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**HOMEWORK**

Lesson 22: Imagery Techniques and Hypnosis

**Part 1: Color Imagery Homework**

Ask a volunteer if they have a favorite color that calms them (i.e., blue) … if not, ask if they have a favorite number which can be just as effective as a color.

Teach the volunteer self-hypnosis and how to use the suggestion:

Whenever I think of the color \_\_\_ I feel calm, relaxed and in control.

Submit a recording of your practice.

**Part 2: Using Color Imagery to Accomplish a Goal**

Once your volunteer practices this suggestion and becomes conditioned to using the color, you can build it into an intervention system for a specific goal or outcome.

Create a hypnosis session to use their color to achieve a goal.

Submit a recording of your practice.