

CHAPTER 43

BASIC REGRESSION INDUCTION

Overview:

As the goal of all therapy at some level is to make the unconscious, conscious and get to the underlying decision that created any limiting or wrong minded value, belief, attitude or strategy, regression is often used process.

BASIC REGRESSION INDUCTION

I - Pre-talk – As you may know, the unconscious mind holds many resources which can be more accessible when in a deeply relaxed state such as in meditation or hypnosis – this is why I thought that today with your permission, I am going to suggest you relax, so I may be able to help guide you, to discover something helpful, that you might have waiting for you – in the recesses of your unconscious mind, that may have been forgotten, overlooked or just not recognized at the time for the treasure it really is – now as I guide you on this inner journey, at times I will ask you to tell me if you've completed something I had asked you to do, things which you'll find acceptable and interesting, and when I ask you as to whether or not you've been able to do what I've asked I will ask you to communicate this to me by moving the index finger on one of your hands like this (show them). Whichever of your hands this feels most natural can do this? Which finger do you feel that will be – please show me. Excellent, then let's begin.