



Fractionation

Fractionation isn't just "open and close your eyes."

It's a neurological contrast amplifier.

Fractionation works because the nervous system deepens learning through contrast + repetition + re-entry.

Below are different ways to use fractionation, organized by purpose and sophistication.

1 Classic State Fractionation (Depth Building)

Purpose: Deepen trance through contrast.

Method:

- Eyes closed → brief depth
- Eyes open → orient
- Eyes closed again → deepen further

Each time they re-enter, suggest:

"And you may notice it's easier this time... because your mind remembers the way."

Advanced Layer:

Have them rate depth internally (1–10) each time they re-enter.

Depth increases because expectation increases.

2

Awareness Fractionation (Internal ↔ External)

Purpose: Build control of attention.

Instead of open/close eyes, alternate between:

- Internal sensations (breath, heartbeat)
- External sounds or visual focus
- Internal imagery
- External posture awareness

Example:

“Notice the sound in the room... now notice the space behind your forehead... now the room again... now your breath.”

This strengthens hypnotic skill because they learn attention is directional.

3

Emotional Fractionation

Purpose: Install emotional regulation.

Have them:

- Step into a resource state (confidence)
- Step out into neutral
- Step back into confidence — stronger
- Step out
- Step back in again — amplified

Each re-entry builds intensity neurologically.

This is powerful for trauma recovery and confidence work.

4

Identity Fractionation

Purpose: Install self-concept shifts.

Example:

- “Step into the version of you who doubts.”
- Step out.
- “Now step into the version of you who already knows.”
- Step out.
- Step into the “knowing” version again — stronger.

The nervous system begins to prefer the stronger state.

Excellent for leadership or impostor syndrome work.

5

Cognitive Fractionation (Confusion + Clarity)

Purpose: Pattern interrupt and deepen suggestibility.

You can alternate:

- Complex thought
- Sudden simplicity

Example:

“Consider the layers of learning you’ve integrated over fourteen lessons... and now simply notice your breath.”

The nervous system relaxes when complexity collapses into simplicity.



Somatic Micro-Fractionation

Purpose: Deepen physically without overt trance language.

Use:

- Slight tension → release
- Micro movement → stillness
- Inhale → pause → exhale

Each release deepens parasympathetic response.

Very subtle. Excellent for professional environments.



Time-Based Fractionation

Purpose: Create acceleration.

Great to use it with students.

Have them:

- Recall who they were in Lesson 1
- Return to present
- Imagine themselves at graduation
- Return to present
- Imagine six months after certification
- Return to present

Each time they return to “now,” the present feels stronger and more stable.



Language-Based Fractionation (Milton Model)

Alternate:

- Direct suggestion
- Permissive suggestion
- Open loop
- Closure

Example:

“You are learning rapidly...

And you may begin to notice...

Because there is something interesting about...

And that’s why...”

The rhythm itself creates a wave effect.



Sensory Channel Fractionation (VAK)

Move them through:

- Visual focus
- Auditory awareness
- Kinesthetic sensation
- Then back to visual

This strengthens calibration and sensory acuity — crucial for hypnotists.



Rapid Micro-Fractionation (Advanced)

Very fast switches:

“Inside... outside... inside... outside... deeper.”

Used sparingly, this can create very rapid trance shifts.

Key Take-Away

Fractionation is not about sleep.

It is about teaching the nervous system that re-entry is safe — and easier each time.”

That reframes hypnosis from passivity to skill acquisition.
