



GAVIN BLACKMAN
HYPNOTHERAPY

Self Hypnosis and Control Room Of Your Mind

This handout briefly explains how to go into Self-Hypnosis and into the Control Room Of Your Mind that you can use as a reminder of the steps to take until you can access without using these notes.

Self Hypnosis

1. Find a place somewhere that you will not be disturbed for the duration of your self-hypnosis
2. You need to know that you will have sufficient time for however long you want to be in self-hypnosis for (as explained, the length of time in self-hypnosis can vary each time)
3. Once comfortable, you will take three slow breaths and as you breathe out on the third breath, you will close your eyes. You carry on focussing on your breathing as you breathe in calmness and breathe out tension
4. You will then imagine yourself at the top of a set of 10 stairs**; it is well lit and safe. There may be a handrail at the side of the stairs. You walk down the stairs at a pace suitable to you, going down one step at a time per out-breath
5. At the bottom of the stairs, you imagine you are in a safe and bright corridor. You notice a door to one side & on the door are the words: Favourite Place Of Relaxation (FPOR). You open the door and enter your FPOR** closing the door behind you
6. You spend whatever time you have allocated in your FPOR doing whatever it is you have gone there for and note:
 - a. Work on positive suggestions not negative ones eg not feel less anxious, rather feel more calm, not “I don’t want to smoke”, rather “I want to be a healthy, non-smoker”
 - b. Repetition is key and keep your suggestions few and simple
7. To re-alert yourself, you simply leave your FPOR, close the door behind you and go back to the foot of the stairs. You then go up the stairs at your own pace, one step at a time per in-breath
8. You tell yourself that with each step you are re-alerting more and more and that you will be fully alert and wide awake at the top of the stairs with all normal and healthy sensations returned to all of you and all of you back in the present
9. You get to the top of the stairs and open your eyes feeling relaxed and refreshed and you are fully re-alerted, and you are fully out of hypnosis.

*(**The set of stairs and your Favourite Place may be the same each time you go into self-hypnosis or they may change – it doesn’t matter).*

(PTO for “Control Room Of Your Mind – CROM)

Control Room Of Your Mind (CROM)

Reminder of what is the Control Room Of Your Mind (CROM)

Remember your CROM is the room in your Subconscious Mind that houses all the controls that make you who are today, who you have been in the past and most importantly, who you will be in the future. The controls manage all your: thoughts, feelings, habits, emotions, senses, beliefs, behaviours, morals, etc etc plus physical aspects of yourself.

The controls will appear to you in a way that is right and natural for you. For example the controls may be: old or new; large or small; noisy or quiet; shiny or dull etc etc....it doesn't matter....they are **your** controls housed in **your** CROM

Remember:

- You turn down any control that you want less of: eg anxiety and you turn up what you want more of eg calmness
- For anything that you turn down, you must always turn something up....and vice-versa

How to access the Control Room Of Your Mind (CROM)

1. If your FPOR is somewhere **INSIDE** > you simply imagine a door appearing somewhere nearby
2. You imagine making your way to the door and notice on the door are the words: "Control Room Of Your Mind" (CROM). You imagine opening the door and stepping into the CROM and then start working on your controls as explained above
3. When you have finished in the CROM > you simply exit via the door into which you entered the CROM > and go back into your FPOR
4. If your FPOR is somewhere **OUTSIDE** > you simply imagine yourself into the CROM eg transporting yourself there, floating into it, just imagining being there etc etc and then start working on your controls as explained above
5. When you have finished in the CROM > you simply exit by imagining yourself back into your FPOR eg transporting or floating back, just imagining being back etc.