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P S Y C H O T H E R A P Y

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Behavioural
Therapy

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Quit Smoking
Programs

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Hypnosis as an agent of change...

Playing To Win - Audio Program

1. Introduction

Hello, and thank you for purchasing *Playing To Win* from Trancesolutions – New Farm Hypnotherapy. The enclosed information will help you to use the CDs and facilitate the changes you want to make in your life.

Hypnosis is a powerful tool for change which can alter the way you think and feel at a very deep level. For years, Hypnotherapists have been helping clients increase feelings of self-acceptance, self-esteem, motivation and confidence by using the highly suggestible trance state to change past negative programming.

You don't need to visit a therapist to receive benefit from hypnotic suggestion; you can begin the process of change immediately by using Trancesolutions professional audio programs. Prepared by skilled therapists^a with many years experience, these programs are among the best available both in content and production. Using the program as instructed will help you to start the journey to making the permanent changes you want.

Why Use Hypnosis?

The development of your personality begins soon after birth and you begin forming your sense of self (your self-esteem) at a very early age. For example by the age of two, you are able to differentiate between yourself and others, you become aware of when those around you, particularly your parents, approve or disapprove of you.

As you grow and begin to grasp language, you begin to receive and interpret very specific feedback about your behaviour, your attitudes and their effect on others. You sense of self, which is a part of your self-worth, is developed through thousands of small interactions, during which, parents and others, communicate some judgement about you, the person.

While your conscious or aware mind has forgotten most of the times when you received negative feedback, each negative interaction is retained in your subconscious, exactly as you heard it. Every look of irritation, every time you felt anxious or hurt is recorded and remembered. It is important to realise that these are all remembered by your subconscious mind *without the benefit of the years of experience you now possess*; your subconscious mind still sees these events as it did when they happened and acts and reacts accordingly.

^a For more information about the therapists see our web site www.trancesolutions.com/about_us.htm

Your picture of yourself, that is, how you see yourself, and your sense of who you are, is a summation of all of the information held in your subconscious. This is why improving self-esteem, self-confidence and changing the way you think can be so difficult. It's very hard to argue with thousands of subconscious memories.

Consciously and intellectually, you may affirm that you are a good person, but your subconscious mind counters this affirmation with all of these past negative memories and experiences. These memories are locked away in the subconscious, silently influencing you.

You can't refute, reframe or challenge them because your conscious memory has forgotten most of the specifics of what happened, and therefore, you can't refute, reframes or challenge what you can't remember. This is where hypnosis helps.

Hypnosis has the ability to speak directly to and influence your subconscious mind. It does not rely on the "logic" of your conscious mind, but enables you to re-program your subconscious mind and its core thinking processes. Changing these core subconscious thought processes in turn influences the way you see yourself and the way you act and react.

This won't happen the first time you use this program; you may have many set patterns to change. But gradually, change will come and you will notice the changes in the way you feel and act. You will begin to feel more motivated and focused, and you will begin to achieve your goals.

It is important not to unrealistic expectations. There is no magic to change. Success involves setting short term as well as long term goals and accepting yourself as a good, worthwhile and unique person.

The Mind Factor In Being Successful

Your brain works on a number of different levels to enable you to adequately perform the tasks you undertake on a daily basis. Some of these tasks are undertaken at a conscious level while others are performed at a subconscious level. The subconscious part of your mind plays a very large part in controlling what you do and feel.

Some of the information on the CDs you will listen to is designed to address the conscious, aware level of your mind and some will be processed at the unconscious or sub-conscious level. Both processes are equally important in helping you to achieve your goals.

You Are Unique

We all start our lives with something of a "clean mental slate" and as a result of our learnings, our shaping influences, and our interaction with our surroundings and other people; we learn the behaviours and attitudes that now make up our very special and unique personality. There is no-one quite like you. No-one in the past, present or in the future was, is, or will be, exactly like you. You are a unique human being and personality.

It is therefore important that *your own mind* provides the most effective way for you to make the changes you need. Other people's concepts and ideas, their thought processes are for them and not specifically for you. This program is designed to help you achieve change gently and effectively and many of the suggestions used in the programs are deliberately non-specific. This allows your

subconscious mind to interpret and adapt them in a way that is very personal and suits your personality.

Your subconscious mind, that part of your mind that, among other things controls your learned behaviour, has been carefully instructed and taught by you. It has learnt from your experiences and encounters and from the billions of signals sent to it over many years from all of your senses. It is continuously attentive, even when you are physically asleep and reacts to both internal and external stimuli.

If you think about this concept for a while, you will appreciate that the rate at which your heart beats, the volume of blood that it moves with each beat, and the many other similar, routine but essential physiological activities, could not be directed by a genetic pattern that is common to another human being. Every bodily function is completely specific to you. They vary with your mood, your physical state of health and your emotions. They are completely custom tailored to the needs and reactions of your body, personality and pattern of life.

The hypnosis programs you will use are prepared in such a way that your subconscious mind will interpret them in a very personal way and apply them in a way that is completely appropriate to your unique personality.

2. Preparing For Success

Six Steps to Success

There are six steps to necessary to promote long term change -

1. Motivation – knowing and believing that you can achieve change if you really want to, and knowing that you are making change for yourself and not for anyone else.
2. Understanding why the problem you are addressing exists.
3. Taking charge of your habits (good and bad) using your mind to promote change using the power of imagination and self-hypnosis.
4. Using the CDs as an integral part of this program of change.
5. Having faith in you ability to make change, in other words “backing yourself” to reach your goals.
6. Keeping the change you achieve - for life.

1. Motivation...

Take some time to identify all of the motivating factors that are causing you to want to make these changes. Why do you want to make the changes, and what will the benefits be when you are more motivated?

List any relevant factors below...

2. Understanding why the problem you are addressing exists...

Again take some time to identify why you feel that you lack motivation and focus. What has been stopping you achieving your goals, and where does this difficulty stem from?

List any relevant factors below...

3. Taking charge...

Research has shown that relaxation techniques, visualisation, and our thought processes can change the way we act and react in different situations. Many sports men and women are taught to mentally practice their actions. In fact hypnosis techniques are used more and more in elite sports training and preparation. We can all learn to control our mental images in this way. This program will show you how to do this.

- a) **Accessing the inner resources you already possess** – Our mind and body are inextricably linked, neither can function without the other. Our way of thinking plays an important part in our general well-being and in whether we achieve our goals. Positive images and thoughts ourselves and the world around us can lead to a healthy, happy and confident lifestyle of achievement.
 - i. **How do you see and think about yourself?** Are you positive or negative in your thought patterns about yourself, your work and the world around you?

Try this exercise – don't be tempted to skip this, it is the beginning of retraining your mind –

Make yourself comfortable either sitting or lying down, take a few deep breaths... and then allow your eyes to close... concentrate on your breathing for a few moments... feel your chest rising and falling with each breath... now let a picture form of yourself and your life... how does it

look to you... what do you see... how does it feel... how do you feel about what you see... how does this match how you would like to see yourself... think about this for a while, then take a deep breath and open your eyes.

If the match of what you saw and felt compared to how you would like to be and feel is not very close, think about that “ideal”, is it unrealistic, or are there some adjustments you can begin to make to your thought patterns and behaviours which will help you to achieve your goals?

If so, what adjustments do you need to make to achieve those goals?

List them below...

Now, get comfortable again, take a few deep breaths and then allow your eyes to close... concentrate on your breathing for a few moments... now imagine yourself doing these new things... acting in different ways... thinking differently... imagine seeing and feeling the difference that the changes will make to your life... begin to feel good about the possibilities of change... allow the picture of the new more confident “you” begin to register in your mind... try to make that picture as vivid as possible... imagine the colours... if it is relevant let other people be in the picture as well... think about this for a while, then take a deep breath and open your eyes.

Planning and goal setting (again, don't skip this task) – For you to achieve anything, goals are important. Once again your mind plays an important part in setting and achieving goals. If you form a picture in your mind of what it is that you want to achieve, it becomes a part of your inner mental reality.

- ii. Take a few moments to think about your goals. What do you want to achieve and change?

Try this exercise -

As before, get comfortable either sitting or lying down, take a few deep breaths and then allow your eyes to close... concentrate on your

breathing for a few moments... feel your chest rising and falling with each breath... now let a picture form of you achieving and doing the things that you aspire to do... take the time to let the picture form almost as if it were a movie playing in your mind... take a long look at it... notice the small details... what does it look like? Experiment by making some changes... perhaps involving other people... what would they be doing or saying? What would the relationships be like? Think about this for a while, then take a deep breath and open your eyes.

By using this simple process you begin creating your own detailed vision of a future event or achievement.

Now, get comfortable again, take a few deep breaths and then allow your eyes to close... concentrate on your breathing for a few moments... now form a picture of your present situation... what does this look like?... more importantly, how does it differ from the first picture?

Now you have a picture of what you want to achieve (your goal) and where you are now (your current reality). This in itself is an important step. Many people are vague in their goals and live out the old saying –

“He who aims at nothing is sure to achieve it”.

You can now start to think about the process of change, the steps that one by one are needed to move you from your current reality to where you want to be and to what you want to achieve.

Take some time each day as you follow the program to think about things such as:

Where you will be a year from now?

What is your life like?

Who else is with you?

What are you doing?

How do you feel?

List them below so you can review them later...

- ◎ What about five years from now, what can you imagine about your life at that time?

4. Using The Self Hypnosis CDs / Tapes

The "Playing To Win" program includes two hypnosis CDs or audio-tapes. These are based on the program used at our Brisbane Clinic, but have been adapted and enhanced for you to use at home. Some information about the programs:

- a) Never use the CDs / Tapes when in a moving car or when you need to be in a fully conscious state of mind. These are self-hypnosis programs which are designed to induce a state of relaxation and help you to make necessary changes to help you achieve your worthwhile goals.
- b) **Complete Relaxation and Changing Your Focus** is a hypnosis training program and contains suggestions about:
future change;
stress relief, and...
health and well-being.
This is the first hypnosis track you will use..

Go For It is relevant to general levels of motivation, and contains suggestions about:

motivated,
successful in your chosen field,
achieving your best,
and having confidence with other people.
It contains suggestions that will change the way you feel and act.

Playing To Win is specifically applicable being:

focus in sport, whatever that sport may be...
increasing your concentration
to being the best you can be.

- c) Take the time to read the leaflet *An Introduction to Hypnosis* enclosed with this pack.
- d) When listening to the CDs / Tapes it is important that you are in a relaxed state. You may want to sit in a comfortable chair, or lie down and simply allow yourself to relax. It is not even necessary to pay attention to what is being said as your unconscious mind hears and responds to everything even if consciously your attention should drift away. And remember, hypnosis is a perfectly safe and natural state of mind that we all drift in and out of from time to time. An example is daydreaming which is a form of light trance state.
- e) After you have read through this material, begin to use the CDs / Tapes. You will use one tape daily for three weeks and then use them as necessary to help you to keep on track. Use them as detailed below:
 - i. Week One
 - Day 1 – Complete Relaxation
 - Day 2 – Changing Your Focus
 - Day 3 – Complete Relaxation
 - Day 4 – Go For It
 - Day 5 – Changing Your Focus
 - Day 6 – Changing Your Focus
 - Day 7 – Go For It

ii. Week Two

- Day 1 – Complete Relaxation
- Day 2 – Playing To Win
- Day 3 – Playing To Win
- Day 4 – Go For It
- Day 5 – Changing Your Focus
- Day 6 – Go For It
- Day 7 – Playing To Win

iii. Week Three

- Day 1 – Go For It
- Day 2 – Playing To Win
- Day 3 – Changing Your Focus
- Day 4 – Playing To Win
- Day 5 – Go For It
- Day 6 – Playing To Win
- Day 7 – Go For It

iv. After this time use any program once or twice a week or as you wish to.

Finally, good success with the program! I trust that it will prove to be the beginning of significant and positive change for you as you learn new techniques of self hypnosis. Keep in touch; we'd love to hear how you are doing, you can email me at antoine@trancesolutions.com.

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