Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Opening Frames

VIDEO LINK:

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

AGE REGRESSION
Opening Frames

JASON LINETT:

At this point we are gonna start to branch into our conversation on age regression, which, again, age regression is a category. That you'll hear this polarizing conversation so often about, "Don't do it because you are dragging your clients through the mud. There's no value in revisiting the problems of the past," which the community that's projecting that is only talking about just a sliver of what age regression is capable of.

The whole success trigger that we've already covered is entirely an age regression process meant to be around drawing out resources, skills, all confident and successful moments. So, to polarize something is again the moment that you can't return the hammer to Home Depot and say, "This thing doesn't work. I need a new one." The tool is only as good as you put it into use, which I'd give you a little bit of a metaphor that I will very frequently make use of the regression to quote cause model, which may be a rather challenging moment, which we'll talk about what that means a little bit later.

Though my perception of it is, and this is actually language that I'll use with a client, that this experience we're gonna make use of today, that it's not so much that we are pulling out the magnifying glass and looking at the past and trying to understand what the problem was in the first place.

It's more so, rather than a magnifying glass, perhaps a bit like a slingshot because our goal is actually to pull back with the intention of letting go. And now we are gonna use that momentum to propel you into the outcomes of where you wanna be. So you don't have to live back here in these patterns anymore, and it's all about where you are going, which is why I give you the heads up ahead of time. We're about to branch into age regression. And inside of it though, I'm gonna be teaching seven or eight or nine individual strategies.

So even though you are hearing me using the subject header of age regression, I'm taking about affect-bridge-induced abreaction, followed by following that to cause, followed by verifying cause, ISE, followed by informed child technique to reeducate the moment, followed by integration of the change, followed by progression through any subsequent sensitizing events, followed by the integration of the insights and understandings and learnings now, followed by future progression to check our work, followed by continued direct suggestion to compound the change.

I counted nine, yet we are just calling it age regression. So it's how, again, realize that as you hear the subject header, they may be talking about different things. The way that I train this nowadays is that I'm going to walk you through several real case studies of clients who've been in my office. We'll do the case studies, we'll reiterate some terminology that we've already addressed, and then after that we'll go back through and begin to unpack the actual process.