

# The Hypnosis Examiner



## BEST WISHES THIS HOLIDAY SEASON

As the holiday season once again comes upon us, it's a time to reflect on our lives and the many blessings that we've already experienced.

Take a few moments to set aside your daily stresses and strifes and realize how fortunate you have really been in the last 12 months.

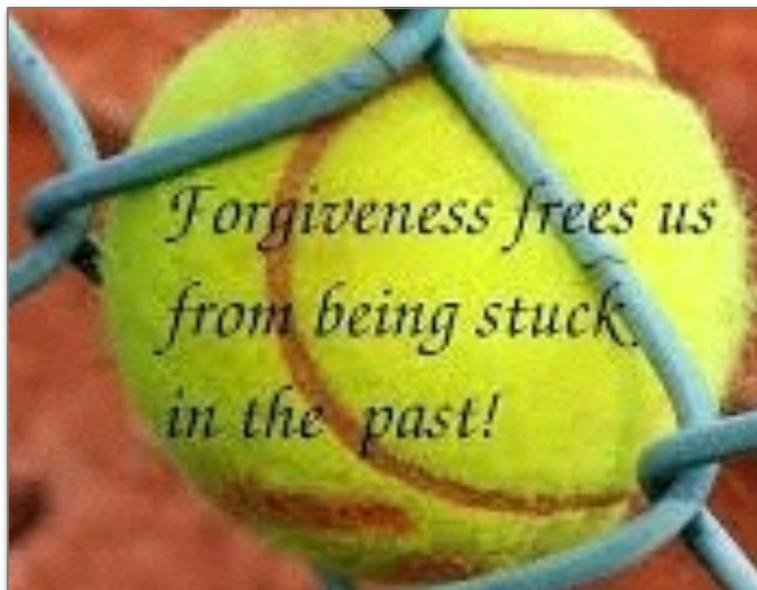
Life is good when you seek the goodness. Life is great when you seek the greatness. Life is beautiful when you seek the beauty. Life is what you make it. Make it your best.

From the editor and staff of T.H.E. Newsletter, we wish you the merriest of times during the holiday season and the most prosperous New Year to come!

~ The Editor & Staff  
T.H.E Newsletter

Feature Article:

## “FORGIVENESS: A HEALING POWER”



When someone you care about hurts you, you can hold on to anger, resentment and thoughts of revenge or embrace forgiveness and move forward. Nearly everyone has been hurt by actions or words of another. These wounds can leave you with lasting feelings of anger, bitterness or even vengeance.

Forgiveness is the intentional and voluntary process by which a victim undergoes a change in feelings and attitude regarding an offense, lets go of negative emotions such as vengefulness, with an increased ability to wish the offender well.

Mustering up genuine compassion for those who have wronged us, instead of allowing anger toward them to eat away at us, is the course of action recommended by most psychologists.

Let's examine just what forgiveness is. It is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life but forgiveness can lessen its grip on you and help you focus on other, more positive parts of your life. It can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life. *(continued on next page)*

## FORGIVENESS *(continued)*

Letting go of grudges and bitterness can make for happiness, health and peace. Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem

When you are hurt by someone that you love and trust, you might become angry, sad or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice.

If you're unforgiving, you might:

- Bring anger and bitterness into every relationship and new experience
- Be so wrapped up in the wrong that you can't enjoy the present
- Become depressed or anxious
- Feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs
- Lose valuable and enriching connectedness with others.

Forgiveness is a commitment to a process of change. To begin, you might:

- Consider the value of forgiveness and its importance in your life at a given time
- Reflect on the facts of the situation, how you've reacted, and how this combination has affected your life, health and well-being
- Actively choose to forgive the person who's offended you, when you're ready
- Move away from your role as victim and release the control and power the offending person and situation have had in your life.

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

Forgiveness can be challenging, especially if the person who's hurt you doesn't admit wrong or doesn't speak of his or her sorrow. If you find yourself stuck:

- Consider the situation from the other person's point of view.

- Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.

- Reflect on times you've hurt others and on those who've forgiven you.

- Write in a journal, pray or use guided meditation — or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.

- Be aware that forgiveness is a process and even small hurts may need to be revisited and forgiven over and over again.

If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. This isn't always the case, however.

Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Still, forgiveness is possible — even if reconciliation isn't.

If you haven't reached a state of forgiveness, being near the person who hurt you might prompt you to be tense and stressful. To handle these situations:

- Remember that you can choose to attend or avoid specific functions and gatherings. If you choose to attend, don't be surprised by a certain amount of awkwardness and perhaps even more intense feelings.

- Respect yourself and do what seems best.

- Do your best to keep an open heart and mind. You might find that the experience helps you to move forward with forgiveness.

Getting another person to change his or her actions, behavior or words isn't the point of forgiveness. Think of forgiveness more about how it can change your life — by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life.

The first step is to honestly assess and acknowledge the wrongs you've done and how those wrongs have affected others. At the same time, avoid judging yourself too harshly. You're human, and you'll make mistakes. *(see Forgiveness page 4)*

## The Therapist Corner: “COMPULSIONS”



A compulsion can be described as the feeling of having to do something. It’s a strong usually irresistible impulse to perform an act, especially one that is irrational or contrary to one’s will.

If you do NLP and/or hypnosis or work with habits or addictions, knowing how to work with compulsions is important.

**WARNING:** Before working with addictions, be sure that you are fully qualified and licensed/certified to do so. Check for regulations in your area, state or region.

The NLP Compulsion blow out is a submodality intervention. We think with our senses (*modalities*). We make mental images, we hear sounds in our “mind’s ear” and we can remember or create smells and tastes in our minds. Those thoughts lead to feelings, including feelings of compulsion.

Submodalities are the qualities of those thoughts. An image or movie can have brightness, be in color or black/white and so forth. A sound can be loud or quiet, tinny or mellow in tambre. Sounds, images and feelings can all have different locations for us. Location is another submodality.

To have a compulsion, the brain has to code thoughts in a very appealing way. If someone feels a compulsion to eat donuts, they are probably imaging them as well-lit, glossy donuts. They’re probably making big, colorful images of them right in front of their face and talking about them in a seductive internal voice (*mmmmm, look soooo goood!*) It’s a little different for each person

though, so we have to figure out how that particular person codes a feeling of compulsion.

One submodality in each sense usually drives the feeling of compulsion. For images, the most common drivers are brightness, location, closeness or image size. Once we find out what submodality drives the feeling, we can blow out the compulsion.

When we re-code the thoughts (*change the submodalities*) in a permanent way, the client will no longer feel compelled. How do we do that?

Surprisingly, we rapidly increase the submodality that makes the person want the behavior, until it “pops”. We make them want it more and then exaggerate the feeling of compulsion beyond normal limits. Do you know the expression, “jump the shark”? It means to go too far — into the realm of ridiculous. When you drive the ‘desire’ submodality too far, too fast, it jumps the shark. It pops the balloon of desire (*much like that balloon metaphor was too much*).

With submodalities, jumping the shark involves ramping the driver submodality (*the difference that makes a difference*), beyond what the kinesthetic (*in this case, emotion*) can handle. Once that happens, the connection that created the compulsion is fried.

Here’s one way to do it:

\*Get the representation that drives the compulsion. An easy way to do it is to ask the client to remember a time when they felt compelled to take the action and what the thought was, right before that. If you’ve got the right thought, thinking it will make them feel compelled.

\*Play with various submodalities until you find one that strongly affects the level of compulsion. If it’s an image, make it bigger or brighter, etc. For a sound, change the volume, tone, etc. Keep going until you find the submodality that changes the feeling a lot.

\*Take that submodality and increase it rapidly, several times, until the client shifts and the feeling seems ridiculous. Always start with the ‘compelling’ thought and move to exaggerate it. Don’t go back-and-forth. You might have to exaggerate (*continued next page*)

## COMPULSIONS *(continued)*

the image size *(for example)*, to be 12 feet tall, 75 feet, as big as the planet...

\*Test. Have them think of the thing that compelled them. It should no longer feel compelling. If it does, you're not done.

Keep in mind, this is one approach to compulsions. It may not be suited for everyone.

As with all clientele and therapists, you must be a good match for success in your work.

## FORGIVENESS *(continued)*

If you're truly sorry for something you've said or done, consider admitting it to those you've harmed. Speak of your sincere sorrow or regret, and specifically ask for forgiveness — without making excuses.

Remember, however, you can't force someone to forgive you. Others need to move to forgiveness in their own time. Whatever the outcome, commit to treating others with compassion, empathy and respect.

## HYPNOSIS AND THE CORPORATE LADDER

Within the workplace, there are 5 areas hypnosis can help improve a person's mindset to not only help them cope but by also allowing them to get ahead.

**Conquer Fears** - Hypnosis has long been used to help those crippled by irrational fears or phobias to lead more normal lives. Given that most phobias develop as a by-product of traumatic experiences, they are psychological in nature. "All in your head", if you will. But researchers believe that the generation of these fears may not only be due to learned fears from our parents, but also from our parents' genetics and the varying amounts of chemical transmitters in our brains. Hypnotherapy is

considered an easy, natural way to help ease those fears, especially as they apply to the workplace.

**Overcome Anxiety** - Juggling a multitude of tasks, clients and other requirements of the job *(especially under a time constraint or deadline)* may prove daunting. While most employees have to handle some workplace stress, over-abundance can mean serious performance issues.

Anxious and over-burdened employees do not hide their affections well. Stress tends to seep in to physical aspects of the body leading to acne breakouts, brittle hair, weight loss and a poor appearance. By using hypnosis to tackle some of the precursors to stress, an employee can prove to be more resilient and capable.

**Restore Confidence** - An increase in confidence is one of the biggest potential boosts to any career. Often, only those who are willing to ask for (or demand) a raise or promotion, get one. Hypnosis can help reaffirm an individual's worth, installing a renewed sense of purpose and confidence in the workplace. Individuals who have a keen understanding of their strengths and weaknesses tend to be more successful in their projects and professional relationships.

**Increase Memory** - Another use of hypnosis in helping level-up a career is by using techniques to develop an increased concentration and memory. Studies have shown that hypnosis can help improve memory, which is invaluable in the workplace, especially one where an employee is expected to memorize a complicated set of statistics.

**Refine Business Skills** - Hypnotherapy has also proven useful for those looking to refine a set of vital business skills. These skills can be hampered by stress, anxiety, forgetfulness, or a lack of confidence. Using hypnosis to eliminate these obstacles can help an individual direct their focus towards the traits which make a stellar employee.

Hypnosis has the potential to address the many issues that block success on the job or even at home.



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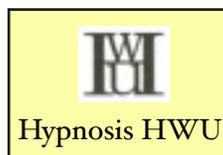
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## GLOSSOPHOBIA

Glossophobia is the technical term given to a severe fear of public speaking. People who suffer from glossophobia tend to freeze in front of any audience, even a couple of people. They find their mouth dries up, their voice is weak and their body starts shaking. They may even sweat, go red and feel their heart thumping rapidly.

If you suffer from glossophobia you shy away from any opportunity to speak in public. Your symptoms are usually so severe you get terribly embarrassed and fearful of any public speaking.

This fear can happen anywhere. It can happen in the workplace where the manager experiences panic attacks at the thought of making a presentation to her superiors. It can happen at home where the jobseeker becomes emotionally distraught before going on a job interview. It can happen at a party where the possibility of meeting someone new is curtailed by butterflies in the stomach and sweaty palms. The thought of speaking in public can leave us frozen with fear. It can also cause us to miss out on many academic, social, and career opportunities.

Symptoms of glossophobia, also known as speech anxiety, include:

- ★ intense anxiety prior to, or simply at the thought of having to verbally communicate with any group,
- ★ avoidance of events which focus the group's attention on individuals in attendance,
- ★ physical distress, nausea, or feelings of panic in such circumstances.

Symptoms of glossophobia can be grouped under three primary categories: physical, verbal, and non-verbal. Physical symptoms, the most overt one, include increased blood pressure and heart beats, increased sweating tendency, stiffening of neck and upper back muscles and dry mouth.

As always, help is out there. Seek and you shall find!

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