


# Self Hypnosis

Self hypnosis is something that most people can benefit from, even if they are not receiving hypnotherapy. It is often taught as part of therapy to help you relax and release stress and it can also be used to continue specific therapy techniques or suggestions in between your therapy sessions.

## MP3 Download: Learn Self Hypnosis

	<p>Visit the following web page to download the Learn Self Hypnosis MP3 recording which will show you how to practise self hypnosis:</p> <p><a href="https://www.vickicrane.co.uk/learn-self-hypnosis-mp3">https://www.vickicrane.co.uk/learn-self-hypnosis-mp3</a></p> <p>You should first listen to the download every day for 1 to 2 weeks to familiarise yourself with hypnosis, then following this, please use the instructions below to practise self hypnosis every day.</p>
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## To enter hypnosis

1	Find a quiet place where you can sit or lay down and relax. Ensure that you will not be disturbed and that you are not doing anything that requires concentration such as driving or operating machinery.
2	Make yourself comfortable, take a deep breath and as you breathe out, allow your eyes to close.
3	Count down from 10 to 1, counting each number on every other out-breath. You can either count out loud, or silently in your thoughts.
4	With each number you count, tell yourself that you are becoming ten percent more relaxed and by the count of one, you will be in a relaxed state of hypnosis.

## To re-awaken from hypnosis

1	When you are ready to return to full conscious alertness, simply count up from 1 to 10. You can either count out loud or silently in your thoughts.
2	Tell yourself that with each number you count, you will become more alert and on the count of 10, you will open your eyes and return to full conscious alertness, feeling wide awake and refreshed.
3	On the count of 10, open your eyes, feeling wide awake and fully refreshed. Take a few moments to fully re-orientate yourself to your surroundings.