

Exploration of ambivalences regarding the desire to lose weight with the help of ideomotorics

1 Orientation to the trance and preparation of an ideomotoric experience

A lot of people probably know the following experience: you have set a goal, but somehow changing your behaviour accordingly doesn't work .

As psychotherapists we know: inner ambivalences are often responsible for this.

The aim of the hypnotherapeutic trance that I'd like to present to you now is strengthening the side that wants to change and at the same time finding out the justified objections of the side preventing change. On this way a compromise between both sides can be initiated.

Now you are invited to take such a goal of yours as an example. A goal you would like to achieve, but somehow don't. Maybe it's the desire to lose weight, maybe it's something else. Whatever is suitable for you now.

For starting this trance, put your arms at right angles to your body, as if you were holding a ball between your hands.

Let your hands move towards each other until you feel a slight resistance.

2 Focusing attention from external stimuli to inner orientation

While on a conscious level you might still be hearing the sounds here in the room, the unconscious can already realize ... the only thing mattering now is to enjoy the moment ... the only important thing is to make it as comfortable and pleasant as possible consciously you can allow yourself to relax ... without hurry ... while the body can remember the experience to relax pleasantly deep ... maybe consciously feeling the heaviness increasing with every exhalation ... deeper is going all by itself - while the unconscious is assuming responsibility for absorbing exactly the right amount - what you need ... no more and no less and finally consciously leaving the whole weight to the chair while the unconscious is allowed to get rid of all loads ... letting the backrest hold the back ... the contact of the feet to the floor ... with every exhalation a little more of all the burdens can fall off ... all the unnecessary that is no longer needed ... and with every light inhalation the allowance being supplied with which is beneficial.... lightness and effortlessness.

And while the unconscious is using the time for regeneration and recovery perhaps the conscious mind can still be curious how relaxation without trance differs from relaxation with trance curious how the transition from the waking state to the trance state first becomes noticeable... perhaps this slight heaviness or weightless lightness this inertia and immobility of the body what is happening on the outside is becoming completely irrelevant ... stepping into the background ... superfluous .. to go all too quickly into an all too deep trance...

as the outer eyes are closing, the inner eyes can open...and it is often easier to go deeper into a trance when the eyelids close / have closed ... just as there are spontaneous and involuntary muscle movements and at the same time body movements that we are aware of and others that we do not even notice because they are unconscious... in the same way conscious thinking can leave it to the body to move from the experience of a comforting heaviness to an effortless ease... from a light relaxation without trance to a relaxation with a light trance ... at one's own pace ... as it is right

3 Ratification and ideomotor skills

all the small changes showing a developing trance.... the breath... this slightly changed feeling somewhere in the muscles maybe... leaving it to the unconscious where it first becomes noticeable... .. maybe a slight heaviness or a weightless lightness... noises that have become less important... maybe the relaxation... while my voice is still audible... all the clues that trance is developing.

4 Asking for the readiness of the unconscious mind

And when the unconscious is ready to deal with the desire to change the weight.... or whatever your goal is... and these two sides of you that are in conflict with each other at the moment... one side that wants you to become lighter, wants your life becoming lighter ... and the other side that at the moment is still considering it necessary to carry the old loads, perhaps for safety or simply out of habit...the hands can move away from each other... if not, if the unconscious is not yet ready for this, they go on together.... exactly... so it is right...take your time... as long as the unconscious needs to become ready for it...

and to the extent the trance is deepening ... and the conscious mind can leave it to the unconscious to find out now what it is really about.... sooner or later... in this inner conflict between the desire for lightness and the other side still holding on to the weight.... at one's own pace...sooner or later.... if the readiness exists ... to turn to this inner conflict ... to go even deeper into trance ... exactly at the right moment ... it is not necessary to take care of it ... the body is doing it by itself ... if the readiness is reached this inner yes clearly noticeable as a signal to sink into a restful, relaxing trance ... deeper ... while the head may still sink a little ...

5 Exploring the first side of the conflict

after an unconscious reaktion could be observed: Yes, that's right and while the unconscious that's right obviously it has to be found out what it's really about.. the wishes and desires of the side wanting more ease ... wanting to place down unnecessary burdens .. what the unconscious knows about it.... and while the unconscious is taking responsibility for this sidegradually it is becoming clearer ... the right hand can sink quite by itselfmaybe even an image appears by itself ... maybe at the beginning like in the fog by itself the image can gradually become clearerperhaps a figure ... is it an animal or a human being? How big? Male or female? Old or young? What clothes does it perhaps wear? What does the hair look like? The face? The eyes? The facial expression? there is enough time for the figure to become clearer and clearer all by itself... and also to become audible on its own.... perhaps it says something? ... there is all time needed to listen carefully. What is this side really about? What does it want to achieve? There is the permission to take enough time to see the problem from another perspective ... or from the perspective of someone else ... to give time to the unconscious and isn't it astonishing how by itself it becomes more and more clear what it's really about ... and that's okay so ... exactly ... and maybe there's another aspect ... another perspective... how to look at it ... exactly ... it's important ... to look at it exactly ... and to take your time ... until it's really clear ...

6 Exploration of the other side of the conflict

Yes, that's exactly the way it is and while the unconscious exactly and then there's this other side, which at the moment prevents the first side from realizing its goals ... obviously it's now about finding out what exactly this other side wants ... this side at the moment still holding the weight ...a positive intention... what it is really about... the knowledge in the unconscious about it... and while it is left to the unconscious to let this become clearer... what this side is about... what it wants to do goodfor you... the left hand can lower itself involuntarily

maybe even an image appears by itself ... maybe at the beginning like a fog by itself the image can gradually become clearerperhaps a figure ... is it an animal or a human being? How big? Male or female? Old or young? What clothes does it wear? What does the hair look like? The face? The eyes? The facial expression? It's perfectly okay to give the image the time it needs to develop further on its own.... more and more details... which are important... maybe even noisesbecoming audible on their own ... maybe it even says something? ... enough time... for listening carefully. What is this second side really about? What does it want to achieve? Isn't it easy to listen, when it becomes more understandable by itself what this side wants to achieve... to look at the problem from a different perspective... or from the perspective of someone else... left to the unconscious... until it becomes more comprehensible by itself ... and isn't it amazing what it really is about ... and that's okay so ... exactly ... and maybe there is another aspect ... a view ... how one can look at it ... exactly it's

important ... to look at it closely ... and to take the time needed... until it's really clearand to appreciate it ... to better understand the positive intention this side has ... wanting something good for you... it's not about fighting this side, it's about working together ... on a better way... to make peace. And perhaps it has an important message ... heavy arguments that want to be heard.... serious reasons... and every person has skills unaware having them... possibilities the consciousness does not know about... which slumber deep inside ... and wait for the right opportunity ... or have been helpful in another context so that it is only a matter of remembering all by itself ... what is possible ... in a new context ... and the unconscious knows about these possibilities ... can make new connections... new solutions can emerge by themselves...

7 Developing cooperation between the two sides

the task of the unconscious is to help the two sides to work together ... there are different ways, able to arise on their own ... and while the unconscious finds a way to utilize the possibilities and solutions for the problem quite effortlesslythe hands can lift themselves again by themselves very easily this lightness, which is typical for solutions ...

and to the extent that the two sides find a way to deal with each other in a new wayall on their own.... to work together constructively and with ease so that all heavy reasons are taken into account the two hands can move towards each other by themselves perhaps it is even possible to see how these two sides come into contact with each other ...meet each other begin to approach each other ... a deeper understanding of each other ... deal with each other ...

and quite involuntarily each of the two sides assumes the responsibility to take good care of its task and at the same time to give space to the other side so that both of them can take care of their own tasks there are many possibilities for cooperation ... perhaps one gives up a task and the other takes it over ... or vice versa ... one takes it over while the other gives it up ... perhaps it's just a matter of understanding what the common goal is ... better to agree on ... how this common goal can be achieved ... perhaps something completely different ...

And every human being has possibilities of which it doesn't know anything ... the consciousness knows nothing about... which slumber deep inside him ... and wait for the right moment... or have been helpful in another context so that it is only a matter of remembering by itself what is possible... in a new context ... and perhaps the unconscious has known already long ago about these possibilities ... can create new connections by itselfsolutions are often surprising ... quite simple ...arise by themselves ... sometimes so simple that you consciously don't even notice that something has changed almost imperceptibly ... and yet it's different now...exactly ... so it's right

etc. until both hands have approached each other, touch each other (repetition loop).

8 Utilizing the trance for therapeutic purposes

and it is possible you are curious what will develop from this ... surprised, what will change ... all by itself... sooner or later ... this ease of trying something new ... what you always wanted to learn ... already knew ... this ease with which new solutions can be found ... solutions you consciously knew nothing about ... but still these solutions slumber within you perhaps it is a surprise what appears next ... in the next days and weeks ... or in the next months ... perhaps it is also a surprise at which moment you will first notice the change consciously...

9 Specific posthypnotic suggestions

and perhaps one of the first things to be experienced at some point is the self-evident fact the healthy weight of an adult is not that of a 16-year-old...

or at some point the surprise of realizing that it gives you tremendous pleasure to move... to enjoy more physical activity... to enjoy every movement of your body...

or to realize with joy: I now do have the confidence all the many small and smallest steps of change will cause a big change in the long run...

perhaps you will even have noticed that you treat yourself more lovingly all by yourself, even if you don't succeed in something ...

maybe, when in the next weeks or months you hold a glass of water in your hand, you are surprised how much more plain, clear water you drink all by yourself now... enjoying every sip...

perhaps you are surprised at some point when you notice that food is no longer so important for you... that certain foods simply no longer interest you ... and that you perceive what you eat much more attentively all by yourself... and isn't it wonderful how you can enjoy this experience ... the taste more intense ... the consistency ... every single bite... a conscious, intense pleasure ... so that time seems much longer to you ... and you feel saturation much quicker ...

I don't know exactly when you will notice automatically, recognizing your personal signals for hunger .. and take them more serious all by yourself... distinguish them clearly from other sensations ... and feelings... asking yourself the question all by yourself: What do I really need when my soul cries out for food? and it is possible, when the time has come, you might not be surprised when you give yourself the answer to this question... And you involuntarily do exactly what your soul actually needs in this moment... *(at this point you use can other posthypnotic suggestions)*

10 Openness for further changes

and perhaps you will discover different things showing change has happened... perhaps changes you cannot even imagine now... changes happening all by itself... the weighty burdens gradually disappearing from your life... or perhaps falling away from you at one time or another... things simply done ... disappear by themselves... perhaps so thoroughly that consciously you don't even notice them disappearing completely by themselves...with the allowance to leave it to your subconscious...creating the optimal solution... completely in peace... at your very own pace... just as it is perfect for you.

11 Return from the trance

maybe now or maybe, when you now return from the trance ... completely at your own pace ... refreshed ... consciously become more conscious of the surroundings around you ... in the confidence that the unconscious takes care of everything you have just experiencedso that you can now consciously concentrate on your breath again ... you can now return from the trance with each breath. You can consciously feel the ground under your feet...consciously perceive the noises here in the room again...consciously feel your hands... consciously take a deep breath and adjust yourself to open your eyes and move your body... taking along whatever you want to take from trance into the waking state and now again completely here ... opening your eyes, clenching your hands to fists, recovered and relaxed completely here.