

*Self-Hypnosis*  
**Method**

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## *Let's Get Started!*

To master the Self-Hypnosis Method, follow the steps outlined below. I recommend taking it slow, doing step one for a week, step two for a week, and step three for a week to train your brain to do each step properly.

The reason the steps are broken up is to train your mind to self-hypnotize. Each step is important and will train your mind to do a specific step in the Self-Hypnosis Method.

Once you have gone through each step and trained your brain to do the steps properly, you'll be able to reprogram any limiting thought or belief with the Self-Hypnosis Technique by simply going through step three.

If you'd like create your own recording outlining the steps so that you don't have to memorize them, you can do that, just keep in mind if you choose to memorize the steps, you can use this technique at any time for anything.

My hope for you is that this becomes yet another tool in your mindset toolbox to aid in creating a happy and fulfilling life for yourself!

If you have questions, please email me at [hello@katiepotratz.com](mailto:hello@katiepotratz.com)

Enjoy!

*Katie*

## Step 1: *Pre-Sleep Technique*

- When you go to bed, starting tonight and continuing for the next seven days, just before you are ready to fall asleep, give yourself the following suggestion ten times silently in your mind:

***"Every day in every way, I get better and better"***

While you are saying the suggestion, imagine yourself in any way you can, getting better and better.

- In order not to fall asleep and not to lose count, every time you say the suggestion press down with each finger of your right hand. Then continue with your left hand until you've completed the suggestion ten times.
- This may be your first attempt at learning to effectively program yourself through suggestion. It is of the utmost importance to do this exercise every night ***without*** falling asleep until you've completed the ten repetitions.
- You are beginning to establish a habit pattern of properly programming yourself by giving yourself positive suggestions before going to sleep. As the days go on, you'll find yourself reactive very positively to that suggestion.

## Step 2: *Induction*

Continue doing the Pre-Sleep Technique you learned in Step 1, and in addition do the following:

- Twice a day (morning and night preferably) complete the steps outlined below to hypnotize yourself. Stay in hypnosis for 2-5 minutes, then wake yourself up.
  1. Sit in a comfortable chair with your back supported
  2. Focus your attention - effortlessly - on a spot opposite you, slightly above eye level.
  3. Take three deep breaths - slowly. As you inhale your third breath, hold it for 8 full seconds as you count backwards "3...2...1..."
  4. Close your eyes, exhale, relax your body and allow yourself to go into a deep hypnotic rest.
- You are to remain in hypnosis for approximately 2-3 minutes by counting down slowly from 25 to 1 silently in your mind. It will help to visualize each number as you count down, you could watch them being written on a blackboard or shown on a computer screen, however you choose to see the numbers is perfect.
- To awaken, just count forward from 1 to 3 with the intention of waking your body up and feeling refreshed and invigorated.
- Do this exercise twice a day for seven days, after which you will be ready to give yourself beneficial suggestions.

## Step 3: *Programmed Suggestions*

Once you start Step 3, you will no longer have to do Steps 1 and 2 each time you want to give yourself programmed suggestions. For this step you will need a small peice of paper to write your suggestions on,

- Prepare your suggestion to use while in hypnosis. It should be positive, simple, and believable. Try to keep it to a short sentence and always write it in the present tense.  
(example: "I remain calm and collected throughout my day")
- Again, sit down and choose a spot opposite you, slightly above eye level. Hold the piece of paper with your suggestion in front of that spot and read the suggestion to yourself 3 times. As you read it, imagine accomplishing that suggestion.
- Now drop the card and take your first deep breath. Exhale. Take your second deep breath. Exhale. Take your third deep breath - hold it - close your eyes and count backward from 3 to 1. Exhale and relax, going deep into hypnosis.
- Instead of counting from 25 to 1, allow the suggestion to be repeated over and over in your subconscious mind. At the same time, imagine you are carrying out that suggestion. You'll find at times the words start to break up and become fragmented, and that's perfectly okay. The important words or phrase will come through to you.
- In approximately 2-3 minutes you will have a feeling it's time to stop and come out of hypnosis - this time was established in Step 2 when you counted backwards from 25 to 1. At this point, count forward "1...2...3..." then open your eyes and go about your business feeling refreshed and rejuvenated.
- Give yourself time for the suggestions to take hold. It takes about 2-3 weeks for new neurological pathways to be created in the mind.