

## Lesson Six

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### **Anchoring for Accelerated Recovery**

Welcome to Lesson six, "Anchoring for Accelerated Recovery". This chapter explores anchoring techniques in hypnosis, linking positive emotions to specific stimuli. It highlights the importance of these anchors in severing negative associations with past challenges and demonstrates exercises using tactile, auditory, visual, and kinesthetic cues to access desired emotional states for personal transformation.

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#### **6.1 Why Anchoring Positive Resources Matters in Hypnosis for Personal Transformation**

Our attention is incredibly versatile, capable of projecting forward into the future or firmly latching onto the past. This ability grants us the power to connect with either positive or negative associations, shaping our experiences accordingly. However, this freedom within our attention is a double-edged sword, it can serve as an incredible asset or become a burden.

In the realm of hypnotism, you, as a practitioner, hold a unique ability to instill positive expectations in your clients. Central to this is the act of anchoring them to moments when they felt exceptionally positive. This crucial step aims to sever the negative ties linked to their past challenges.

Let's explore the concept of establishing positive resource anchors for clients, an endeavor designed to enhance their overall well-being. We'll delve into various anchor types—tactile, auditory, visual, and kinesthetic each presenting distinct pathways for transformation and personal growth.

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#### **6.2 What is Anchoring: Understanding Emotional Triggers and Responses**

Anchoring, in psychological terms, refers to the process of associating a specific stimulus (such as a touch, sound, word, image, or feeling) with a particular emotional state or mental state. This association becomes so linked that experiencing the stimulus can evoke or rekindle the associated state.

Imagine a moment when you felt exceptionally confident and successful. Anchoring involves deliberately connecting that feeling of confidence with a specific action, like touching your

thumb and forefinger together or hearing a particular word. Over time, repeating this action or encountering the stimulus can trigger that feeling of confidence again.

In therapeutic practices like hypnosis, anchoring is used to intentionally create connections between positive emotions or mindsets and specific triggers. For instance, a hypnotist might associate a sense of calmness with a gentle touch on the shoulder during a session. Later, applying that touch might help the individual relax or feel calm outside of the session.

Anchoring allows individuals to access desired emotional or mental states at will by linking them to chosen triggers. It's a technique used to empower individuals to manage their emotions, behaviors, and responses effectively.

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### 6.3 Creating Confidence: A Simple Anchoring Exercise with touch

Hypnotist: "Imagine a time when you felt really confident. Can you see it in your mind?"

Client: "Yes."

Hypnotist: "Good! Now, choose a hand signal that feels strong, like pressing your fingers together. What gesture feels powerful to you?"

Client: *chooses pressing fingers together*

Hypnotist: "Excellent! Now, as you remember that confident moment, do the hand signal. Feel that confidence growing. Whenever you do this hand signal or see it, you'll feel strong and confident again."

Client: *agrees*

Hypnotist: "Open your eyes, and remember, whenever you use this hand signal, that confident feeling will come back."

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#### 6.3.1 Finding Peace: An Anchoring Exercise with Words

Hypnotist: "Think of a time when you felt really calm and relaxed. Can you recall that moment?"

Client: "Yes."

Hypnotist: "Great! Now, choose a word that brings back that calm feeling, something simple and positive. What word feels peaceful to you?"

Client: *chooses "Serenity"*

Hypnotist: "Wonderful choice! Now, as you think about that calm moment, repeat the word 'Serenity' in your mind. Let that word sink in and connect it strongly with that peaceful feeling."

Client: *repeats the word mentally*

Hypnotist: "Whenever you say or think this word 'Serenity', that calm feeling will return, like a switch for your peace of mind."

Client: *agrees*

Hypnotist: "Now, when you open your eyes, remember that saying or thinking 'Serenity' will bring back that tranquil feeling."

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### 6.3.2 Calming Colors: Anchoring Tranquility with Colour

Hypnotist: "Imagine a color that represents calmness and tranquility for you. Can you picture that color?"

Client: "Yes."

Hypnotist: "Good! Now, choose that color in your mind. What color feels soothing and peaceful to you?"

Client: *chooses "Sky Blue"*

Hypnotist: "Excellent choice! As you visualize that calming sky blue, let it fill your mind. Associate this color strongly with feelings of peace and tranquility."

Client: *imagines the color*

Hypnotist: "Whenever you focus on or visualize this sky blue color, it will bring back those feelings of calmness, like a window to your peaceful state."

Client: *agrees*

Hypnotist: "Now, as you open your eyes, remember that thinking about or seeing this sky blue color will bring back that tranquil feeling."

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### 6.3.3 Embracing Relaxation: Anchoring Comfort with Taste

Hypnotist: "Think about a taste that makes you feel comforted and at ease. Can you imagine a taste that brings about those feelings?"

Client: "Yes."

Hypnotist: "Great! Now, choose that taste in your mind. What taste feels soothing and comforting to you?"

Client: *chooses "Warm Vanilla"*

Hypnotist: "Fantastic choice! As you think about that warm vanilla taste, let it linger on your palate. Connect this taste strongly with feelings of comfort and relaxation."

Client: *imagines the taste*

Hypnotist: "Whenever you experience or even think about this warm vanilla taste, it will bring back those feelings of comfort, like a soothing embrace."

Client: *agrees*

Hypnotist: "Now, as you open your eyes, remember that savoring or imagining this warm vanilla taste will bring back that sense of relaxation."

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### 6.3.4 Anchoring Technique for Trained Mental Health Pros

Hypnotist: "Think of an image that symbolizes understanding and overcoming anxiety. Can you picture an image that embodies that idea?"

Client: "Yes."

Hypnotist: "Great! Now, choose that image in your mind. What image feels like it represents learning about anxiety and overcoming it?"

Client: *chooses "a Puzzle Piece"*

Hypnotist: "Wonderful choice! As you visualize that puzzle piece, feel its significance in understanding anxiety and finding solutions. Associate this image strongly with the idea that every time you learn something new about anxiety, you're moving closer to overcoming it."

Client: *imagines the puzzle piece*

Hypnotist: "Whenever you encounter or visualize this puzzle piece, it will remind you that learning about anxiety is a key step toward recovery and overcoming its challenges."

Client: *agrees*

Hypnotist: "Now, as you open your eyes, remember that seeing or thinking about this puzzle piece will reinforce your journey towards understanding and conquering anxiety through learning."

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## Example Hypnosis Script

### Induction

Truism 1: "Most people experience a sense of calmness as they breathe in and out, effortlessly establishing a peaceful rhythm."

Truism 2: "Closing your eyes can allow you to go deeper within yourself, something you already know."

Truism 3: "Some people find that the act of breathing can create a sense of peace."

Suggestion: "Let your body grow with each breath, akin to a gentle wave of tranquility - perfect."

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Truism 1: "Sooner or later, your chest will rise and then fall, a common experience in breathing."

Truism 2: "It's a common experience to inhale and then exhale, something you already know how to do effortlessly."

Truism 3: "You already know there's an opportunity to embrace this comforting feeling."

Suggestion: "As you embrace this optimal relaxation and balance."

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Truism 1: "Many individuals notice their body sensations as they sink into a chair, experiencing a merge of comfort and relaxation."

Truism 2: "Everyone knows that sinking into the chair can contribute to a sense of tranquility."

Truism 3: "Most people have experienced how relaxing into the chair becomes a natural and comforting experience, deepening the sense of ease and comfort."

Suggestion: "As you sink into the chair, notice the merging sensations, allowing this comforting experience to guide you further into relaxation and ease."

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Truism 1: "Many find the air's purity refreshing, offering a sensation almost akin to tasting serenity."

Truism 2: "Everyone knows that the freshness of the air contributes to a unique feeling of tranquility and calmness."

Truism 3: "Most of us feel that feeling the freshness of the air connects us with the environment, enhancing the overall sense of relaxation."

Suggestion: "Let the freshness of the air permeate your senses, as if you can taste tranquility in each breath, contributing to a deeper sense of relaxation and well-being."

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### Dissociation

As you sink deeper into relaxation, consider envisioning your body feeling weightless, almost separate from your awareness. Sense how effortlessly it could float away. Perhaps you can imagine your body becoming as light as a feather, gently drifting from your conscious focus while your mind remains calm and detached.

Many people find joy in visualizing their awareness as a separate entity, observing their thoughts and experiences from a distance, offering a new and liberated perspective they create for themselves.

Expanding your consciousness allows you to hover above, observing thoughts and feelings as they unfold without direct involvement.

Doesn't it feel fabulous?

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### **Problem - Reframe**

Maybe in the past you have been stressed, uptight or felt you could have handled situations differently...

Hey, we've all had those moments where things felt super stressful, or we wished we handled stuff differently, right? But guess what? You're not alone in having felty that way. You gave it your best, so cut yourself some slack, okay?

Now, I'm gonna tell you a story. At first, you might wonder why I'm even sharing it, but trust me, your brain's gonna work its magic with these tales and do something cool for you later on. Just wait and see!

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### **Anchor**

But first Imagine for a moment a color that represents calmness and tranquility for you. Can you picture that color? Good! Now, choose that color in your mind. What color feels soothing and peaceful to you?" Excellent choice! As you visualize this calming color, let it fill your mind. Associate this color strongly with feelings of peace and tranquility.