Experiment 0: How to use these worksheets for success!

In this section you'll find language which Lee has used to make these suggestions stick. You might notice similar words or phrases; repetition can be helpful for hypnotists who want to make sure that important things like "Safe and appropriate", "When I and only I" and suggestion end points "Release!, Unfreeze!", "All Gone!" are regularly used.

Your Goal

Ex: Forget the name of your shirt color

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Date   Put date or dates you do this
experiment here.

*Results*_____

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Put your initial or ongoing results here no matter what they are - going back and reviewing what you've done can be revelatory in understanding why something worked.

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Hypnotist Notes_____

Hypnotists may want to write out the language THEY used here, and compare it with what is effective for them to get the results they want.
If that style of language works, keep doing it. If not, this can help you discover ways to tweak it.

Subject Notes _____

Going back and reading the initial notes a subject writes can be illuminating for both parties. Subjects may want to write intial and post-discovery notes to discover how well their unconscious follows suggestions.

Create Your Own Experiment. Name: _____

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Your Goal _____

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Date _____

Results _____

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KNOW**

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Hypnotist Notes _____

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Subject Notes _____

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