



Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Gathering Information

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/age-regression/>

AGE REGRESSION

Gathering Information

JASON LINETT:

Into our next phase, let us now talk about gathering information, which in this phase we are now never leading the witness. We are now gathering information as the document here references. Again, never lead, only asking open-ended questions, and these are classically the only ones I need. What's happening now? What's happening next? Who is there with you? What's happening? Not what are they doing to you, but who is there with you and what is happening?

Again, my reasoning behind this questions is I'm looking for the false belief, the false expectation. What do you think is going to happen, followed by what happens next? "I thought he will never let me out of the room." What happens next? "He let me out of the room." Okay, good. Only after I have asked like three or four questions will I now ask the next one, which is in bold, first impression, "How old are you?" which this is gonna give me a mild marker. And my usual way of notating things, I will show you it's very simple.

"Day time or night time?" "Day time." "Inside or outside?" "Inside." "Alone or with someone?" "Alone." First impression describes the scene what is going on. "In my home, and I can't find my feel in the blanket, I am really nervous. I am running late for this meeting and I am getting really anxious that I can't find what is gonna happen." "What do you think is gonna happen?" "I think I will never find my wallet." "What happens next?" "I eventually find it."

Go back into that experience, be there inside of it. Now there you are looking for your wallet, "What's that feeling inside of you?" "Panic." How do you feel that panic? So I will be writing things like panic. I will be writing down really just enough so I can keep up with him. Wallet? Panic, where do you feel that panic in your body? "In my throat." As you focus, and I am always asking questions, feeding back whatever they have given me. As you focus on that panic in your body, feel that in your throat, now be there in that experience.

First impression, "How old are you?" "Fifteen." And what I'll do is I'll write the number 15 and do a circle. "Is that feeling familiar or new?" "Familiar." And I will just do a little notation of that. So that is my shorthand note taking of that. I simply do not have time to write down word for word everything that is going on, yet in the course of that session I can glance over and go, "Yeah, at the moment when you were inside looking for your wallet, feeling that panic in your throat, 15 years old."

And now I have got enough information to remind me of it. We haven't yet talked sub-modalities. To briefly introduce it, sub-modalities is an NLP of breaking down reality in the individual building blocks. The simplest way to explain it would be that you could ask 100 people how do they feel and they all 100 could say, "Anxious." Yet by asking, "How do you feel that anxious feeling in your body?" you could now get 100 different descriptors.

Now you have got some meat to work with, otherwise you just treating a word. "So how do you feel that anxious feeling in your body?" "It is this one thing in my throat." Sometimes they'll give you a mental form. "It is like someone is standing on my chest," which they have now given you a gift because all you have to do is through suggestion and imagery unravel the metaphor they have handed you. As you take this moment now, as you exhale, stepping off that weight, releasing that weight once and for all, noticing how much better you feel.

"It's like a hot feeling in my throat. Ooh, it's hot. What else can I do?" So in that cool feeling up there, neutralize that sensation. So I am looking for opportunities to fold in some sub-modality work into my age regression, describe that feeling. Where do you feel that the strongest? What does that feel like? That is a beautiful question, by the way. What does that feel like? The question of, "What does that feel like?" usually invites a metaphor. Jot it down. So we have now gathered information. Is it the ISE? Is it an SSE? We don't know yet, which is why this sub-header is just simply titled "Gather Information."