

5 Easy Hypnotic Recipes for Weight Loss
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These tips, and more, are contained in my book, *Weight Loss with Hypnosis – The Ultimate Practitioner’s Guide*, which is available on Amazon.com

1. Mirror Progression Technique

This process can be used to help create belief in a client for future healing, weight loss and other transformational outcomes. It is crucial for the client to be able to imagine and also hypnotically experience positive change; doing so creates that vital blueprint for the subconscious mind while inciting belief that change is possible.

This mirror technique is one that I typically use in a first session with a client, shortly after providing an induction and then anchoring a safe, relaxing state, suggesting that their body is going to rest and relax there.

Patter Box

“And while your body is here, resting and relaxing, let’s take that amazing mind of yours and go a little further...”

This is an interactive process and you may find it helpful to establish some form of communication, such as finger signals or head nod, although this is not always necessary. I refer to a female client in this script, so adjust it accordingly for your client.

Guide the client to view her body in a full length, floating mirror:

See yourself here in this mirror. You may notice that you are wearing the clothing that you wore here to my office today or you may be wearing something else...or, you may not be wearing anything at all. Just notice that you can see yourself, and, that you can see yourself from all perspectives: from the front, from the back, from the sides...from above and below. Let me know when that image is visible to you.

If the client has difficulty visualizing, you can guide their attention to their feet and illuminate them with some light source such as a flashlight. You can also inform them that some people “see” in hypnosis, while others “feel” or just have a sense of things; that however they are aware of that image is just fine.

I want you to not only notice how you look in that mirror, there...but how you feel as you look at yourself in the mirror. Because you have a desire to make some healthy changes by releasing unwanted weight, chances are that you have mixed feelings when you view yourself. I invite you to let those feelings appear; let them drift up. Perhaps some of them are positive, some of them may be neutral and some of them are negative. Let yourself be aware of how you feel as you view yourself in that mirror. (Pause)

Now, I want to tell you that this is a very special mirror...in fact, it's a type of magical mirror. In a few moments, I am going to begin to say some numbers and these numbers will reflect weight release for you. Please continue to look at the image and allow yourself to experience the changes visually, but also to allow yourself to feel the changes occur in your body. Are you ready? Let's begin...

From this point, you can either start by saying a number 5 or 10 lbs. lighter than the client's current weight or you can start by saying the initial weight loss in pounds: i.e., 2 or 5. Some clients prefer to measure their body by clothing size and you can work with that. Have the client notice how it feels to have that initial weight release, giving suggestions based on their individual case. Proceed in increments toward the desired weight/clothing size.

Tip: Incorporating desired new habits during the various stages will enhance the effectiveness of this experience.

At each step, allow time for the client to notice the shifts. You can suggest that they happen spontaneously, or that they may occur gradually. Let the client know that that image of themselves is not static; it is able to move – this is where you can mention that perhaps she is finding it easier to walk, climb stairs or get out of bed in the morning, etc.

You can suggest that the image is taking on some of the new, healthier behaviors that are allowing this weight release to happen and then insert your client's specific preferences, abilities and needs. Using personal details helps the experience become even more real to your client. The more you can customize this process, the better the response will be as your words begin to merge with their thoughts, becoming powerful suggestions that become effortlessly embedded.

Watch your client as they experience the improvement – often they will smile, laugh or tears will fall as they get in touch with success, increased comfort, confidence and belief that they can achieve their desired goals.

I have watched some clients begin to move their body in response to what they are experiencing – one man slowly begin to sit up straighter, his posture improving, his chin rising...as he took on the traits of his confident, healthy and proud countenance of his improved, lighter future self.

As the hypnotic weight loss progresses, you can incorporate patter such as the following:

Patter Box

"If there is something that your weight was preventing yourself from engaging in, see yourself being able to step into that activity..."

"By now, you notice that your energy levels are much higher...notice how great you feel!"

"Perhaps you have something that has been waiting in the closet for you...try it on...or maybe you have to go shopping for some new clothing. Notice how much more fun trying on new clothes is when you are healthier...slimmer...more comfortable..."

"Even though your success seems nearly effortless, please notice what you are doing to make this happen (insert specific behaviors, attitudes, etc.)

Be sure to focus on the emotions and feelings that are changing as the body is changing. Use compelling and descriptive words such as PROUD, FREE, CONFIDENT, ENERGIZED, REJUVENATED, SUCCESSFUL, INSPIRED, EASY, NATURAL, etc.

Note: Rarely, a client may get “stuck” at a certain weight loss level. They may feel resistance in moving lower or they may even emerge from hypnosis. I have found that it is helpful to investigate any associations to stressful or painful times in their life when they were also at that specific weight. In several of these cases, clients later told me that in previous weight loss experiences, this would, in the past, be the exact point to which they were able to reduce, only to be stopped inexplicably and then begin to regain any lost weight.

One client revealed that as she achieved a certain weight, she felt like she was spinning down a deep hole and she emerged from the hypnosis. Discussing it further, she recalled that the last time she weighed that much, she was going through a difficult divorce. Before we continued, I spent some time helping her neutralize that association so that she could move easily through it toward her goal. This was a fantastic opportunity to show her how easy it was for her to instantly change her emotional responses!

In cases like this, it's not always necessary to address whatever surfaces immediately – you can certainly do this later. I might say something like, “Wow. Isn't it great that you now know this? We can deal with it whenever you want to...” This gives the client a choice and may also allow for some further private exploration and processing, which is usually helpful.

You want to allow the client to eventually settle at the right body size/weight by saying, “As you are nearing your ideal weight and size, I will let you decide what is right for you...what is comfortable for you.” It is important to help a client find a realistic weight. If your client continues to want to reduce weight in this experience, to what might be considered an unhealthy level, this can serve as a warning regarding her body perception and expectation.

Once the client is satisfied with the image and the sensations that have been obtained, have her connect with that mirror image of her healthy, future self. From this point continue with:

That woman has something to tell you. She wants you to know that she loves you...that you are never alone, that she is always with you. If you want to let her know how you feel about her, please do so. (pause)

She also wants to ask you something...she wants to know if you will do what you need to do to allow her to be revealed, to allow her to come out and play. Will you do that? (get agreement)

Wonderful, you can see how happy that makes her! And, in return, she promises to be there for you, every step of the way, every pound of the way. She will be your own, private coach and cheerleader. She will help you make the right choices so that you will release that unwanted weight comfortable and permanently. If, for any reason, you start to get off track, she will get you back on course...perhaps with a firm guiding hand, or an encouraging word or maybe just by reminding you of your very own, powerful reasons for making this improvement in your life.

Next, allow your client to take in that image, integrating this healthy, slimmer part as an inner resource. Provide post hypnotic suggestions that whenever they need to, they can imagine that

future self and it will strengthen their ability to release the weight. You can also use the mirror and healthy image in future sessions and custom recordings.

2. A Promise is a Promise

My clients are my best teachers and over the years, they have provided me with so many awesome ideas. One of my weight loss clients shared something she learned from Chris Powell, the well-known personal trainer from the reality television show, “Extreme Weight Loss”.

This one is based on the idea that most of us are honorable folk; if we make a promise to someone else we usually do our best to uphold our word, to honor our promise. Why, then, is it so challenging to keep the promises we make to ourselves?

Here's a way to get a client moving along the road to better health by honoring themselves. I ask a client to think of one change that they can make, a relatively easy and realistic change, in the next week. This needs to be something they can maintain, that is not dependent on others, or having some special ingredients or equipment, or that takes a lot of extra time...something they can do immediately. Some of the ideas may be:

- Drink a big glass of water every morning
- Eat breakfast, even if it's just a piece of fruit
- Stand up from their desk and stretch once an hour
- Do a calming breathing exercise before they eat
- Find and cook one new healthy recipe
- Listen daily to a hypnosis recording

Of course, the best idea is the one the client comes up with, but since they have perhaps run out of solutions for themselves, they may need our creative help here.

Once your client has decided on the positive behavior, help them make a personal promise to uphold it. You can do this first verbally, having them repeat it out loud. They can write it on a piece of paper and store it in their purse or wallet. They can text it to themselves. Make it be a ritual, though, and give it the special meaning it deserves.

Once in a hypnotic state, repeat the promise-making. Add the emotion, the color, the meaning to the ritual so that it really makes an impression and then move the client through actually experiencing keeping their promise. Let them notice how they know that they are doing it, along with noticing the benefits that come with it.

Starting with just one small promise gets things moving. A simple change that is realistic and easy to maintain provides momentum for more change; these are building blocks for making big changes in life.

Feedback from your client in your next session will tell you a lot. If they failed to keep their promise, you need to go back to the motivation well with them. If they were successful, you can harness that and compound it with more “promises”.

I've had clients who actually started a "Promise Journal", gradually filling it with all of their victories along the journey. Just remember to help them keep it realistic and sustainable.

3. Mindful Eating and Drinking

Much of the problem with overweight clients lies in how they eat food; their relationship with food is shallow. They fail to pay close attention not only to what they are eating, but to the eating process itself. That's a shame, because when we eat without regard, we miss out on the actual pleasure that food can provide.

During your client assessment, you probably discovered some of the habits that were contributing to the weight issues, such as eating too much, eating too quickly, or eating while standing, driving or otherwise occupied. Of course, awareness of these details starts the change ball rolling and some clients, once aware of problematic behavior, are able to self-correct.

But more often, they need our help and one of the first behaviors that I target for change is that positional one: I ask a client to always be sitting when eating, preferably at a clean table or counter. I suggest that they set the dining area with a nice tablecloth or mat, use their real dishes (not disposable) and even add a candle or flowers to the scene. They are encouraged to use a beautiful glass for their water.

Surprisingly often, at this point, a client will reveal that they don't have any space on their kitchen counter or dining table for actual eating! Think about what we are doing for a client as helping them work on their own personal feng shui – if their living conditions have terrible feng shui, it's going to be more challenging for them to create inner balance. It's not uncommon to have clutter and even hoarding issues related to obesity so it's a good idea to have some tactics in mind; at the very least a resource you can refer them to for help in de-cluttering their living environment.

I also ask a client to turn off the television and put aside any reading materials. Helping a person make the eating ritual a pleasant one creates a more mindful atmosphere and that's what we're going for.

In the meantime, we want to quickly plant ideas for mindful eating and drinking that will help create some immediate improvements. I usually use this simple approach in a first session with a weight loss client:

Few Bites

I'd like you to imagine that you are at a place of dining. It may be at home, or it could be out at a restaurant or some other place. Wherever you decide, you are there alone...and in front of you is your favorite food. Imagine that you are there, now.

Take some time to really notice your favorite food there. Be like a gourmet and pay attention to the presentation...the colors...the textures...any aromas...notice everything that you love about this favorite food. Please pay attention in particular to how this food makes you feel emotionally.

PAUSE

Now, go ahead, take a bite of your favorite food. Notice the anticipation, right before you put it into your mouth...the excitement, the pending pleasure. And...as you feel it in your

mouth, the textures, the explosion of delicious flavors...as you begin to chew it, slowly...noticing all that you can notice...

Notice what thoughts come to mind as you chew your favorite food. Notice how it feels in your mouth...how you feel about this experience of eating your favorite food. Be sure to chew it thoroughly and when you are ready, go ahead and swallow.

PAUSE

That's right...now, take a second bite of your favorite food. Notice, once again, how it feels...how it makes you feel...as you chew it...

PAUSE

...and swallow. And, another bite...

PAUSE

...and another...

PAUSE

And you are already getting the idea...you are already getting the picture...that it's just the first few bites of food that gives you that pleasure...that impact...that enjoyment...and those effects begin to quickly fade...

And when you realize this...when you KNOW this...it becomes so much easy to enjoy smaller amount of food...in fact, I don't know if you ate half of that favorite food...or less than half...But you are satisfied...You feel full...Half is plenty...less is more...you feel good.

See what is left there in front of you...Place your hands next to that food and push it away...Notice how great that feels to take control of your eating...To enjoy less and feel full...

You can always save the rest of that food for another meal...that's fine...or, you can throw it away...that's okay, too. There is always enough food...you will never run out of food...If you were to eat it, it would just turn to waste, anyway!

Pushing the rest of that food away...feeling good about your choice to take control of your eating...You are in control and you are already feeling better...

From here you can continue on to future pacing, post hypnotic suggestions, etc. This brief process is very effective and helps enormously with volume and speed control for problem eating. Many clients remark later that they actually "tried to eat" all their favorite food at some point following this experience and found it impossible! What a convincer!

4. The Question Mark Moment

An NLP pattern created by Robert Dilts contains an effective way to help clients gain control through their ability to make better choices. This is how I use the Pragmagraphic Swish:

Begin with helping the client gain further awareness of their unwanted urge or habit by asking them to think of the part of themselves that maintains it. I ask them to close their eyes and think

of the different times when this part is activated; times of the day, of the week, of the month, seasonally...times in their life when this behavior is being generated. I tell them they may have flashes of awareness moving through their mind as they do this.

Next, I ask them to recall places, geography, where this behavior has been activated. Places like at home, or out in restaurants, socially, etc.

Finally, I ask them to notice if there are any other people associated with this behavior and, if so, to allow awareness of these people to surface in their mind.

I then ask the client to imagine a recent time or even just a typical time when they might feel the urge or compulsion toward the unwanted behavior. But I ask them to go to the point right before they have the feeling of needing to engage in that behavior, to the time when they realize that they are wanting to. This can also be framed as the moment when they just become aware of the feeling of the habituated impulse or urge.

I ask them to see, hovering right in front of them, between themselves and the behavior, a floating question mark. I ask them how big it is and what color it is. (Many clients find great meaning in the color of their question mark!) You can also focus on other sub-modalities involved with the compulsion at this point.

Next, I ask them to recall how it used to be: they would simply move right through that question mark, straight into that old behavior. This time, though, things are going to be different and I tell them to imagine taking a step (and I encourage them to even do this physically – often teaching this in a standing position) to the right and noticing a vast field of alternate choices. Suggest that they can become aware of a huge selection of things they can select, other than that old, unwanted behavior/choice or even, response.

I ask them to describe some of the alternate choices. You may have to help them with ideas at this point; people who have been operating under the illusion that they are helpless or out of control have rarely spent much time considering how many choices they really have!

As the client is associated into this state of choice and creativity, bring up and anchor any sub-modalities related to this positive resource.

Following this enlightenment, you can move the client back and forth between that “Question Mark Moment” and a position of choice. This “swish-like” action will collapse the old compulsion and create a new automatic response toward positive options.

I usually do this process prior to formal hypnosis, later future pacing the client in hypnosis, adding relevant suggestions to further cement the work. But you can certainly apply the technique while working in an interactive level of hypnosis, too.

5. Crowding Out and List Management

The principle of “crowding out” refers to the idea of bringing in healthier, nutrient-dense food choices to displace the consumption of foods that are not conducive to weight loss. Even adding a cup of fruits and vegetables to every meal helps reduce cravings for unhealthy foods and

beverages. You can help your client find delicious and nutritious alternatives that will crowd out their old fattening snacks and meals.

Of course, many weight loss (and other) clients are used to feeding themselves a steady diet of unhealthy input from their own thoughts or from others, the media and our culture. Simply being overweight is stressful. Dealing with related issues such as chronic pain, sleep problems, mobility challenges, loss of function, isolation, etc., often results in depression, learned helplessness and hopelessness and other limiting feelings.

Consider how you might use a crowding out approach to help your client begin to pay attention to the things in their lives that are helpful and healing – walking their dog, listening to favorite music or watching a funny movie can help displace those unhelpful emotions. Remember Michael Ellner's quote: "People who feel better, heal better!"

You can add another layer to crowding out when you appeal to a client's ego states, taking a trip along a Parts path. John Cleesattel developed a Parts approach that he calls a "manager's meeting" in which the client is introduced to different aspects of their personality that may play a relevant role in their world. (You can find John's parts protocol for sale at a very reasonable price at wizardoftrance.com.)

One of these characters, named the "Stubborn Part", is responsible for maintaining the lists of things that the client will do and will not do. Here's how I have taken John's idea and applied it for my clients who want to lose weight:

Imagine now, in whatever way works for you, that part of yourself that is managing your food choices for you. You might think of this aspect of your personality as "The Eater", for example.

Perhaps you want to think about all the times that this part of you is activated...from the first time that you actually, long ago, began to experience eating food...through all of your childhood, how you learned how to eat and how to enjoy certain foods and how to dislike others...

And maybe you can think now about all of the different places where you ate...and drank. At home, or at someone else's home...out in restaurants...picnics...or at school...Thinking about all those times when that Eater Part of you was helping you...

And if there were others who joined you...or influenced you...think about those now. Maybe they prepared or fed you the food...or maybe they kept you from eating. Just be aware of anyone who was involved in those eating experiences...or beliefs.

And now, I'm talking to that Eater Part of you. I'd like to thank you for all that you have done for _____ and I'd also like to ask you if you would please show _____ the list of foods and drinks that she will eat, along with the list of those she will not. And, _____, you will notice, looking at that list of things that you will eat, perhaps there are some items that have contributed to your weight issues.

(Provide examples, based on client's previous input.)

And look at that list of things that you will not eat. Maybe you notice some things that you have never enjoyed or perhaps you no longer enjoy. I wonder if you ever realized how many

things you will not eat...maybe even some things you never even thought about before this moment?

...things that are really awful or disgusting...there, on that list.

Now, because you are ready to make some big changes in your eating preferences, I want you to identify something on that list of things that you do eat or drink...something that you are willing to stop eating to achieve your goal. Let me know when you have it in mind. (Get details...)

Good. Now, I'm asking that Eater Part of you to move that thing off the list of things you eat...move it over there, onto the list of things that you do not eat. In fact, if you will put it right between a couple of those disgusting things, that might be good.

Let me know when that has happened.

Great! Doesn't that feel good? Now your conscious mind and your subconscious mind can agree on the things that you will eat and drink and the things you will no longer eat and drink. And the Eater Part of you will enforce this for you, making it even easier to make and maintain the changes that will allow you to release the excess weight.

Note: Get some type of ratification/acceptance from client that the change has happened. Otherwise, some Parts negotiation needs to be implemented prior to re-integrating. Follow with future pacing for success with the specified changes in place.

Here is the YouTube link to my nutrient dense nutrition model video; you are welcome to share it with your clients: <https://youtu.be/UJIQukErhhA>