



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## HYPNOTIC PHENOMENA

Metaphors for Change - Intro

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/metaphors-for-change/>

# HYPNOTIC PHENOMENA

## Metaphors for Change - Intro

### **JASON LINETT:**

Let's take a little diversion for a moment into another category and to give you the visual representation of this as I would normally talk about it, this is obviously a bull's eye, a dartboard right? Yeah clearly and obviously and this is obviously the jagged thing here is the issue. And what I'm basically talking about is the category of working through what could be in a category of Ericksonian hypnosis, indirect hypnosis but basically the concept of working through extended metaphor. Because the idea is that basically I am going to, this is obviously a bow, because clearly and I'm going to nail the arrow. And the concept basically becomes, and notice I don't draw all these in a linear format, stay, because I'm basically going to either shoot the arrow through the bull's eye to eventually address the issue or the opposite direction, shoot it through the issue to instead address the target.

But basically the idea is I'm going to talk creatively through the filter of something else to indirectly access that one specific thing. So remember the theme of compounding of suggestions. I can compound things literally. As you throw out those cigarettes this is what happens, as you find these better behaviors this is what happens. And I'm speaking in extremely literal terms. Do this, here's your result. Do that, here's what happens. Though to further compound the change we can begin to fold in metaphors. To creatively talk through the filter. Shooting an arrow, through one bull's eye to eventually hit another is the best way to describe it.

Now there are some metaphors that I'll share with you here in this segment that are universal in structure, though of course you can imagine there's others that may come into play that are not as universal as others. Now a really cool resource, you might want to jot this book down, I don't think this is in my resources but it should be. A hypnotist out in Colorado by the name of Melissa Roth, her book *Healing Metaphors*. It is phenomenal and I think she even sells an e-book of it which you can print out the pages or stick on an iPad yourself and it's a phenomenal book and she has a cool control room extended metaphor thing all for weight loss.

And it involves finding that owner's manual for perfect health and all the desired settings are already there inside and now you're being drawn to the wall to make...it's beautiful, it's fantastic, it's just beautiful work. So the concept again, I'm going to shoot an arrow creatively through a story, through another experience, through something that may be descriptive as in something involving I'll tell a story in a few moments about elephants.

I'll even tell a story in a few moments about another client. It's a moment where the thing to be cautious of, from my experience, there is a moment inside of this, allow me to say something rather offensive. It's the priest who's up there on the platform behind the, the what? I should know these words, behind the altar and they're telling this wonderful story. Let's be fair he's technically lying but he's basically telling a story through metaphor to satisfy a similar intention. Of the young boy who came home from college and he had an earring and this is what the parents said and all these things.

Like that didn't happen. Liar, going to hell for that now. But he's using storytelling, he's using metaphor to drive a point. Now what do you not want to do? You don't want to do metaphors that are so painfully obvious and stupid. What do I mean by that? Well it reminds me of an elephant that also wanted to quit smoking and your client is sitting there going "Yeah jackass I know you're talking about me". The filter, and I'll give you an exception on this and this is so brilliant I wish I thought of it myself, yet I didn't so I give him credit, though I've not used it myself. The possible pitfall. I found that people tend to often shut down if it becomes the hear something that happened to me and here is what I did. If I try to position myself as a hypnotic metaphor of the hero's journey and here's the challenge I ran into, it kind of gets absorbed with the feeling of advice. Oh just do what I did that's easy. Though back to the priest at the altar, you'll love the phrasing, it reminds me of a person who was once here in this office.

Well I'm here five days a week so it was me but it sounds like it might have been a client. So I'm not lying yet I'm not saying who it was and somehow by taking the story and remember our filter distance and dissociate, it now sounds as if it's about someone else yet really it's something that happened in my experiences. Yet it's now being delivered by way of hypnotic metaphor and it doesn't have that tinge of what I did. You've heard me reference Scott Salmon with the website [hypnothoughts.com](http://hypnothoughts.com). Scott, the way that sometimes an author will begin to create the format of a book and the different principles, the story goes that apparently J.K. Rowling invented all of the characters and all the nuances and all the magic of Harry Potter and then began to write the books. J.J. Abrams and Damon Lindelof, the guys who did the T.V. show *Lost*, before they started writing that show they set some rules and they had a bible of the island and all the rules and principles that they always had to filter within.

There's an interesting one if anyone saw the T.V. show *Community* that was on for a couple of seasons. There was a whole uprising in a positive way of people who had Asperger's surrounding themselves around one of the characters and going, "We love that you made Abed, this character on the show with Asperger's," which wasn't intended. Although the creator of the show by hearing this community going, I based the character on me, and then getting evaluated and realizing oh that's what's up. And wonderful things. They begin to then filter little aspects into the writing of the show to never violate the principles of that character that somehow people with Asperger's somehow statistically don't like sour foods. So as one of the characters on the show opened a deli they went, "Okay Abed can never order a pickle."

And they just set these little principles in play. Why do I reference this? Scott Salmon apparently invented a fake nephew and all of his metaphors often filter around these interactions with this nephew of mine that doesn't exist.

So there's a consistency that a client can come back four years later and a story can arise and it's still congruent. Because he's created a character which is not the "Here's what I went through" and this age of the nephew often varies based inside of it from what I understand. I've not been that clever. Instead I'm looking at times for what are hypnotic metaphors I can begin to make use of that again are universal in structure yet allow me the creativity that I can take a hammer and I could bang the nail into the deck so now it's safe. I can also pry the nail out so I need to, I can also use the hammer to take out that rotten board and hammer in a new board and make it safe. I can use that one tool in a bunch of different ways. So by having a flexible framework it allows me a greater flexibility inside of the process.