

NOTE: At this point the hypnotist would use suggestion to reinforce the agreements made during the session with the client. e.g. if the problem is smoking, the language in the smoking agreement would be repeated and emphasized at this time ... After this is done, **TEACH THE FIRST STEP IN SELF-HYPNOSIS.**

When awakening the following language should be used to achieve time distortion (use in 1st session with client only) ... In a moment I'm going to count from 1 to 5. At the count of 5, you'll open your eyes feeling wonderful in every way **AS A RESULT OF THESE FEW BRIEF MOMENTS OF HYPNOSIS ... ITS AMAZING WHAT A FEW BRIEF MOMENTS OF HYPNOSIS WILL DO ...** Then count to five and awaken client and as soon as there eyes open, **ASK—HOW LONG DO YOU THINK YOU'VE BEEN SITTING THERE WITH YOUR EYES CLOSED? —5 minutes or less?, 10 minutes or less?**

Then complete this exercise by asking the client to give you feedback as to whether they experienced signs of numbness, tingling ... lightness or heaviness ... a need to swallow ... eyelids flickering ... or any kind of sensory distortion. Also ask where their favorite place was. All of this information can be used in subsequent sessions when developing helpful imagery for your clients.