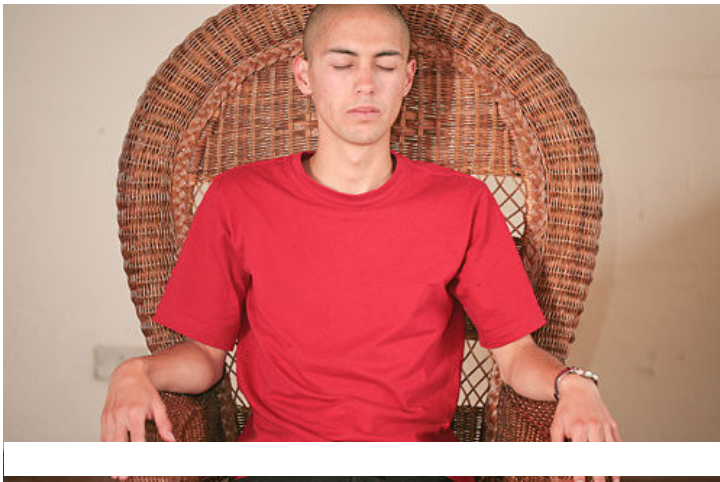


How to Perform Self Hypnosis

Self-Hypnosis is a naturally occurring state of mind which can be defined as a heightened state of focused concentration (trance), with the willingness to follow instructions (suggestibility).

Steps

- 1 **Go to a quiet room and sit in any comfortable chair, couch, or bed.** Although some people prefer to lie down, you are more susceptible to sleep than when sitting up. Whether you sit or lie, ensure you do not cross your legs or any part of your body. You may be in this position for a while and this could end up being uncomfortable.

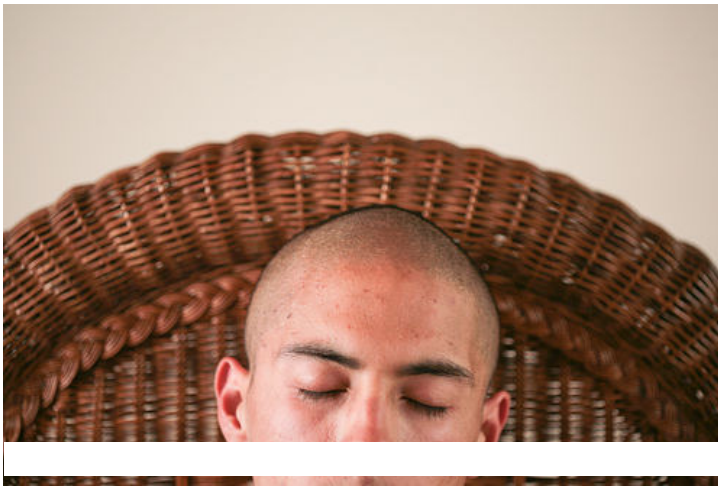


- 2 **Make sure you are not going to be disturbed for at least half an hour.**



- 3 **Close your eyes and work to rid your mind of any feelings of fear, stress, or anxiety.** When you begin, you might find it difficult not to think. You may find that thoughts keep intruding. When this happens, don't try to force the thoughts out. Observe them impartially,

and then let them slip away. See [How to Meditate](#) for more help with this step.



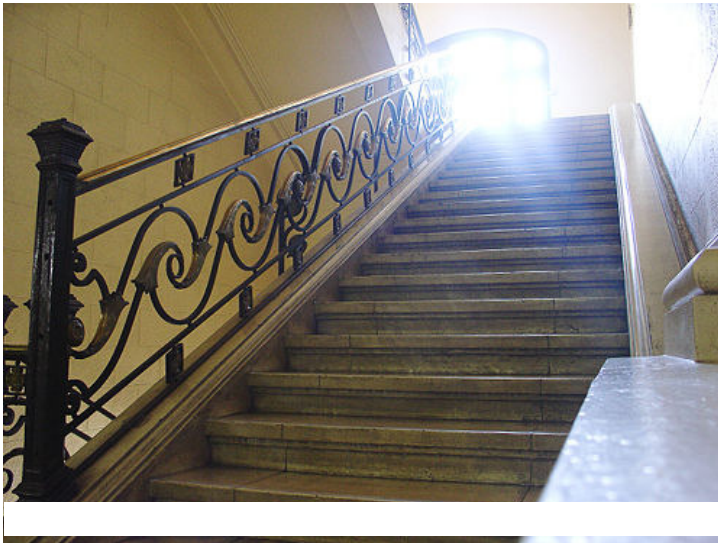
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- 4 **Recognize the tension in your body.** Beginning with your toes, imagine the tension slowly falling away from your body and vanishing. Imagine it freeing each body part one at a time starting with your toes and working its way up your body. Visualize each part of your body becoming lighter and lighter as the tension is removed. **Relax** your toes, then your feet. Continue with your calves, thighs, hips, stomach and so on, until you've relaxed each portion, including your face and head. Using imagery techniques of something you find comforting or soothing, such as water (feel the water rushing over your feet and ankles, cleansing them of tension) can be effective as well.



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- 5 **Take slow, deep breaths.** When you exhale, see the tension and negativity leaving in a dark cloud. As you inhale, see the air returning as a bright force filled with life and energy.



- 6 **Appreciate the fact that you are now extremely relaxed.** Imagine you are at the top of a flight of 10 stairs which at the fifth step start to submerge into water. Picture every detail of this scene from the top to the bottom. Tell yourself that you are going to descend the stairs, counting each step down, starting at 10. Picture each number in your mind. Imagine that each number you count is further down and one step closer to the bottom. After each number, you will feel yourself drifting further and further into deep relaxation. As you take each step, imagine the feel of the step under your feet. Once you are at the fifth step imagine and truly feel the refreshing coolness of the water and tell yourself that you are stepping into an oasis of purity and cleanliness. As you begin to descend the last five steps, start to feel the water getting higher and higher up your body. You should now start to feel somewhat numb and your heart will start to race a bit, but notice it and let any qualms about the situation just drift away into the water.



- 7 **At this point at the bottom of the water you shouldn't really feel anything, just a floating sensation.** You may even feel like you're spinning. Once you have achieved this state you should proceed to address your problems and decide upon what it is you want from where you are. (Note: if you do not feel as stated above, try again, slower with a will to grasp what is happening.) Now start to narrate what you are doing, speak in the present and future tense quietly to yourself, or as if you are reading it from a page. Start to picture three boxes under the water that you have to swim to get to. Once you have found the boxes open them slowly one at a time and narrate to yourself what is happening when you open the box. For example 'As I open the box I feel a radiant light engulf me, I feel it becoming a part of me, this light is my new found confidence that I can never lose as it is now a part of me' and then proceed on to the next box. You should avoid using statements with negative connotation such as "I don't want to be tired and irritable." Instead, say, "I am becoming calm and relaxed." Examples of positive statements "I am strong and slender," "I am successful and positive," and, if you have pain, "My back is beginning to feel wonderful." (See Warning on pain.)

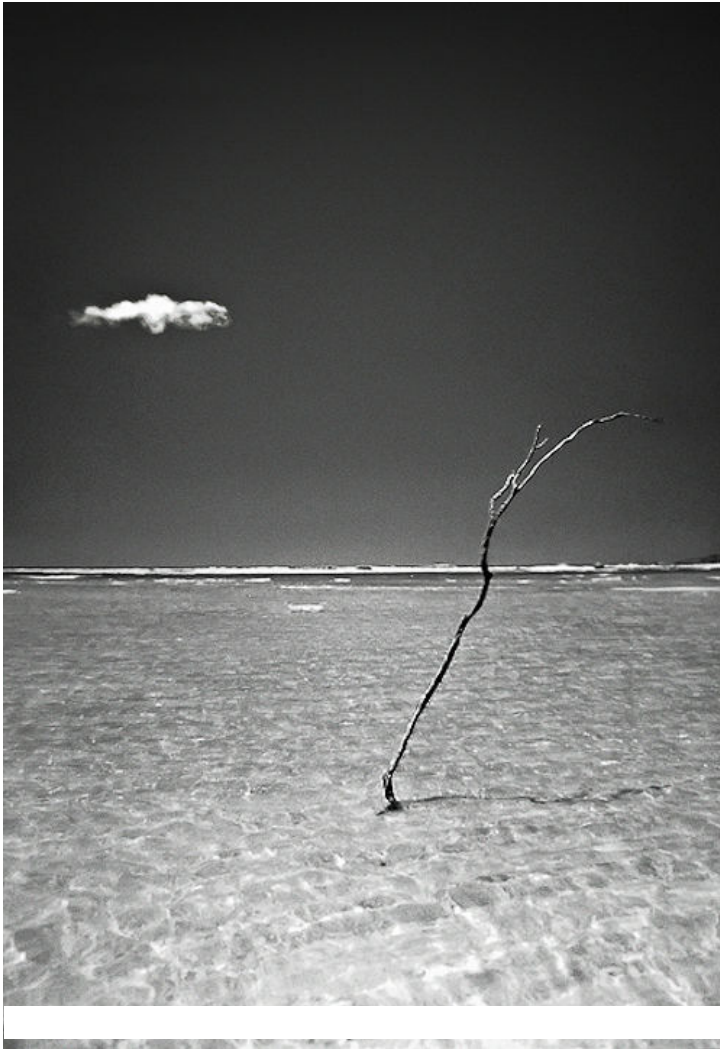


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- 8 **Repeat your statement(s) to yourself as many times as you wish. 2 or 3 times should be enough**

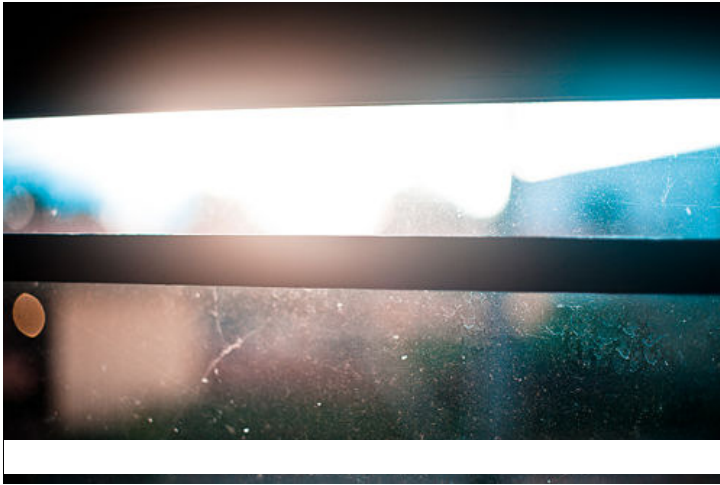


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- 9 **Once you are satisfied with what you have done and embraced, swim back to the stairs and feel with each step you take the water becoming lower and lower until you**

have once again reached that fifth step. Once you are out of the water and are on the sixth step you may start to feel heavy or as if there is a weight on your chest. Merely wait on the step until this passes, constantly repeating your aforementioned statements. Once it passes continue up the stairs visualizing each step by its number, feeling the steps underneath you, will yourself to carry on up the stairs.



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- 10 **Once you have ascended, give yourself a few moments before opening your eyes.** You may want to visualise yourself opening a door to the outside world, do this slowly and imagine the light that pours in through the door way, this should make your eyes open. Take your time getting up. Then out loud tell yourself "Wide awake, Wide awake" or something maybe that your mother used to say when she woke you up in the morning as a child. This will put your mind back in the conscious state.



Video

Tips

- Another way to *relax* your muscles is to physically tense and hold for ten seconds before releasing; you should feel as well as imagine the tension leaving.
- Have an idea of how you will present your suggestions to yourself before you lie down and are relaxed, otherwise it may interrupt your hypnotic state.
- If you can't sleep, after you count down from ten (or go down your staircase), allow your mind to remain in this pleasantly relaxed state and keep your eyes closed while you are lying down and you will sleep much easier.
- Some find that imagining yourself in a peaceful natural setting will *relax* your mind sufficiently before counting down. For instance, you may imagine yourself wandering through a forest, smelling the trees and hearing the wind. Alternatively, you could imagine yourself walking along the ocean shore and feel the grit of the sand beneath your feet, the cool water washing against your ankles and sounds of the surf.
- For those of you who like to *meditate* but can't sit still long enough, just use this as a form of meditation but insert a period of time in between counting down from ten and counting back up to ten.

- If you are struggling, try visiting a hypnotherapist or buying a recording in order to experience hypnosis. When you have experienced it once or twice you will better know the state of mind you are aiming to achieve.
- Writing out your suggestions before induction can be very effective, as a visual list of what you choose to work on can sometimes be more easily remembered than even carefully assembled thoughts.
- It often helps to go to a professional, licensed hypnotherapist for a session first, to see what it feels like.

Warnings

- Hypnosis does not always work immediately; you may need to repeat it often (e.g. every day for a month or more) to see the benefits. You will need to "train" yourself with lots of practice.
- Be careful when rising if you've been lying down. Getting up too quickly could cause your blood pressure to plummet, and you could easily become dizzy or pass out. (This has nothing to do with hypnosis, it is orthostatic hypotension.)

Things You'll Need

- A comfortable place to sit or lie down. Subdued lighting and the correct room temperature.
- A quiet environment where you will not be disturbed for at least half an hour.

Related wikiHows

- [How to Use Autosuggestion](#)
- [How to Hypnotize With Your Eyes](#)
- [How to Hypnotize Yourself Using the Best Me Technique](#)
- [How to Create a Self Hypnosis Recording](#)
- [How to Meditate](#)
- [How to Hypnotize Someone](#)
- [How to Find a Hypnotherapist](#)
- [How to Do Nothing](#)
- [How to Become a Taoist](#)
- [How to Use Sound for Therapy](#)
- [How to Improve Your Memory With Hypnosis](#)
- [How to Learn Self Hypnosis for Exam Nerves and Study](#)