



## How to Write Suggestions

(For use with self-hypnosis)

1. Keep your suggestions in the first person. It is best to begin your suggestions with the words “I am.” For example, “I am feeling more confident about my eating habits.” “I am free of the smoking habit.”
2. State your suggestions in the present tense. This gives your subconscious mind the message that your goal is a current reality, not something lurking in the future. For example: “I am free of smoking right now.” “I am feeling more confident about my golf game right now.”
3. Keep your suggestions positive; say what you want instead of what you don’t want. Example: “I am feeling healthy” instead of “I don’t want to feel sick anymore.”
4. Keep your suggestions short and to the point.
5. State what you want in detail, be specific. It’s easier to focus on and easier to gauge how far you’ve come. For example: “I am passing all my math exams with a 90% or better.”
6. Include your emotions. For example: “I am proud that I eat healthy foods every day.” “I am grateful to see that I eat healthy every day.” “It feels great to go to the gym every day!”

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