Everything that has gone before is a resource for you. 'Every word you hear can be a signal to your unconscious'' 'Nothing can fail once they actually decide to change'. You can identify a universal quantifier by asking the quantifier, for example 'Every word, really every word?'. ComparisonA's typical Milton Model statement that is not specific will use words to imply something, and relies on the mind being too busy listening to the next words to really question the truth or logic of what has just been heard. In the classic Milton Model statement, comparisons are made, but do not specify what is being compared to. You'll find yourself changing faster.' and you may find you much more relaxed.' Every day in every way, you get better and better. Unspecified comparisons can be identified by asking '---- more than what?'. Unspecific ObjectThese are words that sound good but are actually quite blurry. Milton Model words such as 'learning, results, resources, findings, considerations' etc., can be used to ground almost anything, which makes bulletproof suggestions. By using inclusive words, clients find closure from their own resources. If you agree with the previous sentence, you may want to reread it, and consider whether it means anything at all. And then go back to the present with all the learning you need. Your understanding will help clarify the changes.' You can open your mind to the full consideration of everything that matters.' Listen carefully to any politician who avoids sticky issues for lessons on how not to say anything using unspecified verbs, nominalizations and unspecified objects. Unspecific VerbLike the Milton Model object is not specific, milton model verbs sound good but are difficult to pin down. The unconscious mind accepts the word in context and supplies its own meaning. Words like 'wonder, change, understand, think, feel' etc., are not specific and can apply to anything. and you may be wondering about how best to go trans.' and soon the time will come when you understand all this. 'Your subconscious mind will understand everything it needs.' needs'.