

## **"Tweak"**

*Often when a client decides to go ahead with therapy, they automatically begin the process of becoming aware of what it was that was causing the problem originally.*

*I have had clients come in between the consultation and the first session with new awareness around their goal. It is as though once the client decides to make a change the Subconscious mind begins the process for them by revealing little pieces of the puzzle as a way of guiding or facilitating the process.*

*Therefore, I have gotten into the habit of doing what I refer to as a "tweak" with every client. This is done during the first session but may also be done during the subsequent sessions. The process is designed to engage the Subconscious mind in revealing information relevant to the client's goal.*

### **Script:**

I am going to give your SC a little bit of detective work to do in order to help you achieve your goal more easily. Your Subconscious mind contains all your life's experiences. It is the storehouse of your memories. And your SC mind contains all your answers as well. It knows if there is anything other than what we have discussed that needs to be addressed to help you achieve the goal you have in coming here. It knows if there is anything that has caused or contributed to the problem.

And if there is anything that we need to address, you will find that your SC is giving you insight around that. For some people that insight happens while they are in hypnosis. Usually what that looks like is that they are trying to listen to me, but they have some thought, some internal voice or some memory that is nagging at them. And, although they keep trying to turn their attention to me, it is persistent.

Now, if that should happen, you have two options. And there is no "right" or "wrong". I can work with it either way. Some people like the sessions to be interactive. So, when something comes up for them, they interrupt me and let me know. I am quite happy to put my plan aside and follow where your mind is directing. *(wait to see if they have anything to say)*

Other people don't necessarily want the session to be interactive, so, if something comes up for them, they tuck it away in the corner of their minds. You will remember it afterwards and I will save some time to debrief.

For other people, the insight happens after the session is over. And in that case, it can come through in many different ways.

For some people it is a memory that surfaces. It can be a full memory, from beginning to end. Or it can be a snippet-- a name, an age, an event, a face, a year, a grade.

For others it is an "A-HA!" moment - one of those cathartic moments when suddenly things make sense. Others say it is more subtle than that--like you are connecting the dots, speculating, or guessing.

For some it is a feeling, a knowing, a thought. It can feel like intuition or a "sense" of where things stem back to or what needs to be addressed.

For some it even comes in the form of a clear, vivid dream-- the kind of dream that lingers the next day as though trying to get your attention. It may or may not make any sense. But, when we look at it in hypnosis, the significance will be clear.

Or maybe you will find yourself thinking about your goals but from a bit of a different angle, entertaining different perspectives. There might be a new understanding, clarity or awareness that wasn't there before.

I don't know if there is anything further, we need to address or, if so, how it might come through. But you will recognize it when it does. There may even be a voice in your mind that thinks, "Ahhh. This is what she was talking about".

And you don't have to go looking for these things. They will come looking for you—they will just pop into your mind, as though from out of the blue. It will happen in a comfortable way.

Now, often people immediately understand the correlation between the insight and their goal. Others question it. They might think, "I already knew that", "I've dealt with that already", "That was a long time ago" or "That is too trivial or meaningless". But it is important to remember that the SC is illogical-- so it processes differently than we do intellectually. So, even if there is a part of you that questions it, there will be a bigger part of you that feels the impulse to share it with me, knowing that it could just be your own SC mind trying to help you accomplish this goal.

So, again, if there is anything we need to know, understand, address, or do to help you achieve your goal more quickly, your SC will bring it to mind. It may be during or between sessions, an insight, a dream, a memory, a feeling, a knowing, a sense. You will notice it when it occurs and feel the impulse to share it with me because you recognize it could be your own deeper mind trying to help you be successful with this goal