Uncommon Hypnosis

Session 4 – Bonus Hypnotic Technique

Chunking

Principle: to identify the steps needed to achieve a specific outcome and enhance motivation.

1. Imagine very strongly (using hypnosis) that you have achieved your desired goal including other parts of your life that have changed as a result. Build up the positive aspects of the experience to help with motivation.

2. From this imagined future look back and ask yourself to ‘remember’ in great detail the steps you took to achieve your fantasy.

3. Write down every practical step taken.

4. List the steps in chronological order.

The key to this exercise is that it is done from the future looking back, therefore engaging the creative mind and suspending the self-criticism and fear that tends to inhibit achievement. This is a much more pleasant experience than the traditional approach to goal-setting, which can create the feeling of tasks ‘piling up’ on top of you!