

## Hypnotic Triggers

1. Trigger considerations
  - Make it specific
  - Should it be time limited?
  - Who can initiate the trigger? Only you? You and your partner? Anyone?
  - Natural protections – e.g. when driving
2. Open Only Your Eyes
3. Create the desired state – in this case, any pleasure
4. Pattern 1: When I say <trigger>, you respond with <response>
5. Pattern 2: Open Eyes; trigger; discuss response; repeat until rapid and clear response
6. Pattern 3: Test when out of trance

### Ex 1:

Permission

Go into trance (pretend if you haven't before)

Find that place in your mind where you keep pleasures. Smile when you're there.

Choose a pleasure that you can talk about. Smile when you've chosen.

Step into that pleasure. <vivify> Make it as vividly real as you can.

Let go of the pleasure but remember what it is. Remember how strong the feelings are.

In a moment I'm going to ask you to open only your eyes.

When you open your eyes, you'll be able to think and speak clearly and you'll still be completely hypnotized.

Now, Open only your eyes

Hi – are you hypnotized?

Do you remember the pleasure you chose?

What was it?

Tell me about what happened as you stepped into the pleasure.

I'd like you to step into that pleasure now. Experience it just as vividly as you did before. Smile when it's vivid.

Now let it go.

Compared to eyes closed, how strong was that? Was anything different about how you experienced it?

Great! Now go back into eyes closed trance.

Step into that pleasure again. <Vivify>

Enjoy it for a moment or two

<Emerge>

## Ex 2: Trigger

Permission

Trance

Remember that pleasure – step into it, experience it vividly. <calibrate their experience>

Now I'm going to teach you to have a trigger. Smile if you'd like that.

When I say <feel pleasure> I want you to feel the pleasure you chose. Respond only to my voice and only until I emerge you completely from trance. Step into it, make it as vividly real as you can. Do you understand? Nod your head for yes.

Are you ready? Do you remember which pleasure to feel? Nod your head for yes.

OK ... Feel pleasure

<wait a bit>

OK – let it go.

Open only your eyes. You can think and speak normally and still be in trance.

Tell me what happened when I spoke your trigger phrase.

...

Let's try it in this eyes open state. Are you ready? Feel Pleasure.

<wait and calibrate> Tell me about your experience.

<<practice a couple more times, eyes open and closed>>

<emerge>

## Ex 3:

Consent – this time I'd like to make the trigger last for the rest of the Zoom call. OK?

Trance

Set trigger & specify

Use trigger in trance

Open only your eyes

Trigger

Close your eyes and go deeper

Trigger

<Back and forth three times>

Emerge

Welcome back

Do you remember what we did? Tell me about it.

Are you ready? Feel Pleasure.

<wait and calibrate>

Was that fun?

Ask the TWO Questions

Add "What did you learn today?"

Note: For each person who did exercise two, I went around and asked them to hear the trigger they had been given in their mind, in the voice of the person who gave it and notice their response. All successfully invoked their responses! Well done!