

Reducing Anxiety in Aging: Taking Next Steps Confidently

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... And so, here and now, I'm simply inviting you in the most respectful way I know... to spend some time with yourself and with me in a way that's easy... And certainly, you know from previous experience... that there are specific steps to follow whenever you're experiencing hypnosis... The first step, a *comfortable* step, of simply deciding that you can close your eyes and focus... And then comes the *next step* of narrowing your attention to really listening... And not only listening, but *hearing*... which leads to the *next comfortable step*... of responding to what's said... which leads to the *next comfortable step*... of absorbing what's possible... even from what *isn't* said that is merely implied... And I can talk about all the steps of an induction... the same way that I can talk about all the steps involved in doing *anything*, whether it's getting dressed in the morning... or making a meal... or the steps of planning a trip... It's a curious thing when you start to think of things as involving so many different steps to follow... Because our language isn't really that specific... People can talk about doing a therapy session... but it really doesn't tell you moment-by-moment, step-by-step, what they actually said and did... And sometimes not being specific can really get in the way... I remember once hearing comedian Lilly Tomlin say, "I always wanted to be someone. Now I think I should have been more specific!"... (Terri laughs)... And it's good to be able to poke fun at ourselves... life... therapy... the human condition... But of course, there's a deeper message in there... because what you know from a lifetime of learning... is that anything you want to accomplish is going to have a path to follow... a series of steps to take... And then it's a question of how well defined those steps are... how clear they are... And that one part is being *wonderfully aware* where the next step is... But there's also another part, Terri... It's all about that sense of readiness to take the next step...