

Hypno-Quickies for Magical Change

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Risqué Instant Stress Relief: (Adapted from Kelley T. Woods' Stress Relief Technique)

Rate your current stress level on a scale from 0 – 10.

0 = Calm 10 = STRESSED OUT!

If your rating is under a 5, use 1 hand for this technique. If your rating is above a 5 – use both hands for the technique!

1. Put your hands a few inches in front of your face...palms facing you. Look at your palms while you...
2. Make an OK sign with your thumb(s) and index finger(s). Think about all that stress and get ready to release...
3. Very slowly...curl your little finger(s) and your ring finger(s) into your palm.
4. Allow all of your stress to be released out of that remaining digit into the ozone where it belongs! And where it can now reside...permanently if you desire.

Allow yourself to notice how good it feels to smile...or even laugh...as you release the stress with an instant mood shift.

Instant Eye-Roll Relaxation:

Look straight up, as if you're looking through a window in your forehead.

When you feel the tug on your eye muscles, continue looking up and at the same time, slowly close your eyelids down.

Take a deep breath, and then relax your eye muscles as you exhale.

Take another deep breath, and relax all the muscles in your body as you exhale.

Notice the relaxation...as you open your eyelids as slowly as you can.

Color Game:

Look around the room and notice everything that you can notice that is blue. Just blue. Find as much blue as you can find as quickly as you can find it. Good!

Now, just red. Find the red.

Now, just green...

Great!

Where did you find the blue?

And when you started looking for red, what happened to the blue?

(Apply as necessary to focused attention, goal orientation, negative and positive hallucination...etc.)

Metaphoric Skills Builder: (Adapted from Dr. Will Horton's Animal Smash)

Think of a quality you want.

Now, think of an animal that represents that quality. (Any animal-even mythical. Any quality -patience, stamina, humor, courage, etc.)

Bring our arms up shoulder high – hands in front of you with palms up. (Eyes open or closed – your choice)

Imagine that animal in one hand. It has all the attributes you want...natural skills...God-given/nature-made.

Imagine that animal in action using all of those skills. Make it as real as you can...using all of your senses.

Imagine you in the other hand. Notice all of your God-given/nature-made skills. Make them big and bright and colorful and be in touch with those skills in all of your senses.

Look at the animal...look at yourself. Come up with a word that signifies success to you. (Power, strength, charm...whatever)

In a moment, bend your knees...rub your hands together so the skills meld and jump up shouting your word as you extend your arms in a 'V' to open the possibilities to the universe.

Do it 3 times. Model the excellence and skills of your chosen animals...meld them with your natural abilities...

And realize...you have everything you need for success.