EXPERT HYPNOTHERAPIST TRAINING

How To Hypnotise an Addict



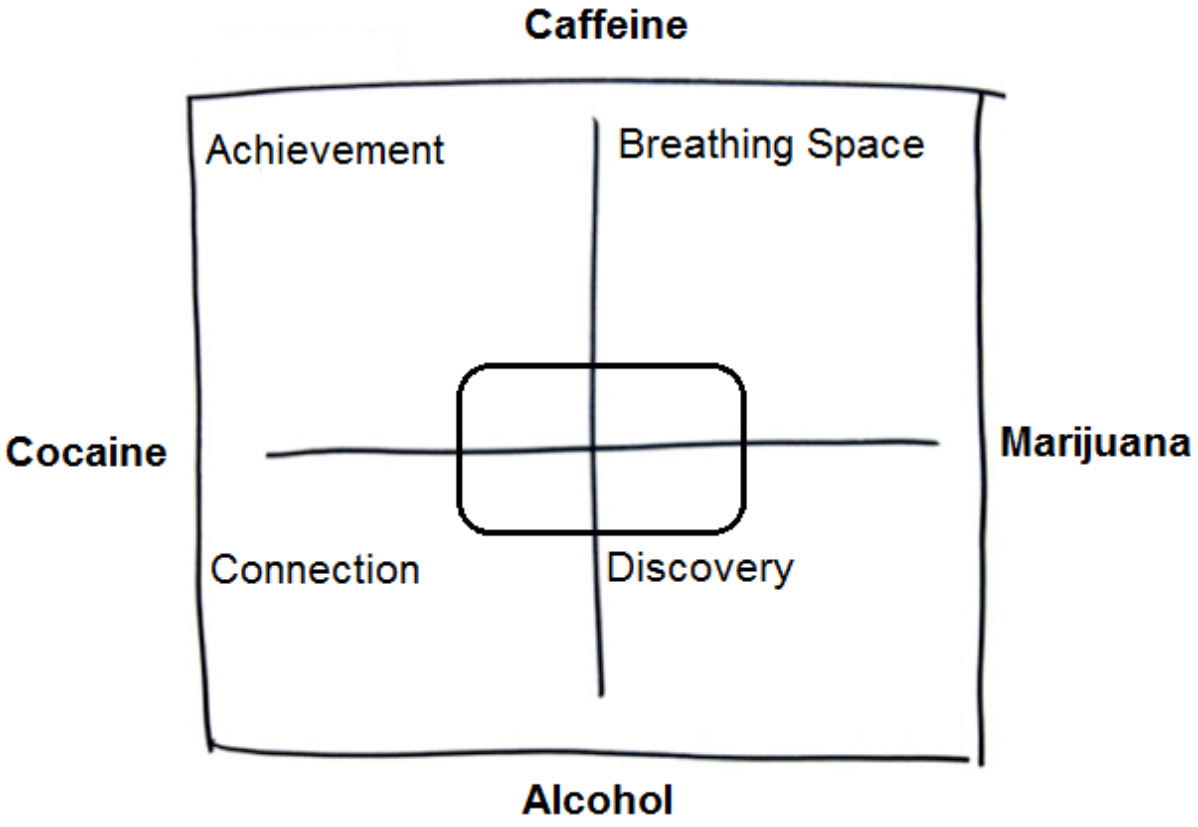
“No one ever knows enough

What we each do not yet know will at some moment of crisis become of vital importance”

Jordan Peterson

This is the addiction map.

We’ll use it throughout this eBook.



In this eBook, we'll cover;

- How to create T.R.A.N.C.E.
- What is addiction and how to cure it and
- How to be Happy and
- Why trying to be Happy All of the Time is basically an addition within itself.

Addiction by definition is a condition that offers short term pleasure or relief in exchange for long term damage or suffering.

But to treat addicts as short sighted is also not the answer. Addicts are mostly well aware of the bandaid effect of their addiction.

In this eBook, I will tell you the answer to addiction and how to hypnotise addicts. It's actually very simple and can be summarised into 5 main points.

1. Addicts are already hypnotised
2. They're hypnotised to expect happiness 100% of the time
3. Addicts don't have the resources to handle their pain
4. Pain can be handled with 4 substitutions to addiction
5. Hypnosis follows the T.R.A.N.C.E acronym

I'll share my exact strategies that I have used to cure over 3,000 addicts from caffeine, marijuana, alcohol and cocaine.

We'll explore what strategies we used to cure them for life and how best to hypnotise an addict.

How to Hypnotise using

T.R.A.N.C.E

To hypnotise someone using the T.R.A.N.C.E. technique, six things need to happen.

1. Your client needs to be focusing on you, following instructions and understand what to expect.
2. They need to enter a calm state where their focus is at it's best.
3. They need to experience an internal narrative using pictures, sounds and feelings to create their inner world
4. The experience needs to deepen to open up the Reticular Activating System.
5. The therapy or addiction cure therapy needs to take place
6. The experience needs to come to an end with a return to normal consciousness.

We use the **T.R.A.N.C.E.** acronym to teach hypnosis

T stands for **Talk** or PreTalk – This is the set up story and instructions we tell our clients to prime them for what will happen next, including where to sit, what to do and what to expect.

R stands for **Relaxation** - The progressive muscle relaxation. This is the process of finding peace in the environment, opening the RAS . to begin the process of altering the conscious state / focus

A stands for **Atmosphere** - The sensory imagination that is generating an internal representation of a real or fantasy work

N stands for **Narcosis** – This is the deepening of the altered state and final stage of disconnect with the outside world

C stands for **Change** – This is the event or narrative that occurs in the dream or altered state. What happens in this state controls how the individual perceives or believes what is happening. In the real world, this is the source code that controls their behaviour.

E stands for **Exit** - Return to consciousness.

To Hypnotise an Addict, you need to Think like an Addict.

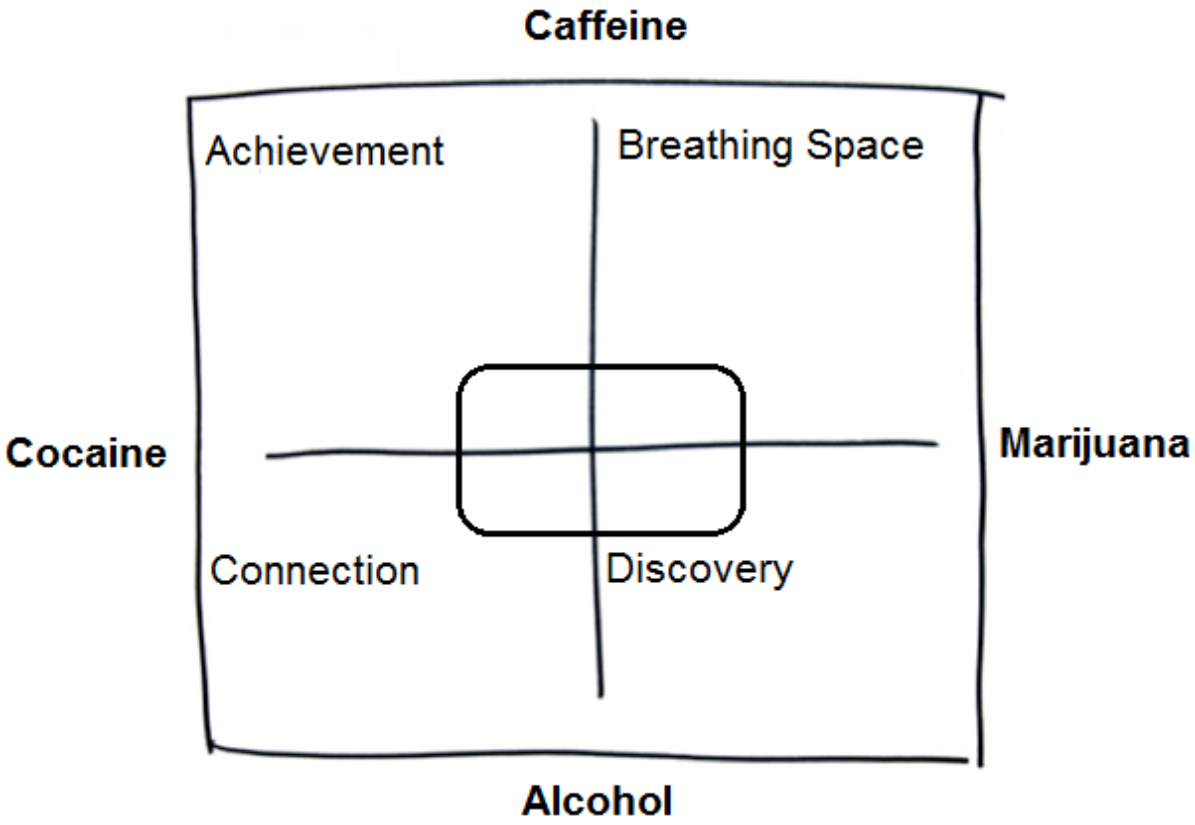
The truth is that addicts are already hypnotising themselves with an addiction trance.

Often I hear addicts say these things;

- It's the only break that I get
- No one listens to me
- My life just sucks
- At my age.....
- I just get the craving
- I think that people don't respect me
- It's how I get through the day
- My family are annoying
- I don't talk to my family anymore
- I'm lonely
- I was just stupid and took up the habit
- I don't believe in all of that Positivity stuff
- I'll give it my best go
- My dad was abusive
- My mother is very controlling / judgemental
- My kids don't want my help or advice
- Cigarettes and Coffee just go together
- I'm excited to give this ago
- It's just time for me to quit
- My parent died at the same age that I will be in a few years
- It's destroying my relationship
- What if this doesn't work?
- Do you know what I mean?
- I'm a sceptic / realist
- I quit while I was pregnant

Clients who say these are being pulled by 4 emotional triggers.
Each emotional triggers usually correlates to one of 4 drugs.

Caffeine, Alcohol, Cocaine and Marijuana



People who struggle to find other strategies to balance the emotions around **Achievement** and **Breathing Space** are more likely to be attracted to **Caffeine**.

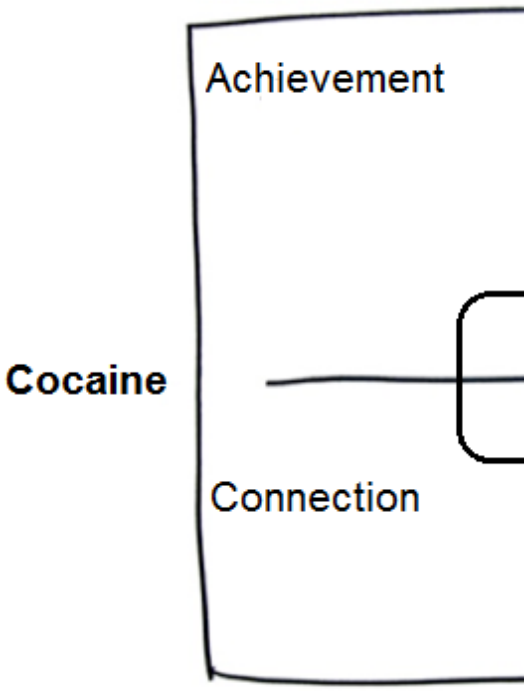
People who struggle to find other strategies to balance the emotions around **Connection** and **Discovery** are more likely to be attracted to **Alcohol**.

People who struggle to find other strategies to balance the emotions around **Achievement** and **Connection** are more likely to be attracted to **Cocaine**.

People who struggle to find other strategies to balance the emotions around **Breathing Space** and **Discovery** are more likely to be attracted to **Marijuana**.

Before we talk about how to hypnotise each style of addict individually, let's talk about what is missing from each style of addicts life.

Cocaine for Social Significance



When somebody wants **Cocaine**, it's usually not so that they can get **Breathing Space** and **Discovery**. They're not looking for space to themselves and they're not looking to find information.

Achievement – They want to get something done. They want to go through what they already know and to get out there and get it done

Connection – They want their tribe around them to feel loved, important and safe. **Cocaine** users have a massive need to be around their tribe.

Social Significance – If you put **Achievement** and **Connection** together, then you have **social significance**. On **Cocaine**, they want to be witnessed doing something great.

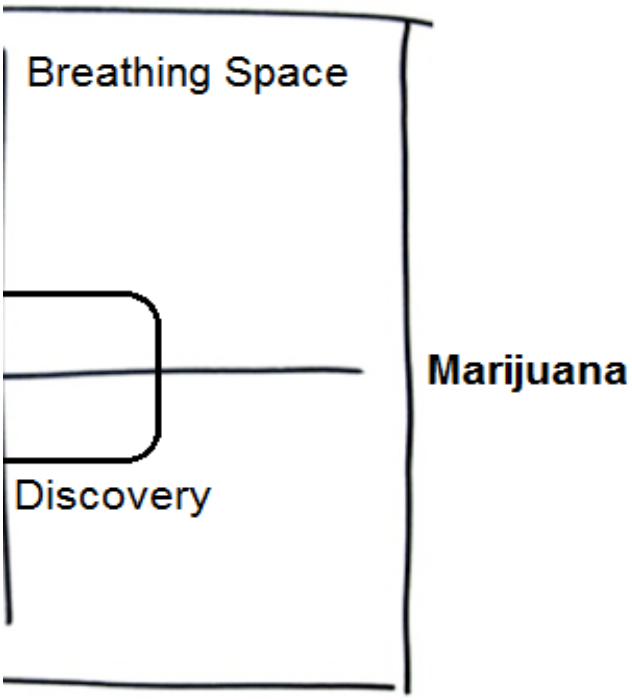
Marijuana for Reflecting

When somebody wants **Marijuana**, it's usually not so that they can get **Achievement** and **Connection**. They're not trying to get stuff done and they're not trying to connect with their tribe.

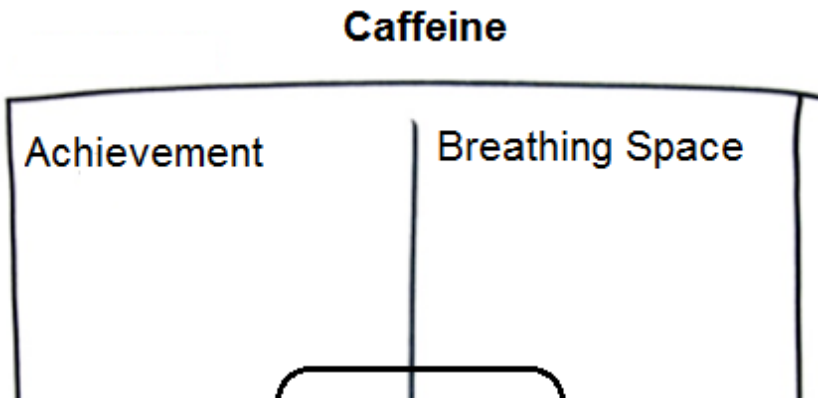
Breathing Space – They want to get away. They want to be calm, safe and to unwind from the pressure of their environment.

Discovery – They want to think, reflect and observe. **Marijuana** users have a massive need to take in their environment

Reflection – If you put **Breathing Space** and **Discovery** together, then you have **Reflection**. On **Marijuana**, they want to witness and think.



Caffeine for Work



When somebody wants **Caffeine**, it's usually not so that they can get **Connection** and **Discovery**. They're not trying to be social and they don't want to learn new things.

Achievement – They want to get through the day. They want the energy and head space to get everything done without getting tired or burning out.

Breathing Space – They want to take some time out to clear their mind or recharge their tank. **Caffeine** users have a massive need to include daily rituals to avoid burnout.

Work – If you put **Achievement** and **Breathing Space** together, then you have **Work**. On **Caffeine**, they want to get through the day.

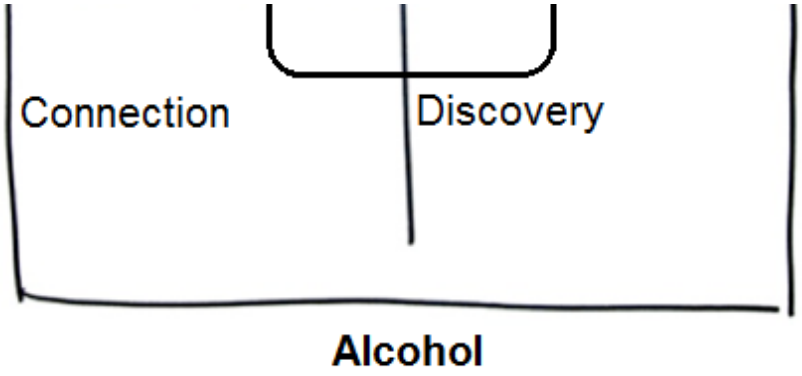
Alcohol to Party

When somebody wants **Alcohol**, it's usually not so that they can get **Achievement** and **Breathing Space**. They're not trying to get the work done and they don't want a break.

Connection – They want to get together with their tribe. They want to debrief about the week, talk about life and find out what the people are up to.

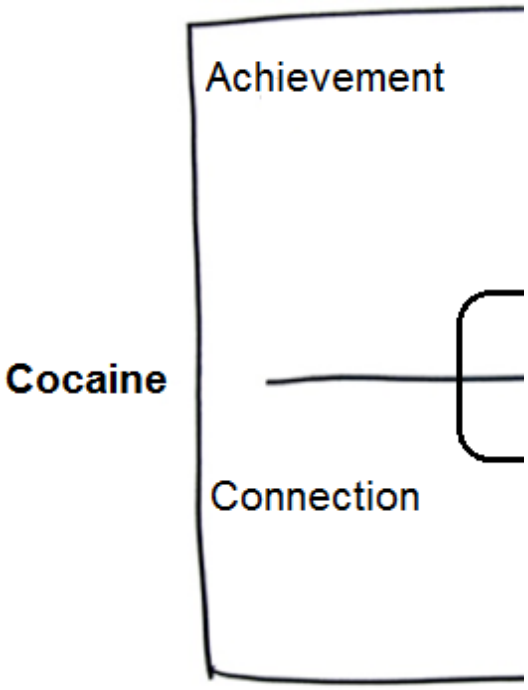
Discovery – They want some variety and reward to freshen up their mind. **Alcohol** users have a massive need to include shake things up.

Party – If you put **Connection** and **Discovery** together, then you have **Party**. On **Alcohol**, they want to party.



Cocaine and T.R.A.N.C.E.

Drug addicts are already using T.R.A.N.C.E. to be addicted to their drug of choice. When you revisit the steps of T.R.A.N.C.E. alongside our addiction map, the whole picture becomes clearer as to what is actually happening.



T for **Talk** – The **Cocaine** addict feels as though they've had their fill of **Breathing Space** and **Discovery**, craves **Social Significance** and tells them self the plan for where and when they'll have the **Cocaine**.

R for **Relaxation** – They find a suitable environment with friends and have some **Cocaine**

A for **Atmosphere** – They start to experience an inner world of ideas and imagine what could be.

N for **Narcosis** – They take more **Cocaine** to deepen the experience

C for **Change** – They celebrate and strengthen the habit as the **Social Significance** grows.

E for **Exit** – They come down to regular consciousness.

Marijuana and T.R.A.N.C.E.

Different from **Cocaine**, **Marijuana** creates a **Reflection T.R.A.N.C.E.**

T for **Talk** – The **Marijuana** addict feels as though they've had their fill of **Achievement** and **Connection**, craves **Reflection** and tells them self the plan for where and when they'll have the **Marijuana**.

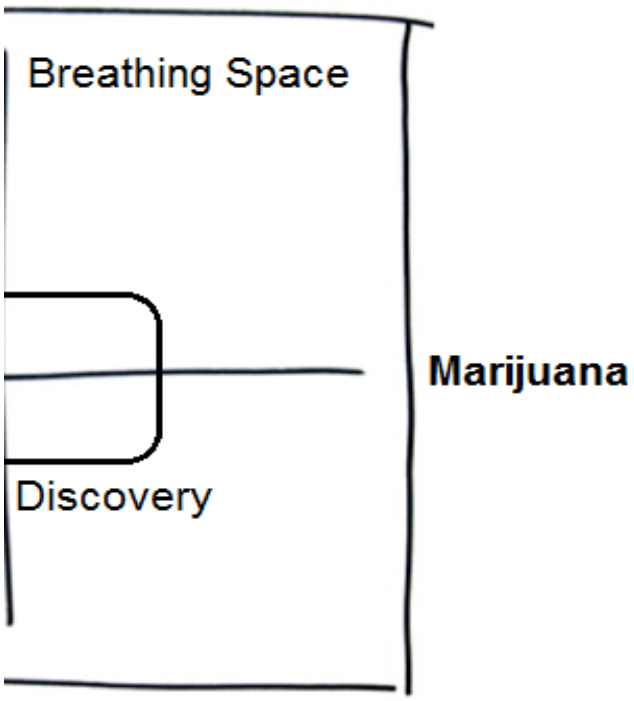
R for **Relaxation** – They find a suitable, quiet environment and have some **Marijuana**

A for **Atmosphere** – They start to experience an inner world of ideas and **Reflect** on what could be and what is.

N for **Narcosis** – They take more **Marijuana** to deepen the experience

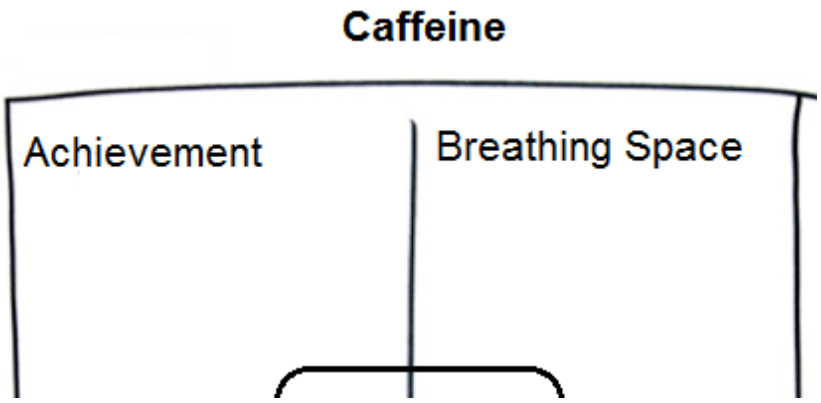
C for **Change** – They relax and strengthen the habit as the **Reflection** experience grows.

E for **Exit** – They come down to regular consciousness.



Caffeine and T.R.A.N.C.E.

Caffeine creates a Workaholic **T.R.A.N.C.E.**



T for **Talk** – The **Caffeine** addict feels as though they've had their fill of **Connection** and **Discovery**, craves Progress and **Work** and tells them self the plan for where and when they'll have the **Caffeine**.

R for **Relaxation** – They find a suitable **Work** environment and have some **Caffeine**

A for **Atmosphere** – They start to experience an inner world of ideas and **Work** on what could be.

N for **Narcosis** – They take more **Caffeine** to deepen the experience

C for **Change** – They focus and strengthen the habit as the **Work** experience grows.

E for **Exit** – They come down to regular consciousness.

Alcohol and T.R.A.N.C.E.

Alcohol creates a **Party T.R.A.N.C.E.**

T for **Talk** – The **Alcohol** addict feels as though they've had their fill of **Achievement** and **Breathing Space**, craves Play and **Party** and tells them self the plan for where and when they'll have the **Alcohol**.

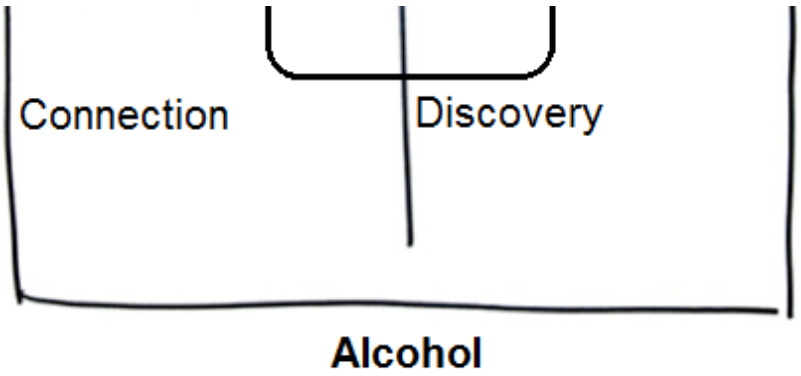
R for **Relaxation** – They find a suitable **Party** environment and have some **Alcohol**

A for **Atmosphere** – They start to experience an inner world of ideas, **Party** and talk about what is.

N for **Narcosis** – They take more **Alcohol** to deepen the experience

C for **Change** – They play and strengthen the habit as the **Party** experience grows.

E for **Exit** – They come down to regular consciousness.



Your T.R.A.N.C.E. Script

T for **Talk**

Ok Great, let's get started with the hypnosis. There is an awake state and an asleep state. Hypnosis exists in between the two just like a day dream state. If ever you've watched the television for 20 minutes but didn't know what was being said on the show, it's because your mind was off thinking about something else. Hypnotherapy is very similar to that state.

Do you have any questions before we start?

Ok great.

Now just closing your eyes and taking all of the time that you need. Any noises either inside or outside can just take care of themselves for the next 15 or 30 minutes. The whole world, both locally and the other side of the planet can all take care of themselves. The Earth, the Sun and the Moon will all just still be there. You don't have to do anything at all.

R for **Relaxation**

Just imagining that beautiful wave of relaxing energy that starts from the top of the head, very slowly down toward the tips of the toes, just starting from the head, the muscles along the scalp, the forehead and all the way down slowly to the small muscles around the eyes. More and more slowly, even less than 1% more relaxed with each out breath. Just allowing that gentle wave to continue releasing each muscle even more slowly again with each out breath. Just more and more slowly. And more and more gently, releasing.

From the small muscles around the yes, from above, in between, the sides and underneath, even the muscles that allow the eyes to move, continuing to relax. As the eyes allow themselves to take a break from having to interpret bright lights and the brain allows itself to take a break from having to interpret the light from the eyes. More and more slowly. Just more and more gently, as every day your life continues to become better and better.

From the eyes, all the way down the face, those small muscles in the eyes continue to let go so slowly that we can't even notice how slowly it continues to relax into the background. Just enjoying a calm break, so slow and so calm that we can't even notice how slowly it continues down to the arms, from the upper arms down to the lower arms, this gentle wave of relaxing energy continues to flow to the hands and to the finger tips. As the thumbs relax deeper and again, the fingers let go twice as deep as the thumbs let go even more and more relaxed. All the way down the front and sides of the body, with each breath, the body continues to let go deeper and deeper. The upper back around the shoulders, all the way down to the middle and lower back, as it flows, allowing the breathing to continue to relax the body, deeper and deeper, just like that. From the upper legs to the lower legs, this gentle wave of relaxing energy continues to drop so slowly, that we can't even notice how slowly the mind and the body continue to relax. All the way down to the heals and to the ankles, the sole of each foot, deeper and deeper, more and more relaxed, so slowly and so calm that we can't even notice how slowly the body continues to relax. As the muscles unlock one by one, the mind continues to let go into the back ground, one by one, as the tips of the toes relax. The entire

foot relaxes, as the toes let go, the whole body lets go. So calm and so relaxed, as the body continues to float on this genital wave, as the body relaxes twice as deep, the mind allows it self to play more and more freely as the breathing continues automatically in the background, all by itself.

A for **Atmosphere**

As the beautiful image of the sun, continues to set over the beach. Just more and more slowly. The feet that just brush past the sand and into the water, as those beautiful waves roll over the feet and in between the toes. Just more and more slowly. As the reflection of the sun continues to set, just washing over the waves and just drifting into the horizon. As the breathing continues, with that beautiful sea breeze, that gentle path just leads to your cabin, as the door opens to allow you inside. As time itself just continues to relax into the back ground. Everything that needs to happen in your life just does happen at the time that it's supposed to. Through that beautiful bay window, the last of the sun just continues to set until morning.

N for **Narcosis**

As those beautiful stairs that lead all the way down to the unconscious control room of mind. From the tenth stair. Twice as sleep with each stair. Just drifting, floating and dreaming. As the breathing continues, from the ninth, to the eight stair. Just more and more slowly, even less than 1% more relaxed with each out breath. Just more and more slowly into relaxation. From the seventh, to the sixth, just so slowly, so easily, so calm and so relaxed, drifting, and again just less than 1% more relaxed with each out breath. Comfortably, just more and more relaxed, twice as sleep with each stair, just deeper and deeper, from the fifth, to the fourth stair, more and more slowly. From the third, the second to the first, and then just comfortably into the room. Allowing the body to rest on the chair in the middle of the room.

C for **Change**

Construct this section yourself from the addiction map. Read the following pages to know what to say and include.

E for **Exit**

As I count from 1 all the way up to five, allow yourself to become fully awake and ready for the rest of the day.

1. Health and vitality are returning to that which is healthy and normal for you
2. Coming closer and closer to the surface
3. Feeling fine, feeling refreshed and ready and excited for the rest of the day
4. Feeling calm, feeling fine and
5. Allow yourself to open your eyes in your own time.

Don’t Use Negations

The subconscious can’t recognise negations.

Words like these mean nothing to the subconscious mind;

- Don’t
- Stop
- Quit
- Not
- Free of
- Isn’t
- No
- Never
- Negative
- Neither
- Nor
- None
- Nobody and
- Nowhere



The **Subconscious Mind** only responds to **Sensory Language**, such as **Pictures**, **Sounds**, **Feelings**, Taste and Smell.

So telling somebody **Not** to be addicted to **Caffeine**, **Alcohol**, **Cocaine** or **Marijuana** doesn’t actually do anything except to remind the **Subconscious Mind** of the addiction itself.

You might as well tell the waiter at the restaurant what you **Don’t** want to eat instead of what you **Do** want to eat. Or tell a five year old girl **Not** to **Have Nightmares about Ghosts.**

Instead, you want to use **Positive Sensory Language** when your client is under **T.R.A.N.C.E**. so that they can start producing **New Habits** for **Achievement**, **Breathing Space**, **Connection** and **Discovery**.

How can you use **Pictures**, **Sounds** and **Feelings** to talk your client through **Achievement**?

How can you use **Pictures**, **Sounds** and **Feelings** to talk your client through **Breathing Space**?

How can you use **Pictures**, **Sounds** and **Feelings** to talk your client through **Connection**?

How can you use **Pictures**, **Sounds** and **Feelings** to talk your client through **Discovery**?

Positive Sensory Achievement

Both **Caffeine** and **Cocaine** get used as a method to boost **Achievement**.

Although **Caffeine** is also used for **Breathing Space** and **Cocaine** is used for **Connection**.

Instead of telling your client to **Stop** or **Quit** taking **Caffeine** or **Cocaine**, it's better to give your clients **Positive Sensory** techniques to move forward with their life.

The trick to helping the addict to quit is to help them to have separate strategies for all four **Achievement**, **Breathing Space**, **Connection** and **Discovery**.

The top 5 achievement techniques to get stuff done are;

1. Exercise – This is the only thing proven to consistently increase energy.
2. Use Lists, Diaries and Calendars – Memory isn't sufficient.
3. Get Advice – We don't know everything. It pays to ask.
4. Get Help – We can't do everything our selves
5. Look after Health, Relationships and Money.

During the **Change** section of **T.R.A.N.C.E**., you can make **Positive Sensory** suggestions to your client about how to create more **Achievement**, without the need to mention the drug to the **Subconscious Mind**.

If a client comes for **Caffeine** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Breathing Space.**

If a client comes for **Cocaine** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Connection.**

Positive Sensory Breathing Space

Both **Caffeine** and **Marijuana** get used as a method to increase **Breathing Space**.

Although **Caffeine** is also used for **Achievement** and **Marijuana** is used for **Discovery**.

Instead of telling your client to **Stop** or **Quit** taking **Caffeine** or **Marijuana**, again it's better to give your clients **Positive Sensory** techniques.

The trick to helping the addict to quit is to help them to have separate strategies for all four **Achievement**, **Breathing Space**, **Connection** and **Discovery**.

The top 5 achievement techniques to get a break are;

1. Plan it – If we don't put time aside in our schedules for a break then it often never happens
2. Make breaks last for at least 20 minutes. It takes at least that long to relax
3. Stop all important work during breaks
4. Protect boundaries – Nobody will respect our time line more than ourselves.
5. Have a ritual to come down off the energy of the day

During the **Change** section of **T.R.A.N.C.E**., you can make **Positive Sensory** suggestions to your client about how to create more **Breathing Space**, without the need to mention the drug to the **Subconscious Mind**.

If a client comes for **Caffeine** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Achievement.**

If a client comes for **Marijuana** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Discovery.**

Positive Sensory Connection

Both **Cocaine** and **Alcohol** get used as a method to increase **Connection**.

Although **Cocaine** is also used for **Achievement** and **Alcohol** is used for **Discovery**.

Instead of telling your client to **Stop** or **Quit** taking **Cocaine** or **Alcohol**, again it's better to give your clients **Positive Sensory** techniques.

The trick to helping the addict to quit is to help them to have separate strategies for all four **Achievement**, **Breathing Space**, **Connection** and **Discovery**.

The top 5 achievement techniques to get around other people are;

1. Pick a topic that you like – Something not related to the drug.
2. Find a place where other people like that topic.
3. Plan to be around those places more often
4. Give others **Breathing Space** when they need it
5. Reach out to others when you need help.

During the **Change** section of **T.R.A.N.C.E**., you can make **Positive Sensory** suggestions to your client about how to create more **Connection**, without the need to mention the drug to the **Subconscious Mind**.

If a client comes for **Cocaine** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Achievement.**

If a client comes for **Alcohol** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Discovery.**

Positive Sensory Discovery

Both **Alcohol** and **Marijuana** get used as a method to increase **Discovery**.

Although **Alcohol** is also used for **Connection** and **Marijuana** is used for **Breathing Space**.

Instead of telling your client to **Stop** or **Quit** taking **Alcohol** or **Marijuana**, again it's better to give your clients **Positive Sensory** techniques.

The trick to helping the addict to quit is to help them to have separate strategies for all four **Achievement**, **Breathing Space**, **Connection** and **Discovery**.

The top 5 achievement techniques to get a reward and variety are;

1. In the morning, make plans for fun in the afternoon or night time.
2. Spend time brain storming on paper about what you actually like doing
3. Be open minded – Listen to suggestions and try things that you haven't tried
4. Give yourself permission to be different
5. Celebrate your wins.

During the **Change** section of **T.R.A.N.C.E**., you can make **Positive Sensory** suggestions to your client about how to create more **Discovery**, without the need to mention the drug to the **Subconscious Mind**.

If a client comes for **Alcohol** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Connection.**

If a client comes for **Marijuana** addiction, it is also a good idea to use **Positive Sensory** suggestions for **Breathing Space.**

Letting Go of Happiness to Cure Addiction

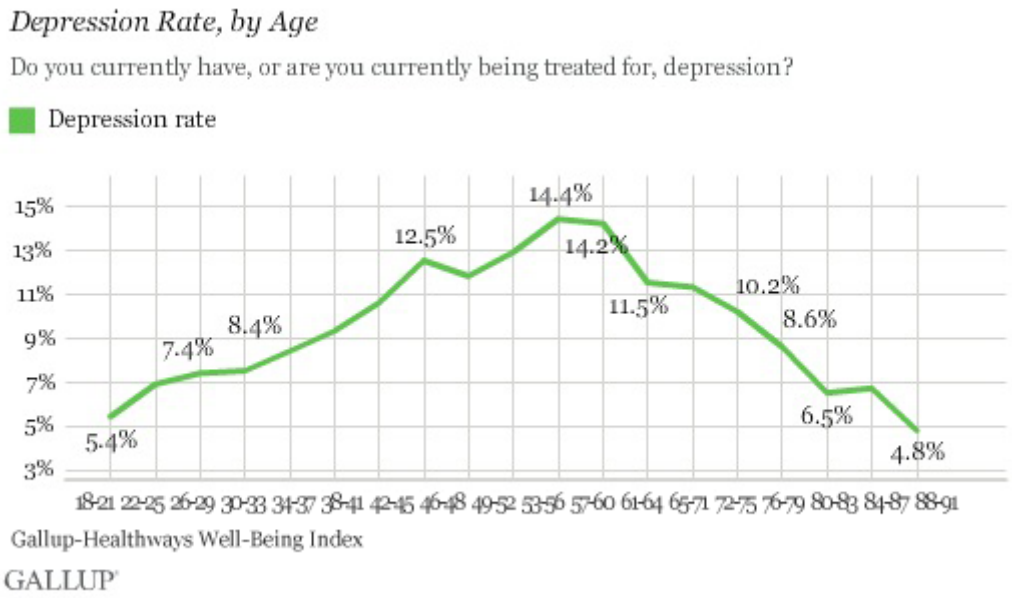
If you haven't yet read the book 'The subtle art of not giving a F***' then you should get yourself a copy today.

Addiction causes people to try to be happy all of the time. The problem with trying to be happy all of the time isn't just that it isn't possible, but avoiding natural sad emotions can actually hinder a persons ability to understand reality accurately.

It's important to aim high in life and to work on Money, Health and Relationships, but being a perfectionist who must always keep their happiness pristine at all times causes more anxiety, depression and addiction.

Sometimes people need to hold on tight and go through their symptoms from grief, worry, loneliness or pain. We don't have 100% control over life and we need to accept that fact. As it turns out, the fastest path to happiness doesn't come from the pursuit of happiness, but the pursuit of planting the right Achievement, Breathing Space, Connection and Discovery steps and to let the outcome just be whatever it turns out to be. Making mistakes is part of learning and part of life. The sooner the client accepts their current negative situation, the sooner they'll heal and get on to the next natural wave of happiness that life has to offer.

Take a look at depression rate statistics by age. People who are in charge of the most responsibilities are naturally most affected by depression and anxiety.



Help your client to lower their expectations of how much control they have over global events, unavoidable disasters and anything that is naturally out of their control. Instead get them to control their inputs of **Achievement**, **Breathing Space**, **Connection** and **Discovery** and to let everything else go.

EXPERT HYPNOTHERAPIST TRAINING

How to Hypnotise an Addict

3 Week Online Training Course

Starting August 20th, we're training you in depth for 3 weeks

Join Today

What you'll learn

- How to hypnotise an Addict
- How T.R.A.N.C.E. works
- How to use positive substitutions to create a cure

What you'll get

- In depth, step by step video training.
- Access to all MP3's used in our client programs
- Bonus training – How to Massively Grow your Hypnotherapy Practice in Just 6 Weeks.

Click the link for our pre-launch special of just $25 X 5 weekly payments or $670 after the 20th of August

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