



Basic Step by Step Guide

To Self-Hypnosis

Step 1

Find the right spot: Find a quiet and comfortable spot where you can relax without any distractions. Choose a comfortable position, it doesn't matter if you are sitting or lying down.

Step 2

Set your goal: Identify what you want to get from this experience. It is important to set clear, specific and realistic goals, such as boosting confidence, improving sleep, or breaking a habit.

Step 3

Start to relax: Tense and release each muscle group, starting from your toes and gradually working your way up to your head. This helps release any built-up tension, preparing you for the hypnotic experience. Once your body feels relaxed, you can begin.

Step 4

Fix your gaze: Find a simple object within your field of vision and focus your gaze on it.



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Step 5

Deep breaths: Take slow, deep breaths, allowing your eyes to rest on the focal point. Keep breathing and imagine that with each exhale, your eyelids grow heavier. Continue until they become too heavy to keep open, and allow yourself to relax further.

Step 6

Let your eyes close: When your eyes feel too heavy to keep open, allow them to naturally close, maintain slow and steady breathing, focusing on your breath to prevent your mind from wandering. If you notice your thoughts drifting, gently guide your attention back to your breath.

Step 7

Visualise: Using all your senses, imagine a calm and relaxing place or "happy place". You might picture yourself in surrounded by colours, a serene beach, a lush meadow, a mountaintop, or even your own peaceful garden.

Step 8

Affirm relaxed state: Affirm your relaxed state by repeating suggestions to yourself, such as "I am calm" or "I am peaceful." Let these words resonate within you as you continue to breathe deeply.



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Step 9

Focus on your goal: Shift your focus to your desired goal. Use visualisation techniques to vividly imagine achieving your goal, incorporating as much detail as possible.

Step 10

Affirm your goal: Do this by imagining you are achieving your goal, at the same time repeating positive suggestions to yourself. Such as, "I am confidently speaking in a meeting at work" or "I am peacefully drifting off into a deep sleep."

Step 11

Preparing to leave hypnosis: After 5 minutes, start preparing yourself to leave your hypnotic state. Begin by wiggling your fingers and toes, gradually becoming aware of the physical sensations and your environment. Each exhale of breath leaves your limbs feeling lighter until they return to normal.

Step 12

Wake yourself: Begin counting down from 10, tell yourself, "When I reach one, I will open my eyes, I will feel energised and alert." Allow yourself to return to the present moment, fully integrating back into the room and your surroundings.