

Script for pretalk video

Hello, my name is Rob De Groof, certified hypnotherapist and teacher attached to the successful HypnosisCentre Belgium

In the near future you have an appointment and that's a good choice... because hypnosis is the ideal solution when you want to change something in your life

And that's probably the reason you have made an appointment ... there's something in your life you want to change.

As a teacher I always underline the importance of informing the clients as well as possible before a session.

And that's why it's so important you watch this intake video completely.

Do you have any more questions after watching this video, write them down and bring them with you to the session.

It's important to know what hypnosis is and what it isn't.

What can you achieve with it and what do we expect from you.

<pancarte> How does it work?

A human being has a conscious and an unconscious mind.

Starting from birth, even from in the womb you start collecting information that is stored in your subconscious. You can call it the hard disk of a human being.

This information will define who you are, how you feel, how you react to certain emotions, how much you weigh, what good habits you have ... what bad habits you have ...

This information is protected by the critical factor... This firewall 's job is to compare new information with the already present one. When they don't match they won't be accepted.

This has advantages and disadvantages... the advantage being you won't accept new things like that ... when I tell you this is red you won't accept it because you already know for a long time that it is blue. If I tell you you will be glued to the floor from now on, it won't happen because your subconscious knows you won't be glued to the floor like that nor will your shoes ...

The disadvantage is that those things acting differently in your subconscious from the way you would like them to act consciously, can't be adapted like that. For example: you want to stop smoking or you want to eat less candy and take more exercise, or you don't want to be afraid of flying.

Consciously you know perfectly well what advantages you would have being a non smoker, eating less candy, being more sportive or jumping fearlessly on an airplane .

But as long as your subconscious doesn't agree, it won't happen. No matter how much you would like it.

As long as your critical factor blocks this new information, nothing is going to change.

The advantage of hypnosis is that it enables us to send the critical factor on a short trip and to give new information to your subconscious ... new information that will take care of reaching the desired purpose.

As soon as your subconscious has accepted this new information, it starts working and using these new patterns it will try to achieve the desired result

<pancarte>_What is hypnosis and more what is it not.

Hypnosis is no sleep. You're not dead to the world, you keep hearing my voice..

Anybody willing can go in hypnosis... as long as you follow the hypnotherapist's instructions...

When I ask you to imagine something, you imagine it ... when I ask you to evoke a feeling, do it... don't think about the how and the why... no, just let it happen...

When I ask you to imagine a boat on the water ... think of a boat and not of a car...

How will you feel during the session? No idea, everybody's experience of hypnosis is different... when you interview 100 people after a hypnosis session you will get 100 different stories... Some have a lot of perception and they feel heavy or light for example, others have few perception, they regard it as sitting on a chair, eyes closed listening attentively to somebody. And that's ok too, perception is nice but doesn't influence the result at all.

So don't think too much about: am I in hypnosis? Is this the thing I have to feel? Let me worry about that, I can see when you are in hypnosis and when your critical factor has taken the trip.

The most important thing is to follow my leads...concentrate on my voice and let go...

<pancarte>_The Intake Form

Before coming over, I would like you to fill in the intake form pointing out 1 issue... what do you want to stop and what do you want in exchange and what would you alter to achieve this goal.

Do you have more issues you want to see changed, we can talk them over, but one session can only tackle one problem.

As said before, any more questions, I would like to hear them before the session ... see you soon