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**Language Patterns / Embedded Commands**

1. **I’m wondering if**…

I’m wondering if you will, right now, while you are in this workshop, *discover the unlimited use of embedded commands* because when you get home, you’ll want to *use them immediately*.  I’m wondering if you can *imagine being totally smoke free* and *realize the good feelings* *it will give you*?

**\*\*\***I never told you to do anything…. I’m just wondering!

2.  **You probably already know**….

You probably already know that most people who *experience hypnosis* are helped by it. On a deep level, you probably already know how natural and useful indirect communication can be.

**\*\*\***The presumption is that it’s true since you probably already know it anyway.

3.  **Can you imagine**….

Can you imagine what you will do with all the money *you save by being smoke free*? Can you imagine now the power of just this one language pattern to *expand your success* after practicing it and *using it regularly*?

**\*\*\***You probably already know that people are more likely to do what they are familiar with and imagining something is a great way to create familiarity.

4.  **A person might, (person’s name)**----**One can, (person’s name)**

A person might, Susan, *enjoy the thrill* (personal trance word) *of being at your ideal weight.* One can, Frank, *find some good reasons that would make being hypnotized useful*. A person might, Rita, use this time to *relax completely*.  One can, Alfred, imagine the growth potential of automatically *speaking with ease in front of a group.*

**\*\*\***The presupposition is that it’s true because “a person can/one might“ and the conscious mind is much less likely to resist.  Adding the person’s name then makes the suggestion much more powerful and the embedded command much more personal.

5.  **You can \_\_\_\_\_\_\_\_\_\_\_\_, can you not?**

You can *appreciate the benefits of regular exercise* to reach your goal, can you not? You can find lots of reasons to *shift your awareness to your breathing*, can you not?  You can *begin now to smile with understanding* at the power of these language patterns, can you not?

**\*\*\***Can you not is a great way to end a statement.  It turns the statement/embedded command into a question and makes it less threatening. And it makes it so confusing to try to disagree with.

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