The 5-Minute Guide To Using **The Contradiction Blowout:** A Mind Bending Language Technique

In the inspiring children's story about positive thinking, *The Little Engine That Could,* the Little Engine repeated the following as she slowly chugged up the big mountain:

"I think I can, I think I can."

"I know I can, I know I can."

In her victorious delight having accomplished this mighty goal, she said the following while steadily traveling back down the other side:

"I thought I could, I thought I could!"

The Contradiction Blowout, which is a more advanced version of the PCAT Formula, is a lot like this.

It helps you change your subject's thinking and turn them into the Little Engine That Could. It helps "stuck" subjects get "unstuck" fast by transforming their worn-out mindsets.

Essentially, it changes the way they think about a problem.

Which is why this technique is similar to the **PCAT Formula** – a problem solving technique that's used in hypnosis, and stands for:

P – Access The Problem
C – Bypass The Critical Factor
A – Access The Resources
T – Transform

But the way the Contradiction Blowout varies from the PCAT Formula is how it uses **language as a leverage** to destroy problems... fast.

One way of doing this is by playing on, or leveraging consequences.

For example, let's say you have a subject that wants to get fit, but they keep saying that they don't have the time to regularly exercise.

As a result of this thinking, they get discouraged. They want to work out, but can't find the time to do so consistently.

Using the Contradiction Blowout you could ask your subject **why they assume** they need regular exercise to get fit?

If they believe they need to exercise on a regular basis to get fit, they may never start working out at all.

Using the Contradiction Blowout, you can blow right past this assumption and help them think differently about what the problem and solution really is.

For example, they could make it their goal to be physically active 3 times a week – **whenever they had the extra time.** They could do this by deciding to walk for 15 minutes to the restaurant instead of using the car. Or helping a friend move house. Or taking the stairs to their office rather than the lift.

The point is: the problem isn't their lack of time – it's their perception of what the problem is.

How Does The Contradiction Blowout Work?

The Contradiction Blowout **uses the idea of a contradiction** in what someone holds to be true. It then exposes this contradiction and as a result **blows out their old way of thinking.**

It stops the automatic response a subject usually has about something as a result of causing disorientation. The other benefit of the Contradiction Blowout is that it's **a major problem destroyer.** You can use it with other hypnosis techniques like the choice multiplier and the emotional reframe.

Essentially, you can get right to the core of the problem in 5 or 10 minutes. It allows you to drop all of the clever tricks and focus on getting to the root of the problem.

Meaning your role as the hypnotist is to investigate someone's value set or what they are trying to achieve – and then **expose what contradicts it.**

Once you find this contradiction, you can then use it to blow the problem out and help your subject overcome objections or excuses they might have when trying to accomplish something.

The 5 Most Common Objections:

1. The "I'm Doing An Experiment" Frame

2. Something's blocking me

3. I dabble or try things and then quickly give up

4. I need X before I can have Y

5. I don't believe you

The purpose of the Contradiction Blowout is to change your subject's thinking. Basically, if someone thinks that they can't do something, then they can't.

Or as Henry Ford famously said:

> "**Whether** you think you can, or you think you can't – you're right."

Let's take a look at another example.

Subject: "I just can't seem to find a job, no matter how hard I try."

Hypnotist: "What have you tried so far?"

Subject: "Well, I've been looking for a job the same way I always do, by searching online."

Hypnotist: "So, how's that working for you?"

Subject:"Well, it's not really working at all, to be honest."

Hypnotist: "It's probably not working because you already believe in your unconscious mind that you can't find a job. What if you started telling yourself that you CAN find a job?"

Subject: "Hmmm, good point..."

This is a simple example, but it gets the point across. It opens up a new way of thinking.

Let's take a look at another example, this time of a subject coming to your hypnosis practice for some therapy.

> Subject: "I can't change. I have tried many things before and there's just no point – nothing ever works!"
>
> Hypnotist: "So, you have come to my hypnotherapy practice because you have some problem. However, you think you cannot change. Is that a correct assumption?"
>
> Subject: "Correct. This is just who I am."
>
> Hypnotist: "So, the real question I have for you is: if you really think you can't change, then what motivated you to come to see me in the first place?"

That is essentially the Contradiction Blowout. The simple fact that they're already in your practice means that on some level they think they can change. Why else would they be there?

Another simple example would be someone who is trying to quit smoking. Let's say this person is really interested in mathematics.

A great way to approach this would be to come up with a math analogy to help them view the problem differently.

> You could say something like:
>
> Hypnotist: "I have a math question for you. You know how in algebra that one side of the equation has to balance out with the other side?"

> Subject: "Yes"
>
> Hypnotist: "Well, looking at that analogy, does smoking equal a high quality of life? Does it cause balance in your life. Or does it tip the scales?"
>
> Subject: "Well hmm, I hadn't thought of it like that."

This is a very simple analogy, but you get the point. It gets someone's attention simply because you expose the contradiction.

The other benefit of the Contradiction Blowout is that it causes someone to really feel like you care about them.

Milton Erickson was the king of this technique because he absolutely adored his clients. He saw them as good people who deserved to live a good life.

So when using this technique, be sure to channel your inner Erickson and **flip your H+ switch on to set the right intention.**

But lastly, here's a final real-life example to show you how this technique is performed:

At a hypnosis live training seminar that was being run by Igor Ledochowski, Igor speaks with a martial arts instructor in the audience who is very opinionated – but who also adores coaching kids. Especially those who come from a troubled upbringing because he gets to play a nurturing role.

>> If you want to see the video clip of this taking place, you can watch it here.

So on one side – he's a caring, nurturing instructor. But on the other, he feels the need to force his opinions on others. To be a role model and a strong leader.

However, in doing so, he's noticed that this communication style isn't always so well received by others. That sometimes, especially during communication, it's not always better to be the leader.

Using the Contradiction Blowout, Igor asks the subject to think about what really opens children up to new ideas.

After thinking about it, the subject quickly realizes what he wants. He wants people to discover for themselves their own sense of personal power.

Causing the subject to respond: "Now that's mind bending right there."

Through Igor's question, which used the kids as a leverage – the subject realized he had been going about it the wrong way.

And in this moment, it created a sense of ownership and caused a new paradigm to emerge.

With this new paradigm, the man realized it's better to gently nudge people in a new direction, rather than being pushy and rude.

The above mentioned demonstration is also part of Igor Ledochowski's Mind Bending Language Mastery Program.

If you'd like to discover even more techniques like this one, then you'll want to [check out the entire training, which you can gain access to here.](#)