

# Self-Hypnosis

## A Simple 3-Step Method

### STEP 1

#### Waking/Auto Suggestion and Pre-Sleep Technique

It is *very important* to **faithfully practice this step twice daily** (once upon waking in the morning and once before going to sleep).

1. Do this immediately upon waking and just before you are ready to go to sleep, starting tonight and continuing for the next seven days: Give yourself the following suggestion *a minimum of ten times*:

**"Every day I get better and better and I feel happy."**

NOTE: You may choose to alternate by using a personal suggestion given to you in your Hypnotherapy Session, for example:

**I am a NON-Smoker and I feel WONDERFUL!**  
**I feel in control ... I feel FREE.**

2. In order *NOT* to be distracted in the morning or to fall asleep in the evening, every time you say the suggestion press down with one finger after another of your right hand. Then, continue with each finger of your left hand until you've completed the suggestion ten times. By using your fingers (just like children count on their fingers) you *automatically* know when you reach the count of ten. This frees your mind to **IMAGINE yourself being successful in every way as you repeat your goal or affirmation**. Incorporate whatever senses you can, e.g. see, hear, feel, taste, and smell. Some of us are sensory, which means you will get a *sense* of what would be there and what it would be like. That's fine. However, if you can, vividly imagine being successful at your goal.

This may be your first attempt at learning to effectively program yourself through suggestion. It is of the utmost importance to do this exercise (repeating the ten repetitions) every morning upon waking and every night without falling asleep.

**You are beginning to establish a habit pattern of properly programming yourself by giving yourself positive suggestions upon waking and before going to sleep.** Every day you will find yourself reacting very positively to your suggestion. Over time these suggestions become so deeply rooted in your subconscious mind you will find yourself making positive and beneficial changes to your lifestyle ***without effort, struggle or strain!***

**WARNING:** NEVER attempt Self-Hypnosis while driving or operating machinery.

*Remember, you are placing yourself in an altered state of consciousness.*

There is always something better to do than smoke and I feel in FREE.

Smoking no longer works for me and I feel IN CONTROL.

I make choices that serve me ... choices that support me, and I feel  
POSITIVE and HEALTHY.

I reject the urge to smoke – I choose LIFE and I feel CONFIDENT.

One day at a time, I say NO to smoking and I feel EMPOWERED.

I am taking my POWER BACK and I feel STRONG.

I am smart, capable, strong, and determined and I PERSIST and SUCCEED!