



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## Fast Fear Release

Case Studies and Troubleshooting

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/the-fast-fear-release/>

# Fast Fear Release

## Case Studies and Troubleshooting

### **JASON LINETT:**

Let's talk about case studies and troubleshooting the fast fear release.

All right, so that is the fast fear release process, again, classically this is the fast phobia cure. Just again, in terms of updating some of the terminology we're gonna use, it's gonna be a better practices thing to refer to it as the fast fear release.

First of all, when will I make use of this? Any time working with a client with fear here is an outstanding option. And understand, while there may be some who would get up and talk about some NLP guy who only ran the fast fear release on somebody and I had to regress them. I can name so many scenarios where I've helped people to eradicate fears just with this process, just in a conversational context, as well. So, all these techniques are good, you just have to do them, is the basic story behind all of it. So, first of all when will I make a use of it? A fear client is coming in, outstanding, and that's gonna be your easiest go to in terms of the process. And again remember the phrasing, the terminology of the, "Hey, before we get started. Let's do something. Let me run a process with you."

I'd give Jonathan Chase full credit for a beautiful line that has worked its way into my process, but I think of using it differently than he is. Which should be, "Let me run something real quick to see what type of hypnosis you best respond to." Which from that premise suddenly now it's not the, "Let's try something out," or "let me run an experiment on you." "Yeah, let's do something to see what type of hypnosis you best respond to." Because there have been moments where this is all I've done. And then you gotta hypnotize him. I got them into hypnosis, I do a little bit a moment of conviction and relax that hand that part of your mind that can let that happen is the same part of your mind that now understands, "You have let that thing go."

Link the emerging to the change and as you know that for sure let the eyes open, notice how good you feel. As simple as that. So, that's one option. I've got to give Sean Michael Andrews full credit for a segment that I've sometimes made use of as well, which would be that perhaps here I am inside of age regression. So I've gone back to the ISC. I've done the inform child. And yet for whatever reason, maybe they stall at the informed child or maybe they stall at the integration and future and forward pacing of it. At which point in a deeply hypnotized state, I can jump into all of this. You know, there's no reason why one school of thought cannot intermingle with the other. So, you could fold this into

your hypnotic process. I would briefly share the anecdote that you want this to be as interactive as possible.

There's a time maybe a year or two ago that I did a local hypnosis meet up on this topic here in this room. And here's a local hypnotist who goes, "I didn't learn to do it as interactive as you just did it." You know, I learned to do what she was doing at mostly direct suggestion and getting some result. Yet, as she then started doing it highly interactive as you've learned it here, that became the much better response and honestly she's the only one I ran into who was ever doing it in that way before. Yet again to her credit is no longer doing that way anymore. So, let's do something quickly here to see what type of hypnosis you best respond to. Thank you, Jonathan Chase. That's an outstanding line.

So, there's one option to do it inside of the process, outside of the process. Case studies, there was a person who came in that was here, if I'm remembering the story right, massive fear of an upcoming surgery, yet despite the best possible pre-talk had some trepidation with hypnosis. And again, let's give credit where it's due, Melissa Tiers, I learned this line from her and I think I forget where she learned it from, which should be, "This isn't hypnosis but I will show you what hypnosis feels like." And we went into this process. So the entire intervention was done under the premise before we get started. And at the end of it, I'm saying, "Scan your body, try to find that fear now." And I mean, he's sitting there kind of confused because he can't locate it.

No, really, come on. Try to bring it up. I can't recreate it. Now, that feeling of your hand shaking, try to rebuild that one. That's what you're here for. I can't do it. Yeah. Remember when I said before we get started? Yeah, we're already there. Close your eyes down. And then from there I launched into a little bit of direct suggestion and future pacing. Little bit of hypnotic phenomenon to nail down the work and we were good to go. So, there's another great option. I've learned over the years, Geoffrey Ronning and Keith Livingston, again, put out a product called "All about the fast phobia cure," which they were even teaching it as a mechanism for entertainment. You know, so you can also pick up from the "Upping your vibe," Joanna Cameron's training where she has been on to do this in stage hypnosis shows with a lot of entertainment inside of it.

Basically the format would be, you want to really exacerbate that problem state. I mean look at this, you all know Barbara and you're not even in that moment. You're feeling that fear isn't that interesting, isn't that fascinating. And every time she drops it down, give her a big round of applause. I've only done that a few times as a presentational thing. In most cases I'm working with fears, I tend to segment my life. You know, when I'm doing stage hypnosis, I am doing stage hypnosis. And when I'm doing hypnosis for change, I am doing hypnosis for change. Yet, there have been moments where just like an after thought, after a show, you know, it's the scenario where the CEO, the principal says, "Hey, this person has a fear!" And I go, "Hey, I got time. Yeah, let's do something real quick." And suddenly there we were inside of this fast fear process.

So, a couple of thoughts. A couple of thoughts over the years. Let me give you an example too, of the doing this inside of the process. I had a woman who, this is not an easy story, she basically in the course of her age regression, all very much generalize the story for obvious reasons. She is dealing with a lot of grief of how lonely she is. And she found herself in a position where she found it necessary, from her perspective, to forgive the abortion she got about 40 years ago. Not a comfortable scenario to be inside of, I'm sure. So, that was where we ended up. Tell her what she needs to know. And she actually go, she doesn't deserve the forgiveness. And suddenly, where else am I gonna go here?

I already had a base line, we already had done a safe place process similar to what you already have here inside of workers. So, that was a place where I had known of what that was, and just for a moment I want you to go to that scene, where there you were around that boardroom, and people were applauding you, for how well you've been running this organization. Go into that moment once again and feel that sense of satisfaction. That yes, it was other people, yet that was there because of something that you would accomplish. And I could see her shifting back into that. So from this perspective, now I'm doing everything as dissociated as possible. Where now it's black and white. It's small. There's no sound. And it's as if, like a properly done medical procedure you are shielded from everything. You're just observing the experience.

What do you notice now? Oh, it was if it wasn't even me back then. Foots in the door. And for this one very obviously I did not distort it with humor. Now that would have been horribly inappropriate, I didn't go there. But to reverse the scene and basically now let her change the history. As it were. This is also a place that other strategies come into play. This is a framework which means it becomes the "choose your own adventure game." If you stall out somewhere, if you only can get it down to a three, well you can change some modalities. You can do a kinesthetic squash. You can do the success trigger. You can use any other strategy at that point, because they don't know the fast fear release. So, they don't know that you have now seamlessly moved over to another technique.

It's also a place where there have been some times, let's not call it laziness, let's call it efficiency, I've gotten down to here and I didn't feel it appropriate, you know, to do the distort with humor moment and maybe that was a time where I just said, "Direct suggestions," as if now you can go into that control room of your mind, grab a hold of that dial that you've already brought from a nine down to a two, and now on your own. Take as much time as you need, bring it down to a zero. And as you've done that, nods your head.

And I can become silent and you might sit there for a moment, but then eventually they do it. Again, knocking on dry wall. I've never had a person stall out at that moment. So, really understand kind of like age regression you could pause the process after you've cleaned up the ISC and move on to something else. You could pause the process after you've done the integration with the self today and move on to something else, and really at any point in this process you can move on to something else. The real place that this technique often would stall out, it's just the setting the stage

of the process. And some of the language that I've shared with you here in the segment is one that is the cleaning up of it.

And if, oh I hate to use this phrase, sometimes you have a person you've got a little bit of concern about, you know what I mean, where sometimes I'm just thinking they are wonderfully, let's call it book smarts but street smarts, their skill, there have been moments where, "Hey, before we get started let me draw something for you." And this is gonna be helpful for what we're gonna do in the process today. And I'll draw this whole movie theater thing for them on my iPad or on a piece of paper. And just say so you can be in one of three positions. You can be in the movie, you can be watching the movie or you can be running the movie. Makes sense? Yeah, it's pretty simple.

I just found, by explaining this before the process, it makes what we're about to do work even better and makes it even faster too. And those are good things, right? Yeah! Good. So the premise is in place. So, again let's call it an exposition challenge. And again, there's a nice little strategy that sometimes in advance, you can really walk them through what's about to happen. So, as you go through this, again, what I'd classically recommend, is that if this is new to you think of the new technique sandwich. As a strategy for practice. Fold this into your process between two things that you're already really confident at doing. And you know, you're gonna have the student resources available to you as well to have these 10 pointed list in front of you. Which again, there might be a good reason you change up the order.

What I'd highly encourage those make sure you only ever go into battle with the problem state, when you're already fully armed. Only ever go into the negative state, when you already have a resource you can call on. Could you anchor it? Yes, you could. I typically don't, but there's no reason why you couldn't. And as you go into that moment of confidence, head on the shoulder, feel that rising the anchor sandwiches I have now deemed it, which should be that moment of two suggestions for increasing and you fire off the moment of building the anchor in the middle of it. Let that feeling rise as I placed my hand on your shoulder and turn it up even greater. And that's the moment of the anchor sandwich.

You could do that there, so you can then trigger it once again. And as you go into that moment, now feel that confidence. What do you notice if I do this? And you bring that confidence back end. Again, it's a framework. It's all flexible to play with inside of. So, I'd highly encourage to actually workshop this process. To connect with another hypnotist perhaps, and just co-play it. Or even roleplay it yourself. But again, there is no wrong way for it to go, because it's a flexible framework and this is Ben, "The Fast Fear Release."