

## Self-Induction Reverse Counting

This is a good induction for nervous subjects. You can say to them; I'm not even going to try to hypnotise you, you can use your own intelligence to do that.

If you want to do it that way I can easily show you how, as long as you're prepared to follow my instructions, and do exactly as I ask you to do? Wait for the subject's agreement and say –

OK Now just close your eyes. Take a deep breath in – flow it all through your body and hold it (about 4 seconds) now let it go. That's right. Now breathe in another deep relaxation and flow it all through your body and hold it (about 4 seconds) now let it go.

Now the muscles of your voice will work quite fine and soon I am going to click my fingers. When I do I want you to say the words – 100 Deeper and Deeper Asleep – out loud, while keeping your eyes closed and then I want you to double your relaxation and only when you've doubled your relaxation then say the words – Ninety-nine deeper and deeper asleep - and then double your relaxation and say - 98 deeper and deeper asleep, and so on and so forth. Just keep going but don't strain your voice to talk and don't go down to the next number until you have doubled your relaxation.

So are you ready to begin (wait for yes and say start now with 100 deeper and deeper asleep.

If the subject is obviously going too fast, then say – **Slow Down** – I asked you not to go down to the next number before you had doubled your relaxation.

Most people only make it to about 80 if it is done correctly. Once the voice stops or becomes barely audible then say, you're doing perfectly now follow my count deeper from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 then go straight to a Progressive Muscle Relaxation.