



Work Smart Hypnosis

WITH JASON LINETT

HYPNOTIC WORKERS

AGE REGRESSION

Student Resources

VIDEO LINK:

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

AGE REGRESSION

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Age Regression

In somnambulism, a client can experience revivification. This is reliving of past events as opposed to remembering past events. Questions asked in the process will arrive immediately and automatically as opposed to with thought as they would be with conscious intervention.

Regression is done to uncover the cause of a client's issue or it can be done recreationally for entertainment or enlightenment purposes.

The role of a good hypnotist in this process is to "never lead the witness." Questions should be open ended in order to encourage the client to continue speaking, as opposed to making assumptions. For example, you'd ask "What happens next" as opposed to "What does he do to you?" There is a potential for the controversy of planting false memories, but by asking these open-ended questions, you'll only ever be collecting information like a good detective.

The process produces an empowering catharsis of emotion, building up what it's time to build up and releasing what it's time to release.

Note that we've previously discussed how to alleviate an abreaction. "The scene fades and you tend to your breathing." In this approach, the abreaction is sought out with purpose. **When we create it, we can control it.**

The process behind all age regression work is to:

- Find the cause
- Provide insight
- Run the scene again with better strategies in place
- Clean up any subsequent events
- Future pace to check your work

We'll discuss several regression techniques, though the focus will be affect bridge regression followed by informed child technique. This builds a gestalt or chair therapy process in which the client hallucinates talking to themselves at an earlier age. Regression works because you suggest it will happen. Achieve somnambulism and then set the framework that they can remember past events, whether they're holding onto it consciously or not.

Like many other practitioners, I don't tell the client we're about to do age regression. This invites conscious intervention. "Maybe it was this event..." Instead, I speak through metaphor. "Today's process is kind of like a slingshot. We're going to pull back through time only with the intention of letting go, and when we let go, that momentum is going to propel you in the direction you want things to be going now."

AFFECT BRIDGE

And now, your attention goes to a feeling inside yourself that you don't like. A feeling that has everything to do with why you came here today. That feeling you've tried ignoring, tried distracting, but today you are going to dissolve it away.

As I count from 1 onward, let that feeling come up as real and as powerful as it has ever been.

- 1... that feeling is beginning to rise within you
- 2... coming up more and more
- 3... coming up strongly now
- 4... becoming strong and as powerful as it has ever been
- 5... there it is, and it is a bridge to the past

Focus on that feeling, it is connected to every time in your life that you felt that way. It's like a bridge to every time you felt that way before. As a count from 5 to 1, notice how you can follow that feeling to an earlier time, and earlier situation in which you felt that feeling now.

- 5... following that feeling back
- 4... perhaps becoming younger, smaller
- 3... an earlier time, and earlier situation
- 2... connect with your eyes, ears, or body
- 1... be there now, as if it's happening all over again

ASSOCIATE INTO THE EXPERIENCE

First impression:

- Is it daytime or nighttime?
- Inside or outside?
- Alone or with someone?
- Describe the scene, what's going on?

GATHER INFORMATION

The most important thing here is to NEVER lead. Only ask open-ended questions:

What happens next?

Who is there with you? What's happening?

What do you think is going to happen? What happens next?

First impression, How old are you?

What's that feeling inside of you?

How do you feel that feeling inside of you?

Where is that feeling the strongest?

REMEMBERING vs. REVIVIFYING

If the client is speaking in past tense terms, they're not associated into the experience. Age regression is a stronger change process with more association, though depending on the practitioner's preferences, you may choose to shift to remembering regression rather than revivifying for traumatic events. I err on the side of "going through it to get out of it." The following tactics can help you shift to revivification.

- As I pick up this hand and drop it, step into your body now.
- See it through your own eyes, ears, and body.
- Rewind the scene, and this time, be there as if it's happening around you.

CONFIRM THE I.S.E.

As you focus on that feeling, is it familiar, or is it new?

Familiar: Good, as I count from 5 to 1, follow that feeling to an earlier time, an earlier situation in which you felt that way.

New: In a moment, I'm going to tap on your hand three times. At the third tap, you'll be there at the very first time you felt that way. Tap, tap, tap. Be there. First impression, etc.

HYPNOANALYSIS vs. HYPNOTHERAPY

In earlier models of regression, the doctor-hypnotist would have often emerged the client and provide insight as to why the problem was there in the first place. This was hypnoanalysis. In our modern applications of hypnotherapy, we only associate into the event to change the PERCEPTION of the event, reframe, rebuild, and move forward.

INFORMED CHILD

Now let me talk to the grow-up you. It would be nice to know then what you know now, isn't that true?

Good, because in a moment, I'm going to count to three. And when I do that, it's going to be as if there's three of us there. You at five years old BEFORE you felt that scared feeling. You all grown up. And me.

Because if you knew then what you know now, you wouldn't have needed to have ever felt that scared feeling in the first place. So today, as we take that information back to you then, it becomes as if FIVE never had to feel that way, and something wonderful will happen. It will suddenly become as if you never felt that scared feeling in the first place. Would you like that?

Great, here we go. One, two, three. Be there.

You're grown up, she's five years old. We've arrived before anything has happened. Describe the scene. Has anything happened yet? Good.

Good. BE FIVE YEARS OLD. Now FIVE, everything you're about to learn you can absorb as the truth, your reality. Today, that grown up you has some very special things to tell you. And you're going to be able to believe every word of it.

BE THE GROWN-UP. Inside you, and only you are the words that need to be said so she doesn't have to feel that fear. And the best part is, I can't do it for you. But I know you've got it in you. You've been waiting for years to have the last word on this issue, and this is your time to do so. Today, inside of you, and only you, are the words that need to be said so that she can go through that event now feeling fine.

In a moment I'm going to become quiet, and you begin speaking to FIVE, and you just keep talking until that change is complete.

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Good, this means a lot to a five year old. Tell her, "You get to grow up."

.....

And what happens as she grows up?

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LET THE CHILD EXPERIENCE THE ISE WITH BETTER RESOURCES

In a moment, I'm going to count from one to three. When I get to three, FIVE is going to go through the event where YOU decided to feel scared, but SHE is going to go through it deciding not to feel that way. Is that okay with you? **And most important of all, you're going to be proud of her.**

Great, here we go. One, two, three. Be grown-up. You're watching, you're reporting, what's happening now?

Good, are you proud of her?

PACE THE WORK FORWARD AND INTEGRATE

As I pick up this hand and drop, there's that five-year-old you, one day older, one day stronger. And it's as if you get to watch her now go through all those experiences where YOU felt scared, but notice as she goes them now just how confidence she feels.

Let the client reframe any significant SSE's during this sequence.

Going through all the events of your life, so many you couldn't possibly remember them all consciously, yet deep inside now relearning, reassessing, reevaluating, shifting them into the positive.

As if the two of you can exist in the same place there in your mind. You as you are today, and there you are as the person you're ready to become. As if the two of you can move toward each other, the two of you merge into one, as you can FEEL that change taking place inside.

Layer in some ego-strengthening suggestions.

EMPOWERMENT PROGRESSION FROM THE NEW FEELING

And as you focus on that new feeling of _____, where do you feel that the strongest?

(In the majority of cases, the new feeling will exist in the same part of the body the old feeling used to exist. In which case, I'll comment "Isn't that interesting? That new feeling always moves into the area that old feeling used to live.")

And as you focus on that new feeling...

- 1... that feeling is beginning to rise within you
- 2... coming up more and more
- 3... coming up strongly now
- 4... becoming strong and as powerful as it has ever been
- 5... there it is, and it is a bridge to your future

As I count from 5 to 1, follow that feeling to a place as if it's ONE YEAR from now.

- 5... following that feeling forward
- 4... into your future now
- 3... allowing your mind to step into the possibilities
- 2... connect with your eyes, ears, or body
- 1... be there now

Inside or outside?

Alone or with someone?

Daytime or nighttime?

Describe the scene, what's going on?

What's new, what's different?

Repeat this sequence with the future-self five years from now.

INFORMED ADULT WITH A DOUBLE-BIND

And in a moment I'm going to become quiet, and this time, so will you. In the privacy of your own mind, allow yourself to receive every bit in insight, knowledge, and permission from yourself five-years-from-now to guarantee that's where you're going. Think of it like a birthday wish. As you keep it yourself, that's when it becomes real. So in a moment, we'll both become silent as you allow yourself to receive everything you need to guarantee that's where you're going. **And when this change is complete, just say the words "it's done," as you can begin now.**

(Just wait for them to say "it's done." To date, I've never had a client not accept this direction.)

COMPOUND THE CHANGE WITH OPTIONAL TESTING

One more time repeat after me,
"I've changed, because now I know _____."
"I've changed, because now I feel _____."

Here's a new one:

"I can continue to grow, because _____."

And as you focus on that feeling of confidence, let it grow stronger and stronger. Let it spread throughout your entire body. Feel it flowing to all parts of you now.

Notice as you hold onto that feeling of confidence, that old feeling of fear doesn't work. TRY and bring back the fear, it just goes further and further away. TRY and recreate it, it just doesn't work. Can you bring it back at all? No? Come on, TRY harder.

Notice now, the more you TRY and reconnect with that fear the more confident you become. Can't bring back the fear, can you?

(Let this delivery become playful.)

Notice the more you TRY to feel that feeling that brought you here in the first place, the more that smile gets bigger and bigger. That's right, that laughter rising.

Future pace challenge events based on their issue, such as:

- *Turbulence on an airplane*
- *A friend insisting they smoke, drink, eat, etc.*
- *People watching them in a public speaking environment*

END WITH DIRECT SUGGESTION

Other Regression Techniques

TIME/DATE

You can regress to a specific event.

- Their fifth birthday
- The first time they flew on an airplane
- The first cigarette they ever smoked

ELMAN PINPOINT METHOD

Dave Elman would often regress to specific time to see if the reporting issue was present. For example, many people who stutter would report that they've had the issue their entire life. Dave would regress to the first day of school and ask questions to uncover if the issue existed yet or not. If it was already there, he'd regress to an event around three years old and scan for details.

Larry Elman calls this the "Half-Remembered Happy Place."

DIRECT TO THE FIRST TIME

Many practitioners will regress immediately to the first time they felt that way. This can work, though it's often unreliable in results. The process of Affect Bridge and then Checking for the I.S.E. is more likely to find the initial event.

HALL OF REGRESSION

Suggest a room lined with doors numbered with all the ages they've lived. As the client moves forward along the numbered doors, have their finger raise at the door where they first felt the feeling.

EMPOWERMENT REGRESSION

Age regression isn't always a "drag them through the mud experience." You can regress to a resource state, such as a confident moment, and comfortable moment, anchor it, and then have them relive a challenging moment with that strength more firmly implanted. For example, a recent public speaking client built a resource out of the time he won a championship basketball game and made use of that feeling in future speaking engagements.

FINAL THOUGHTS ON REGRESSION

Critics of this approach will say that there's no value in going backwards through time and repairing the pothole to repair the damaged alignment of a car. This is an incorrect metaphor. Like the bird of Phoenix, the intention here is the rebuilding, more so than the discovery of the cause. We cannot change the event, but we can change the feeling today.

Regression to a Positive Experience with Anchoring

Before the session...

**What is something you would like to do better?
How would you like to feel as you do that?**

Do a hypnotic induction of your own choosing, deepen appropriately.

And now, bring your attention to that feeling you wish to experience more of. That feeling of <NAME THE FEELING>. As you know you want to experience that sensation, that feeling is already in the vocabulary of your mind and body.

As I count from 1 onward, let that positive feeling come up more and more within you...

- 1... that feeling is beginning to rise within you
- 2... coming up more and more
- 3... coming up strongly now
- 4... becoming strong and as powerful as it has ever been
- 5... there it is, and it is a bridge to the past

As you focus on that feeling, it is connected to every time in your life that you felt that way. As I count from 5 to 1, follow that feeling to a time where you felt <NAME THE FEELING>.

- 5... following that feeling back to a specific experience now
- 4... perhaps becoming younger, smaller
- 3... an earlier time, and earlier situation
- 2... connect through your eyes, ears, or body
- 1... be there now, as if it's happening all over again

Be there in that experience now.

Is it daytime or nighttime?

Inside or outside?

Alone or with someone?

Go into that experience now, and let that feeling of <NAME THE FEELING> increase within you more and more. Allow your mind and body to remember to remember that sensation. In fact, take a finger and thumb and squeeze them together now as you let that feeling increase throughout you. Project yourself into that experience of <NEW BEHAVIOR> and feel that success flow throughout you.

Compound appropriately with direct suggestion and emerge.