

*Dual Induction: Instruct client to close their eyes whenever they feel like it. Hypnotist and client say the sentence (either one leading) taking a full breath between each word. After about 3 repetitions the client continues to say their sentence and the hypnotist drops in additional client words that highlight the goal.*

*End with a normally paced repetition of the sentence a couple of times and/or with previously discussed direct suggestion for the goal. Finish with a post hypnotic suggestion for the client to repeat the sentence every morning, every evening and through their day as necessary.*

With your goal in mind, compose an outcome sentence using the words that are important to you. Work the sentence until there is emotional connection from the client.

**I am\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**© 2019 Karen Hand Hypnosis, LLC www.karenhand.com**

And when you have that, what does that do for you?

And what does that do for you? And what does that do for you? And what does that do for you?

And what does that do for you? And what does that do for you? And what does that do for you?

And what does that do for you? And what does that do for you? And what does that do for you?

**Goal**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Goal Affirmation Induction**