



# Self-hypnosis for anxiety in four steps



1

## Find a comfortable & quiet place to practice

Find a comfortable place to sit or lie down, but make sure you won't fall asleep. Remove any uncomfortable clothing and prepare and 20-30 minutes of uninterrupted time to practice self-hypnosis.

1

## Relax and begin hypnotic suggestions

Hypnotic suggestions are simple and direct statements, sometimes accompanied by visualizations and imagery. A hypnotic suggestion could be something like:

***"I accept myself for who I am."***

2

## Enter a deep state of relaxed, focused attention

Enter hypnosis by using a progressive muscle relaxation (PMR) technique: focus your awareness upon loosening the tension in different parts of the body, one by one.

2

## Return to your waking state of awareness

When ready, bring yourself back to your normal level of alertness. Slowly count to five and tell yourself you are becoming aware of your surroundings. At the count of five, open your eyes and stretch out your arms and legs.

# Steps To Self Hypnosis

**Jin-Ying Zhang**



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