

# HARNESS THE POWER OF YOUR MIND: HYPNOSIS 101

TRACI BLANK, MEDICAL SUPPORT CLINICAL HYPNOTHERAPIST  
TRACING YOUR PATH HYPNOTHERAPY, LLC

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## HOW DOES THE MIND ACTUALLY WORK?

- Hypnotherapy is knowing how your mind works, then utilizing that knowledge to take control of your mind & achieve your goals
- Your mind is like a computer, whatever it is programmed to do, it will do
  - Not logical, and not easily adaptable in the moment
- Neuroplasticity: your mind is changeable: we can reprogram it!
- Mind/Body connection: we can influence not just the mind, but the entire body
- 3 parts of your mind which work together
  - Conscious, subconscious, superconscious

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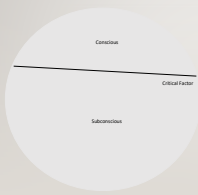
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## PARTS OF THE MIND



- Conscious: running monologue in our head that we are aware of throughout the day
  - Analysis, reasoning, will/volition, etc.
- Subconscious: everything else
  - Autonomic Nervous System (automatic functions of body), memories, imagination, emotions, programming, etc.
- Superconscious: problem solving intelligence
  - Science calls it 0-point field, religion calls it the soul
- Critical Factor: Separates conscious & subconscious, acts as our filtering system both for accessing subconscious & for how we see the world

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### OUR CRITICAL FACTOR INFLUENCES HOW WE SEE THE WORLD

- The Critical Factor develops between the ages of 7 & 11, after that time when a new thought comes in, the critical factor check the subconscious to see if this is "true" (if it fits with our subconscious beliefs)
  - If it does fit, it lets it in to reinforce those beliefs
  - If it does not fit, it kicks it back to the conscious mind for more analysis
- The Critical Factor influences how we see the world based on our programming
  - Projects our beliefs onto situations
  - Attracts people & situations into our lives which match our beliefs
  - Pipelines emotions to others to create environments that reflect our beliefs



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### WHERE DO OUR BELIEFS COME FROM?

- Beliefs or Programming (what we hold to be true) are held in the subconscious mind
- Results Model
  - Events → Beliefs → Emotions → Thoughts → Behaviors → Results
- After the critical factor forms, these ideas can only be changed by bypassing the critical factor, there are 5 ways this can happen
  1. Authority Figures
  2. Peer Groups
  3. Emotional Situations
  4. Repetition
  5. Altered State



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### TOOLS TO TRY

- Grounding exercises – take you out of the emotional element & ground you in the present reality
  - 5 senses
  - Objective Question
- Positive Affirmations – direct reversals of your subconscious programming
  - I'm person – I statements
  - Present tense (your mind has no sense of time)
  - Positive language – what you do want, not what you don't want (what picture is created)
- Anchoring – triggering an emotion intentionally through 1 of the 5 senses
- Diaphragmatic breathing
  - Deep breath in through your nose
  - Pause for a beat or two
  - Exhale slowly out your mouth
- Emotional Regulation
  - I like RULER out of Yale Positive Psych
  - Recognize, Understand, Label, Express, Reverse
- See a stop sign in your head for repetitive negatives, then reverse to a positive



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QUESTIONS?

- Traci Blank, CPC, CMS-CHt
- Tracing Your Path Hypnotherapy, LLC
- [www.TracingYourPath.com](http://www.TracingYourPath.com)
- [Traci@TracingYourPath.com](mailto:Traci@TracingYourPath.com)
- (732) 595-2370 call or text
- 50 Division St, Suite 501, Somerville, NJ 08876



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