



6 Steps to Let Go Of Emotional Pain Using Self-Hypnosis

7 Steps to Use Self-Hypnosis to Desensitize

Step One:

Enter a receptive state of mind:

Take several nice deep breaths, and as you let it out, imagine relaxing your body and softening your muscles. Engage in the moment, focus on your breathing, get really comfortable, and let your body kind of begin to melt and float down and relax.

Be an observer of your own experience and just feel everything letting go, absolutely nothing for you to do, just relax. Enjoy the stillness and allow your body to be properly, deeply still. Go inside your mind and just observe what is happening inside you while you are relaxing.

Ideally, go get my book, *The Secrets of Self-Hypnosis*, and learn how to develop a good level of trance for yourself. Otherwise, use whatever form of meditation or relaxation that is right for you. Then, when you are ready and inwardly focused, proceed to Step Two.

Step Two

You'll have heard of this... Now start to imagine that you are tensing various muscle groups in turn... Don't actually tense them. Just imagine that you are tensing them. Of course, if you really imagine that you are clenching your fist tightly, for example, you may find your hand muscles tense a little as a result. That's fine. Imagining the feelings of tension first makes it easier for you to then relax the muscles more deeply than usual, and that's just what you're going to do now. After the tension, go ahead and actually relax each muscle group as deeply as you possibly can, if possible, beyond your usual levels of relaxation.

Begin by imagining that every muscle in your body is becoming tense and rigid... Really keep that feeling of tension in mind for a few seconds. Imagine all the muscles are growing more rigid. Then very slowly, relax the body as much as possible.

Work your awareness through your legs, your arms and the remainder of your body -- especially make sure you relax your shoulders deeply, your forehead and tiniest of facial muscles using this process, just imagining that you are tensing them, then relaxing them massively.

Imagine for a few seconds you are tensing each of the muscles, then, very slowly, relax the muscles as much as you can... You might want to imagine relaxing colors spreading through the muscles; you may want to repeat the words 'relax', or 'soften' to yourself as each muscle eases further...

End up imagining your eyelids are being squeezed tightly shut and relax them, knowing that the entire body is really deeply relaxed. Keep your attention on what you are doing, not allowing yourself to wander from the process. Your relaxation needs to be mindful in order for this to be most beneficial.

Now imagine that even your breathing is becoming more and more relaxed... Relax your body so deeply that your breathing changes all by itself. When the body is relaxed, it uses less energy, so the breath becomes more shallow and gentle. Let your breathing gently take you deeper into the relaxation and continue with this until you feel relaxed enough to take the next step in the process.

Step Three

Now, before we progress to the main crux of this process, scan through your entire body. If you notice any last tiny traces of tension whatsoever, just imagine the feeling turning into a cloud of colored mist or something similar that appeals to you. Maybe you can just imagine it all relaxing away, melting into nothingness.

So this is just really letting go of any last remnants of anything unwanted and leaving you really ready to crack on with the next step.

Step Four

So now just imagine the scene you thought about prior to starting with this session, that used to make you feel anxious in some way. While you think of it, do just remain nicely and enjoyably relaxed. Think of relaxation, imagine relaxation, focus on letting go more deeply... As you relax, you are neutralizing any tension or discomfort that you used to associate with that old stimulus, instead allowing those peaceful feelings spread into your life and into future situations. Really get that lodged into your mind as you relax and think of that situation at the same time.

Do really imagine that you are in that scene right now... See it through your own eyes, as if it is actually happening right now... Make it seem real... All the time remaining wonderfully relaxed. Really believe you are there right now, facing those things, being in that place, hearing those sounds... and continue to let go and relax deeply.

Now fade that scene completely for a few moments. Continue to relax... Calm your mind and smile to yourself inside.

As we did right at the very beginning, just before Step One, on a scale of 1-10, what was your level of discomfort as you imagined that scene just now?

Tell yourself that number and when you know it, move on to the next step.

Step Five

At this stage, deepen your relaxation. Maybe count your breaths from 10 down to 1 and saying the word 'soften' again as you drift deeper, or maybe imagine walking down some stairs, or imagining all your muscles relaxing again.

So that now, imagine the very same scene again and as you do imagine that, concentrate and focus on remaining beautifully relaxed and at ease. Run through the scene in your mind, the scene that used to make you feel anxious. As you continue to relax, really imagine that you are in that scene right now, as if it is really happening, and continue to let go and relax completely.

Then give yourself a score of 1-10 to rate your discomfort again. Ideally, repeat this process over and over until you reach zero, and even persist with it after you have reached zero.

Step Six

So up until now, you have been facing your fears or anxiety stimulus and overcoming them by simply relaxing, that is it!

You can always remember how to do that, can't you? I think it is underrated and under used by therapists thinking that things need to be more complex than this.

The more you do this and practice it, the better and better you'll be at relaxing your fears and anxieties away... You'll find that you begin to feel more relaxed and confident in a wider and wider variety of different and related situations in your life.

Great, eh?

Step Seven

So when you are ready and calm, begin to get a sense of your body again, take a deep relaxing breath, and just let it radiate through you. Let your mind be open to well-being, balance, and harmony.

Then go ahead and wiggle your toes and fingers, open your eyes, tune in to your surroundings. Nice and simple, eh?

Tell yourself what you learned from doing this and think of some action you can take today to prove that you are making a progressive change. Go on, go do that...