

## INDUCTION PROCESS

1 The set-up : **Confirm Compliance** (Just move here, stand there – etc)

**Attain Contract** ( do you want to go into Hypnosis now?)

**Explain process** (Now in a moment I am going to SNAP my fingers and your eyes will SNAP shut and you will go into a nice deep state of Hypnosis – as an example)

2. The 'shock' to induction

3. Take charge of the process

( roll their head, move their shoulders – KEEP TALKING – now you are going deeper as I talk and move your head...that's it...wonderful.. deeper as I pick up and drop your hand....that's it...wonderful...and every breath you take takes you deeper into a wonderful state of trance and hypnosis – for example)