Welcome to Week 7

Learning effective imagination and positive imagery

You may imagine that hypnotherapy is very difficult or takes years to learn to do. Although there are some very skilled techniques, there is a lot you can do for yourself. It is just a little bit of practise.

We have talked before about how imagining things can help you make serious changes to your behaviour and your life.

Like most things, some practise will make you better at these imaginings and there are some things you can do to make the process more effective.

**Choose what you imagine**

First, what are you going to imagine? It doesn’t have to be true, but it does have to be something which you want.

Always make your suggestions positive. Choose to imagine doing something, not “not doing” something. Here is an example which will show you why. Say you want to give up smoking, imagine yourself not smoking; I bet you are thinking of a cigarette. Now imagine yourself feeling fresh air in your lungs, clean clothes, tasting food – fill your mind with all these good things; I bet you haven’t thought of that cigarette nearly so much.

**Keep positive**

So think about what you want and every time you find yourself saying I want not to feel (anxious, stressed, nervous,) replace that with a positive word: I want to feel (calm, relaxed, confident). Write the words down if you want.

Now put those words into phrases, and repeat them. Do this several times a day for some time. Repetition works. Think about how advertising works, no one is seduced into buying something on one viewing. It takes time to seep into the subconscious. It’s the same with your positive suggestions.

**Picture it**

Pictures work so use them. Again think about advertising; the images, the colours, the logos, the happy attractive people, it all adds up to something which influences us at a profound level. So begin to build up your pictures. If you are making a positive picture of yourself then pay attention to everything you want to be and imagine you are creating that ideal – do this in as much detail as you can and make it clear.

Now use sound. Add positive sounds to your image. This might be yourself speaking in a clear firm voice. Or imagine someone you really admire praising you for achieving what you want. Again remember that repetition works. So bring you picture to mind as often as you can every day.



Good habits of thinking can make your day

I hope, if you have been following my posts that you are trying out some of the techniques and feeling calmer and more confident.

Remember you can always come and see me and if you are a long way away I might be able to ‘see’ you over Skype.

But if you are doing fine then let’s keep going . . .

Now you have been practising your suggestions you may looking at the world in a new way. You may even find yourself thinking of all sorts of things you can be doing to help yourself.

**Enjoy yourself**

You may just enjoy the experience. And that is fine, it is good to just take time for yourself and you probably find the process quite relaxing. So if that is enough for you then just keep doing it. You will feel more relaxed, your blood pressure may be lower, you are likely to sleep better and you will be less likely to turn to unhealthy foods or addictive substances to mask painful feelings.

So that’s all good. But this experience may also have made you realise how rarely you take time for yourself and reflect on what you do and what you might like to do differently.

**Define goals**

But if you have definite goals in mind and things which you would like to change then it can be better to have a more definite plan.

So begin by setting a goal for yourself. Pick one thing at a time which you would like to work on and change.

**Create a routine**

Then create a habit. The mind likes habits and it’s good if you work with this. Good habits will make it easier to stick to your plan. So pick the same time every day to work on yourself. It doesn’t have to be long, 20 minutes should do it, but make sure you are not going to be disturbed in that time.

Write down what goals you want to achieve. Make them realistic and achievable and set a timescale in which to achieve them.

**Notice changes**

As you go about your daily life notice any changes which are happening. Write them down so you can track your progress. Reward yourself as you get nearer to your goal.

When you have reached one goal then move on to another.