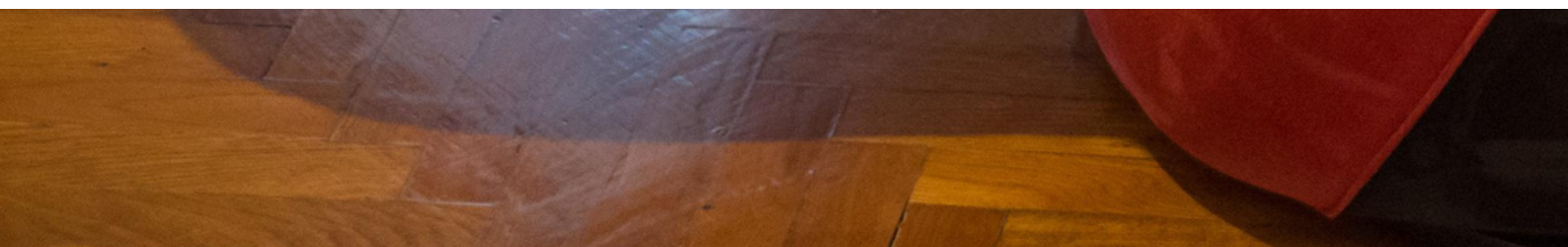




SHELLY FREEMAN THERAPY

UNLOCK YOUR MIND

A TRAUMA AWARE GUIDE TO SELF-HYPNOSIS FOR
WHEN YOU ARE SICK OF SPIRALLING AND NEED TO
REGAIN CONTROL



WELCOME



THANK YOU FOR DOWNLOADING “UNLOCK YOUR MIND: AN INTRODUCTION TO SELF-HYPNOSIS.” YOU’RE HERE BECAUSE YOU SENSE THERE’S MORE TO LIFE THAN SETTLING FOR OLD ROUTINES AND SELF-DOUBT AND YOU’RE READY TO TAKE A POSITIVE, EMPOWERING STEP TOWARD REAL CHANGE.

SELF-HYPNOSIS IS A GENTLE BUT POWERFUL TOOL THAT ANYONE CAN LEARN. WHETHER YOU’RE HOPING TO BREAK FREE FROM LIMITING BELIEFS, CALM ANXIOUS THOUGHTS, OR TAP INTO A GREATER SENSE OF PURPOSE, THIS PRACTICE GIVES YOU THE ABILITY TO INFLUENCE YOUR MINDSET AND CREATE LASTING TRANSFORMATION FROM WITHIN.

THIS GUIDE IS DESIGNED FOR BEGINNERS —NO EXPERIENCE NEEDED. INSIDE, YOU’LL DISCOVER WHAT SELF-HYPNOSIS REALLY IS, WHY IT WORKS, HOW TO SET YOURSELF UP FOR SUCCESS, AND A STEP-BY-STEP SCRIPT TO GET STARTED TODAY. BY THE END, YOU’LL HAVE EVERYTHING YOU NEED TO BEGIN SHAPING YOUR THOUGHTS AND HABITS IN A MORE POSITIVE, INTENTIONAL WAY. LET’S UNLOCK THE NEXT CHAPTER OF YOUR JOURNEY TOGETHER.

Shelly



@SHELLYFREEMANTHERAPY



BEFORE WE BEGIN I WANTED TO CLARIFY WHAT HYPNOSIS ISN'T!

Hypnosis isn't mind control or brainwashing it's simply a focused, relaxed state where you're always in control. You cannot be made to do anything you don't want to do under hypnosis. Self-hypnosis is rooted in scientific research and is trusted worldwide to support positive change and wellbeing.

SELF HYPNOSIS



SELF-HYPNOSIS IS A NATURAL, GENTLE PROCESS WHERE YOU GUIDE YOURSELF INTO A STATE OF DEEP RELAXATION AND FOCUSED ATTENTION, ALLOWING YOU TO ACCESS THE MORE RECEPTIVE PARTS OF YOUR MIND. UNLIKE THE DRAMATIC DEPICTIONS YOU MIGHT HAVE SEEN IN MOVIES OR ON STAGE, SELF-HYPNOSIS IS NOT ABOUT LOSING CONTROL OR GIVING YOUR POWER TO SOMEONE ELSE. INSTEAD, IT'S A WAY TO BECOME MORE IN TUNE WITH YOUR THOUGHTS, FEELINGS, AND GOALS—SO YOU CAN CREATE POSITIVE CHANGE FROM THE INSIDE OUT.

AT ITS CORE, SELF-HYPNOSIS IS A SKILL ANYONE CAN LEARN. IT INVOLVES DELIBERATELY CALMING YOUR BODY AND MIND, FOCUSING YOUR ATTENTION INWARD, AND USING SIMPLE SUGGESTIONS OR IMAGERY TO OPEN YOURSELF TO NEW WAYS OF THINKING. MOST PEOPLE DESCRIBE THE EXPERIENCE AS FEELING DEEPLY RELAXED AND YET AWARE, MUCH LIKE BEING ABSORBED IN A BOOK OR LOSING TRACK OF TIME WHILE LISTENING TO MUSIC. IN THIS STATE, YOUR MIND IS MORE OPEN—MAKING IT EASIER TO LET GO OF LIMITING BELIEFS AND REPLACE THEM WITH THOUGHTS AND HABITS THAT TRULY SUPPORT YOUR GOALS.

HYPNOSIS HAS A LONG HISTORY IN BOTH CLINICAL AND SELF-HELP SETTINGS. MODERN RESEARCH SHOWS THAT HYPNOSIS CAN REDUCE STRESS, INCREASE CONFIDENCE, AND HELP WITH THINGS LIKE FORMING HEALTHY HABITS OR OVERCOMING FEARS. IN FACT, SELF-HYPNOSIS TECHNIQUES ARE NOW WIDELY USED BY THERAPISTS, DOCTORS, AND EVERYDAY PEOPLE LOOKING TO FEEL BETTER AND LIVE MORE INTENTIONALLY.

ONE OF THE GREATEST BENEFITS OF SELF-HYPNOSIS IS THAT YOU REMAIN IN COMPLETE CONTROL THROUGHOUT THE ENTIRE PROCESS. YOU DECIDE WHAT GOALS TO FOCUS ON, HOW DEEP YOU RELAX, AND WHEN THE SESSION BEGINS OR ENDS. THINK OF IT AS A PERSONAL TOOL FOR MENTAL CLARITY AND EMOTIONAL WELLBEING—ALWAYS AVAILABLE, WHENEVER YOU NEED IT.



SELF-HYPNOSIS ISN'T ABOUT "FIXING" WHAT'S WRONG WITH YOU. RATHER, IT'S ABOUT RECOGNISING YOUR OWN INNATE ABILITY TO GROW, ADAPT, AND THRIVE. BY SETTING ASIDE A FEW MINUTES FOR SELF-HYPNOSIS, YOU'RE GIVING YOURSELF THE GIFT OF FOCUSED SELF-CARE, BECOMING MORE AWARE OF YOUR THOUGHTS, AND OPENING THE DOOR TO MEANINGFUL, LASTING TRANSFORMATION.

WHETHER YOU WANT TO REDUCE ANXIETY, ENHANCE YOUR CONFIDENCE, OR FIND A DEEPER SENSE OF PURPOSE, SELF-HYPNOSIS CAN HELP YOU ACCESS YOUR INNER RESOURCES AND UNLOCK NEW POSSIBILITIES. THE MORE YOU PRACTICE, THE MORE YOU'LL DISCOVER JUST HOW POWERFUL—AND NATURAL—THIS ABILITY CAN BE IN EVERYDAY LIFE.

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self-hypnosis isn't
about “fixing” what's
wrong with you



MYTHS ABOUT HYPNOSIS



MYTH 1: HYPNOSIS IS MIND CONTROL OR BRAINWASHING

FACT: YOU ALWAYS REMAIN FULLY AWARE AND IN CONTROL DURING SELF-HYPNOSIS. YOU CANNOT BE MADE TO ACT AGAINST YOUR WILL—HYPNOSIS IS ABOUT HARNESSING YOUR INNER FOCUS, NOT SURRENDERING IT.



MYTH 2: HYPNOSIS IS ONLY FOR PEOPLE WITH SPECIAL ABILITIES

FACT: SELF-HYPNOSIS IS A SKILL THAT ANYONE CAN LEARN, REGARDLESS OF AGE, BACKGROUND, OR PAST EXPERIENCE. ALL THAT'S REQUIRED IS A WILLINGNESS TO RELAX AND FOLLOW SIMPLE STEPS.



MYTH 3: HYPNOSIS ISN'T REAL - IT'S JUST IMAGINATION

FACT: DECADES OF SCIENTIFIC RESEARCH SHOW THAT HYPNOSIS CAN HELP WITH STRESS REDUCTION, CONFIDENCE-BUILDING, MOTIVATION, AND HABIT CHANGE. IT'S PRACTICED IN HOSPITALS, CLINICS, AND BY MILLIONS OF ORDINARY PEOPLE WORLDWIDE.



MYTH 4: IF I CAN'T RELAX SELF-HYPNOSIS WON'T WORK

FACT: YOU DON'T NEED TO REACH ANY SPECIAL OR 'PERFECT' STATE FOR SELF-HYPNOSIS TO BE EFFECTIVE. IT'S NORMAL FOR THE MIND TO WANDER, AND EVEN A MILDLY RELAXED STATE CAN BRING BENEFITS. WITH GENTLE PRACTICE, FOCUS AND EASE IMPROVE OVER TIME.

SCIENCE-BACKED BENEFITS OF SELF HYPNOSIS

Greater Confidence

WITH SELF-HYPNOSIS, YOU CAN ACTIVELY BOOST YOUR SELF-ESTEEM BY REPLACING NEGATIVE SELF-TALK AND LIMITING BELIEFS WITH EMPOWERING THOUGHTS. OVER TIME, THIS HELPS YOU APPROACH NEW OPPORTUNITIES AND EVERYDAY SITUATIONS WITH MORE SELF-ASSURANCE, COURAGE, AND OPTIMISM.

Healthy Habits

SELF-HYPNOSIS SUPPORTS YOU IN BUILDING HEALTHY ROUTINES—SUCH AS IMPROVING SLEEP, STARTING AN EXERCISE PROGRAM, OR MAKING BETTER FOOD CHOICES BY HELPING YOU PLANT POSITIVE INTENTIONS IN A RECEPTIVE MENTAL STATE. AS YOU REINFORCE THESE INTENTIONS, MAKING AND STICKING TO NEW HABITS FEELS EASIER AND MORE NATURAL.

Calm & Relaxation

ONE OF THE MOST IMMEDIATE BENEFITS OF SELF-HYPNOSIS IS RELAXATION. BY GUIDING YOURSELF INTO A FOCUSED, PEACEFUL STATE, YOU ALLOW BOTH YOUR MIND AND BODY TO LET GO OF TENSION AND STRESS. WITH REGULAR PRACTICE, YOU'LL NOTICE GREATER CALM, REDUCED ANXIETY, AND A REFRESHED SENSE OF WELLBEING.

Emotional Resilience

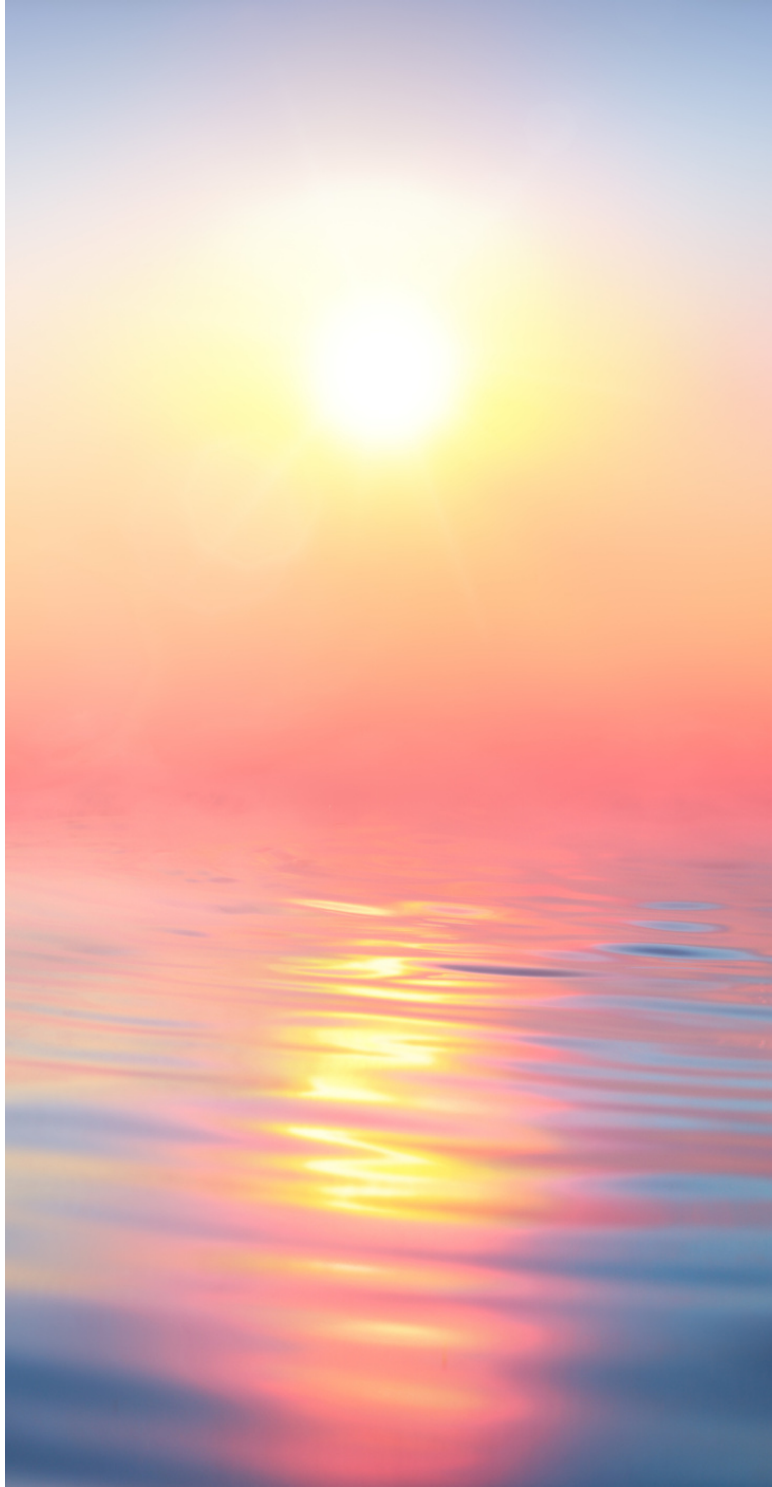
SELF-HYPNOSIS CAN STRENGTHEN YOUR ABILITY TO FACE CHALLENGES AND SETBACKS WITH PATIENCE AND SELF-KINDNESS. IT ENHANCES YOUR INNER RESOURCES FOR COPING WITH DIFFICULT FEELINGS, ADAPTS YOUR PERSPECTIVE, AND HELPS YOU RECOVER MORE QUICKLY FROM EMOTIONAL UPS AND DOWNS.



HOW DOES IT WORK?

AT ITS HEART, SELF-HYPNOSIS RELIES ON TWO FOUNDATIONAL ABILITIES THAT EVERYONE POSSESSES: FOCUSED ATTENTION AND THE OPENNESS TO SUGGESTION. WHEN YOU CHOOSE TO PRACTICE SELF-HYPNOSIS, YOU'RE GUIDING YOURSELF INTO A DEEPLY RELAXED YET HIGHLY AWARE STATE—ALMOST LIKE DAYDREAMING, BUT WITH INTENTION. IN THIS STATE, YOUR MIND BECOMES LESS DISTRACTED BY OUTSIDE WORRIES AND MORE RECEPTIVE TO NEW IDEAS, POSITIVE AFFIRMATIONS, AND SOLUTIONS TO OLD PROBLEMS.

IMAGINE FOR A MOMENT HOW A CAPTIVATING STORY CAN DRAW YOU IN: YOUR FOCUS NARROWS, THE OUTSIDE WORLD FADES, AND YOU FIND YOURSELF RESPONDING EMOTIONALLY TO SOMETHING THAT'S NOT PHYSICALLY HAPPENING AROUND YOU. SELF-HYPNOSIS WORKS IN A SIMILAR WAY. BY INTENTIONALLY RELAXING YOUR BODY AND GENTLY FOCUSING YOUR THOUGHTS, YOU CREATE A SPACE WHERE HELPFUL SUGGESTIONS—SUCH AS LETTING GO OF A FEAR OR BUILDING GREATER CONFIDENCE—CAN TAKE ROOT MORE EASILY.



DURING SELF-HYPNOSIS, YOUR CONSCIOUS MIND (THE PART THAT ANALYZES, CRITICIZES, AND OFTEN ENTERTAINS DOUBTS) BECOMES QUIETER. THIS ALLOWS YOUR SUBCONSCIOUS MIND—THE PART THAT SHAPES YOUR HABITS, BELIEFS, AND EMOTIONAL RESPONSES—TO COME FORWARD. WHEN YOU ACCESS THIS DEEPER PART OF YOURSELF, YOU CAN NOURISH IT WITH NEW, MORE SUPPORTIVE MESSAGES. OVER TIME, THESE SUGGESTIONS HELP RESHAPE PATTERNS OF THINKING, BEHAVIOR, AND SELF-IMAGE FROM WITHIN.



ACCESSIBLE

NATURAL

SAFE

EFFECTIVE



HABITS. THERAPISTS, DOCTORS, AND EVERYDAY PEOPLE WORLDWIDE HAVE EMBRACED SELF-HYPNOSIS AS A TRUSTED TECHNIQUE TO ENHANCE WELLBEING, SUPPORT EMOTIONAL HEALING, AND FOSTER PERSONAL GROWTH.

ULTIMATELY, SELF-HYPNOSIS IS ABOUT GIVING YOURSELF PERMISSION TO FOCUS, RELAX, AND CONNECT WITH YOUR OWN POWER TO CHANGE. EVERY TIME YOU CHOOSE TO PRACTICE—EVEN FOR JUST A FEW MINUTES—YOU’RE EXERCISING YOUR MIND’S REMARKABLE POTENTIAL AND INVESTING IN YOUR ONGOING TRANSFORMATION.

ONE OF THE MOST EMPOWERING THINGS ABOUT SELF-HYPNOSIS IS HOW NATURAL AND ACCESSIBLE IT IS. THIS ISN’T A MYSTERIOUS OR MAGICAL PROCESS—IT’S A SKILL BUILT ON EVERYDAY MENTAL ABILITIES LIKE RELAXATION, IMAGINATION, AND ATTENTION. FROM ATHLETES USING VISUALIZATION BEFORE A GAME TO SOMEONE CALMING THEIR NERVES BEFORE A BIG PRESENTATION, THESE ARE FORMS OF SELF-HYPNOSIS IN ACTION.

SELF-HYPNOSIS IS ALSO EXTREMELY SAFE. YOU’RE ALWAYS IN FULL CONTROL OF THE EXPERIENCE; YOU CAN OPEN YOUR EYES AND RETURN TO FULL ALERTNESS AT ANY POINT. THERE’S NO RISK OF GETTING “STUCK” OR DOING ANYTHING AGAINST YOUR WILL. INSTEAD, YOU’RE CREATING A CALM, PROTECTED ENVIRONMENT TO DO DEEP AND GENTLE WORK ON YOUR INNER LANDSCAPE.

COUNTLESS SCIENTIFIC STUDIES AFFIRM THE EFFECTIVENESS OF HYPNOSIS AND SELF-HYPNOSIS FOR A WIDE RANGE OF GOALS, INCLUDING REDUCING STRESS AND ANXIETY, MANAGING PAIN, BUILDING CONFIDENCE, AND CHANGING



Setting the Right Intention

START EACH SESSION BY ASKING YOURSELF WHAT YOU'D LIKE TO ACHIEVE OR EXPERIENCE. YOUR INTENTION MIGHT BE SIMPLE SUCH AS "I WANT TO RELAX," "I WANT TO FEEL MORE CONFIDENT," OR "I WANT TO LET GO OF STRESS." HAVING A CLEAR, POSITIVE INTENTION GIVES YOUR PRACTICE DIRECTION AND ALLOWS YOU TO NOTICE PROGRESS OVER TIME. EVEN IF YOUR INTENTION CHANGES FROM DAY TO DAY, PAUSING TO CHOOSE ONE HELPS YOUR MIND FOCUS AND MAKES YOUR SESSION MORE MEANINGFUL.

Creating a Peaceful, Supportive Space

FIND A QUIET PLACE WHERE YOU FEEL COMFORTABLE AND ARE UNLIKELY TO BE INTERRUPTED. YOU DON'T NEED ANYTHING SPECIAL JUST SOMEWHERE YOU CAN SIT OR LIE DOWN WITH EASE. YOU MIGHT DIM THE LIGHTS, CLOSE YOUR EYES, OR USE A GENTLE BACKGROUND SOUND, LIKE SOFT MUSIC OR WHITE NOISE, IF IT HELPS YOU FEEL CALM. TURNING OFF NOTIFICATIONS ON YOUR DEVICES WILL HELP YOU FULLY RELAX AND TUNE IN TO YOURSELF. REMEMBER, THE GOAL IS TO SIGNAL TO YOUR MIND AND BODY THAT IT'S TIME FOR GENTLE FOCUS AND SELF-CARE.

IF YOU LIKE, YOU CAN MAKE THIS A SMALL RITUAL: LIGHT A CANDLE, HAVE A COZY BLANKET NEARBY, OR KEEP A JOURNAL TO NOTE YOUR INTENTION BEFORE, OR REFLECTIONS AFTER YOUR SESSION. OVER TIME, THESE SMALL SIGNALS HELP YOUR MIND SHIFT QUICKLY INTO A RELAXED, RECEPTIVE STATE.

THREE TIPS

Basic Tips When, Where, and How Long to Try

WHEN

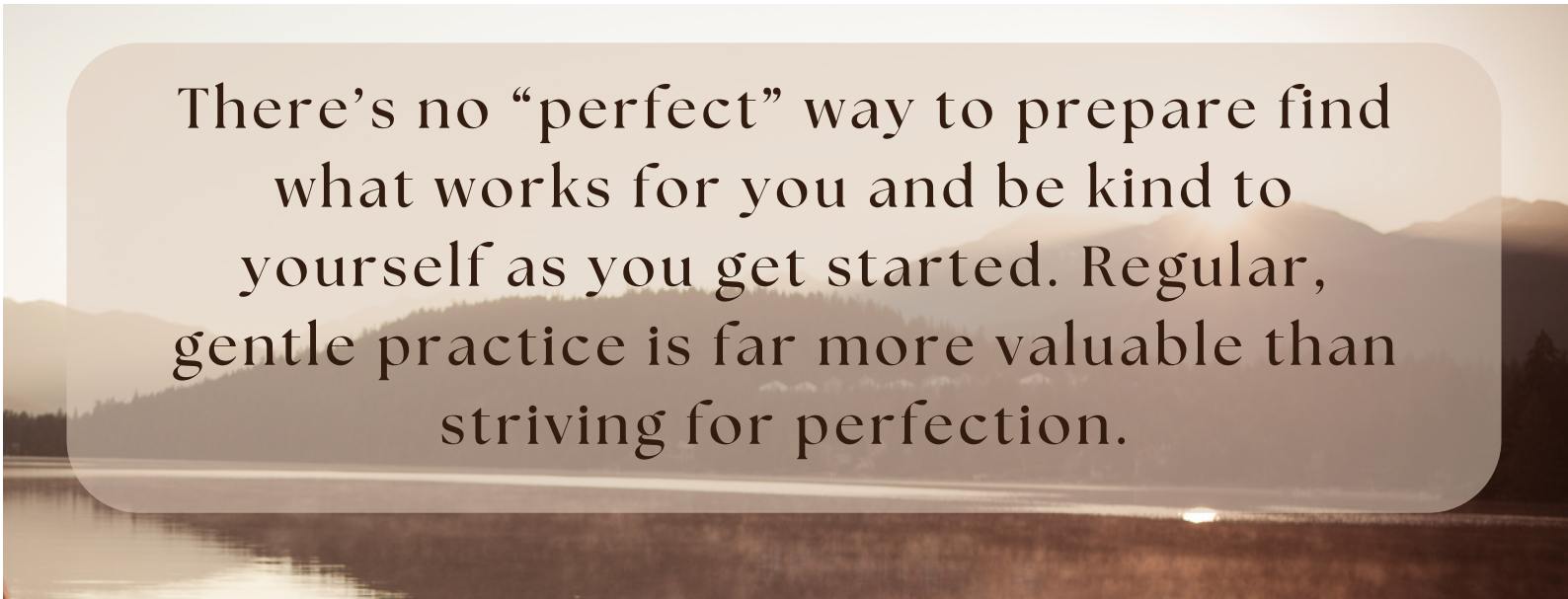
SELF-HYPNOSIS CAN BE PRACTICED ANY TIME YOU HAVE A FEW MINUTES AND WON'T BE DISTURBED. MANY PEOPLE ENJOY IT FIRST THING IN THE MORNING TO SET THE TONE FOR THE DAY OR IN THE EVENING TO UNWIND BEFORE BED. BUT THE IMPORTANT THING IS THAT IT WORKS FOR YOU, SO IF THIS MEANS PARKED IN YOUR CAR ON YOUR LUNCH BREAK THEN THAT'S PERFECT!

WHERE

CHOOSE A FAVORITE CHAIR, A COMFORTABLE SPOT ON THE FLOOR, OR EVEN LIE DOWN, WHATEVER FEELS MOST RELAXING AND SAFE FOR YOU. AGAIN I AM AWARE THAT NOT EVERYONE HAS A COMFY CHAIR SO DON'T LET IT PUT YOU OFF! IT'S NOT ABOUT THE ASTHETIC IT'S ABOUT THE INTENTION, START WHEREVER YOU HAVE AVAILABLE.

HOW LONG

EVEN 5 TO 10 MINUTES IS ENOUGH TO EXPERIENCE POSITIVE EFFECTS, ESPECIALLY AS YOU'RE BEGINNING. WITH PRACTICE, YOU MIGHT CHOOSE TO EXTEND YOUR SESSIONS TO 15 OR 20 MINUTES. SIMILAR TO MEDITATION YOU MAY FIND IT HARD TO BEGIN WITH SO START WHERE YOU ARE, IF IT'S 1-2 MINUTES IT'S A GREAT PLACE TO START, BUILD UP FROM THERE, JUST DON'T GIVE UP.



There's no "perfect" way to prepare find what works for you and be kind to yourself as you get started. Regular, gentle practice is far more valuable than striving for perfection.

BEGINNER'S SELF HYPNOSIS SCRIPT



BEGIN BY FINDING A COMFORTABLE, QUIET SPOT TO SIT OR LIE DOWN. WHEN YOU'RE READY, CLOSE YOUR EYES AND LET YOUR HANDS REST LOOSELY.

TAKE A SLOW, DEEP BREATH IN THROUGH YOUR NOSE. FEEL YOUR CHEST AND BELLY GENTLY RISE. BREATHE OUT SOFTLY THROUGH YOUR MOUTH, RELEASING ANY TENSION.

TAKE ANOTHER DEEP, EASY BREATH IN...AND LET IT GO.

WITH EACH BREATH, IMAGINE LETTING GO OF THE DAY'S WORRIES AND SETTLING INTO A SENSE OF CALM.

NOW, BRING YOUR ATTENTION TO THE TOP OF YOUR HEAD.

AS YOU BREATHE OUT, MENTALLY SAY:
"MY SCALP IS RELAXED."

MOVE YOUR FOCUS TO YOUR FOREHEAD.
"MY FOREHEAD IS SMOOTH AND RELAXED."

LET THIS FEELING DRIFT DOWN TO YOUR EYES, YOUR CHEEKS, AND JAW.
"MY FACE IS SOFT AND RELAXED."

AS YOU CONTINUE TO BREATHE SLOWLY, MOVE YOUR ATTENTION DOWN TO YOUR NECK AND SHOULDERS.
"MY SHOULDERS DROP AND RELEASE. I AM CALM."

ALLOW THIS RELAXATION TO TRAVEL DOWN YOUR ARMS, INTO YOUR CHEST AND BACK, YOUR HIPS, YOUR LEGS...

EACH TIME YOU EXHALE, IMAGINE RELAXATION FLOWING THROUGH YOU, GENTLY LOOSENING EVERY MUSCLE.

BEGINNER'S SELF HYPNOSIS SCRIPT



ONCE YOUR BODY FEELS COMFORTABLE AND HEAVY, VISUALIZE YOURSELF IN A PEACEFUL PLACE.

IT MIGHT BE A SUNNY GARDEN, A SOFT SANDY BEACH, OR A COZY ARMCHAIR IN YOUR FAVORITE ROOM.

NOTICE ALL THE DETAILS: HOW DOES THE AIR FEEL? WHAT GENTLE SOUNDS DO YOU HEAR? WHAT COLORS OR SCENTS SURROUND YOU?

LET YOURSELF SETTLE IN THIS PLACE, FEELING COMPLETELY SAFE AND AT EASE.

IN THIS CALM STATE, KINDLY REPEAT TO YOURSELF (IN YOUR MIND OR ALOUD):

“I AM CONFIDENT AND CAPABLE.”

“WITH EACH BREATH, I LET GO OF OLD DOUBTS.”

“I EMBRACE POSITIVE CHANGE.”

LET THESE PHRASES FLOW WITH YOUR BREATH, AS IF PLANTING GENTLE SEEDS OF ENCOURAGEMENT IN YOUR MIND.

CONTINUE TO REPEAT YOUR CHOSEN PHRASES FOR A FEW MOMENTS, ALLOWING THEIR POSITIVE MEANING TO GROW STRONGER WITH EACH INHALE AND EXHALE.

WHEN YOU'RE READY TO FINISH, GENTLY COUNT UPWARDS FROM ONE TO FIVE.

WITH EACH NUMBER, BRING A LITTLE MORE AWARENESS BACK TO THE ROOM AROUND YOU.

WHEN YOU REACH FIVE, OPEN YOUR EYES, STRETCH, AND NOTICE HOW REFRESHED AND COMFORTABLE YOU FEEL.



YOU'VE JUST COMPLETED YOUR
SELF-HYPNOSIS SESSION.
NOTICE ANY FEELINGS,
THOUGHTS, OR INSIGHTS?
PERHAPS JOTT THEM DOWN IN A
JOURNAL, AND CARRY YOUR
POSITIVE INTENTION WITH YOU
FOR THE REST OF YOUR DAY.

