

Transition out of a Hypnotic Experience "Visualization" Transcript

We've been spending these last few moments...together here practicing...focusing your attention in ways that have been useful to you...In your life, in the past...and may be useful in the future...perhaps tonight when you're with your family...or going to sleep...or maybe next week or the week after. Now, I don't know if a particular idea we've discussed...or that you've thought of...or an experience...as you recalled your prior...expertise in focusing in sports through visualization...will be the most useful to you. But I do know...that you can more and more easily...become aware that *you have choices*...about what you can do...when things on the inside or things on the outside...offer you a *choice* about where to focus your attention...to move more towards your goal. Simply the idea that you can *use your attention...with intention* may serve to help you notice...throughout the day and weeks ahead...potentials and new opportunities...to *learn* about what works well...to *connect* to your family...and to relax and to sleep...and to transition...from one experience to another. And right now, it's time to experience another transition...at your own rate and pace...simply bringing your attention back to the room so we can continue our conversation for the rest of the session as...you prepare to engage. Alert, refreshed, and ready for your evening.