



# AUDIO HYPNOSIS

How to achieve the best results



# THANKS

*for purchasing this AudioHypnosis MP3*

# CONGRATULATIONS...

*your first step towards change  
and achieving your goal has been taken*

Before you start listening to the recording, please read the instructions below carefully so that you can fully enjoy the effect of this audio hypnosis.

In this MP3, we use direct hypnosis. This means that your subconscious is going to be addressed directly at a certain moment with the request to make changes.



# YOUR OWN PERSON..

Since this is a non-personalised recording, we speak to your subconscious about you as **"your own person"**.

So your subconscious knows perfectly well who this is about.

## BENEFITS OF CHANGE

In our audio hypnosis sessions, we explore the potential positive outcomes associated with achieving your goal or resolving your issue.

To get the most out of these sessions, it's a helpful practice to write down all the benefits you anticipate when your goal is reached. Take a moment to reflect on this, and if you're struggling to identify these benefits, begin by outlining the reasons motivating you to overcome the issue or problem. Essentially, consider the disadvantages you currently experience due to the problem and then reframe them into advantages.

You can utilize the document provided below for this purpose. Write down your expected benefits in large, clear print, and if feasible, position this document where it will catch your eye regularly, such as on your refrigerator or beside your computer screen.



WHAT BENEFITS WILL I HAVE WHEN MY GOAL IS ACHIEVED:

VOLTOOIDE TAKEN



# THE THREE SITUATIONS

Also write down three situations that will be different or better for you when you have reached your goal, when the problem is history. Make sure they are (if possible) three completely different situations. If this is not possible, change the circumstances of the three different situations.

## SOME EXAMPLES:

### **Problem: fear of flying**

Situations: driving to the airport relaxed and feeling at ease, sitting relaxed on the plane during a calm flight, sitting relaxed on the plane during a turbulent flight

### **Problem: public speaking**

Situations: you speak at work in front of a small group of colleagues, you lead a meeting with 20 or so people, you stand on a stage and address a room.

### **Problem: weight**

Situations: you try on new clothes and they fit great, you walk on the beach in swimwear and you feel great, you practice a physical activity without suffering from your joints.

*Listing your benefits can be a good source of inspiration. As with the benefits, when you are in hypnosis or after the session, other situations may come up.*



# HOW OFTEN TO USE

For some people, listening once is already enough; it actually comes down to the fact that once your subconscious knows what is expected, it goes to work. But there is certainly no harm in listening to the recording more than once.

Go a bit by your gut, do you notice changes but the goal is not yet fully achieved, then listen again. If the changes don't happen, listen several more times.

It could also be that your goal has been reached and that, due to some event, the problem or issue returns partly or completely. Don't panic, listen right back to the recording, your subconscious has already made the changes once, now we just need to make sure they become permanent. Review your list of benefits again and write a few more. Think about the benefits you had when the problem was gone, maybe there were others than the ones you wrote down initially.

Note: if you have purchased a package that includes the short version, you can use this instead of the long version for repeat sessions.

## WHAT IF LISTENING TO THE RECORDING DOES NOT SOLVE THE PROBLEM

An underlying problem may cause you to be unable or unable to achieve the goal immediately. It is then best to contact a hypnotherapist for a personal session.