The Hypnotic Checklist: 10 Instant Hypnosis Techniques for Everyday Use

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# 1: Deepen Your Voice

Changing the tone of your voice while speaking to your subject can induce instant hypnotic induction. Gradually deepening your voice until it slowly envelopes your subject like a fragrant perfume will raise your level of authority over the conversation.

# 2: Smile & Speak

Smiling is the most disarming of facial expressions and automatically triggers a mirroring response in another person. When you smile, your subject (the other person) can’t help but smile, too. When you’re both smiling, marked differences are temporarily erased in favor of the present similarity between two individuals.

# 3: Sustained Eye Contact

Sustained eye contact can perform different functions depending on the situation. If you’ve just met someone for the first time, eye contact expresses trust and warmth.

If the other person is objecting to what you’re saying, eye contact can trigger self-reflective questions such as “am I really right?” which can help loosen resistance and improve harmony in a dialogue.

# 4: Energy Control

Did you know that you can control the energy in a conversation by using your arms and hands?

When you raise your arms above your chest, you’re actively increasing the energy level in the conversation. This is ideal if the conversation seems to be taking a turn for the worse because you’re not connecting well with your subject.
If you want to raise the energy level just a little bit, gesture with your hands near the level of the heart. This will keep the energy level in the dialogue from waning.

And finally, if there is too much energy and your subject is having trouble focusing on what you’re trying to say, you can gesture downward to express calmness. The effects of these hand and arm gestures are immediate!

# 5: “Can You Imagine...”

Inviting your subject to imagine something for you puts him in an inescapable hypnotic trance.

You can supercharge the hypnotic trance by stimulating your subject’s other senses such as his sense of smell, taste and touch. A person can get lost rather easily in an immersive visualization, which you can trigger with a simple “can you imagine this for me?”

# 6: The Power of “And”

The linking word “and” has a special place in instant hypnosis because of its power to induce hypnosis while erasing resistance.

Use this word to introduce a completely different concept without triggering objections, like “I know you’re playing video games and because of that, you’ll help me clean the house later right?”

# 7: Yes Chain

If you need someone to agree with a potentially difficult proposition, get him to say yes to something, anything and slowly mold your statements until he says yes to your main proposal. This works because once we start agreeing with someone, we want to commit to our decision. This is subconscious hypnosis at its best!
# 8: Shifting Frames

Every idea is “framed” by the mind. Now imagine creating a completely different frame and shifting your subject’s own frame so you can give him yours.

This is called re-framing and you can accomplish this by using elements of your subject’s logic and ideas to form a more beneficial idea, belief or opinion.

# 9: Acknowledge Everything

The fastest way to get someone to focus on your message is by agreeing... Only you won’t be agreeing to your subject’s idea, but you will simply acknowledge it, as in “I agree that I heard that and I think this new technique will help you become even more amazing.”

# 10: Vague Language

The use of vague or ambiguous language is a classic “instant hypnosis” technique that forces the subject’s imagination to invent blocks of information to make the message whole.

Statements such as “the progress you seek can be found when you look hard enough at what is already in front of you” don’t make sense to the conscious mind and are therefore analyzed by the subconscious mind, which deepens the current hypnotic trance.
IMPORTANT:

Instant hypnosis techniques are extremely powerful and should only be used ethically and for the mutual benefit of all parties concerned.

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