

“Hand-Crafting” Hypnotic Suggestions & Bypassing The Critical Faculty

Critical Faculty

The “Critical Faculty” is the part of your mind that assesses incoming information and decides whether or not to accept it into the conscious/subconscious/belief system or not.

For hypnotic suggestions to take root, you must be able to by-pass or befriend your ‘critical faculty’.



Critical Faculty VS Monkey

The Critical Faculty is part of our security system, though operates in a different way than the “monkey” in our Library Model.

The “monkey” is our security *response* team, that responds to incoming information and helps us deal with situations - whether real or imagined.

Monkey - Security Response Team

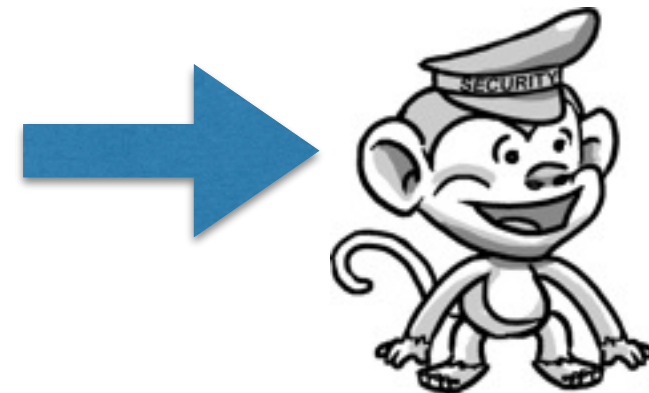
Something Happens (Or we imagine
something happening)

How Should I Respond?

Belief System



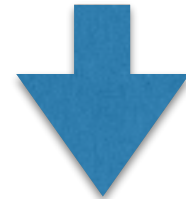
Stress/Anxiety Response



OK Response

Critical Faculty - “Door” Security

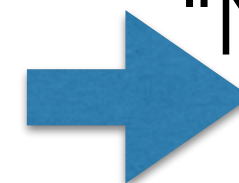
Incoming Idea Or Information



What's the door policy?

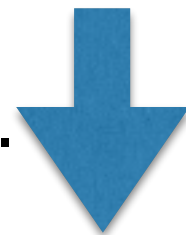


Belief System



“No, you’re not on the list”.

“Yes, you’re in”.



Conscious/Subconscious

Critical Faculty & Monkey

Incoming Information

What's the door policy?



(Accept or Reject Idea)

How Should I Respond?

Belief System



Stress/Anxiety Response



OK Response

You Vs. Critical Faculty

You cannot beat the critical faculty head on.

Generally speaking, if the new suggestions imply any kind of threat or unacceptability, the Critical Faculty will trigger the security alert and not accept them in.



You Vs. Critical Faculty

This is the same for Hypnosis and Self-Hypnosis ...
because all hypnosis IS self-hypnosis.



You Vs. Critical Faculty

"Hypnosis is a state of mind in which the critical faculty of the human mind is bypassed, and selective thinking established." (Dave Elman)

You Vs. Critical Faculty

In a good hypnotic subject it is usually easy to distract the Critical Faculty & allow your suggestions to slip inside.



You Vs. Critical Faculty

In an average hypnotic subject the Critical Faculty is more active and aware so we may have to employ other means to gain entry ...



Your Aim ...

Is to help the client create the state of mind where the critical faculty is reduced or bypassed in order for new ideas and beliefs to gain entry.



From this ...



To this.

Traditional Ways To Reduce Or Bypass The Critical Faculty

- Shock
- Overload/Confusion
- Deep Relaxation
- Distraction
- Embedded Commands
- Subliminal Message
- Somnambulism
- Authoritarian

How I Reduce Or Bypass The Critical Faculty

- Deep Relaxation
- Monoidism/Monoideasm.
- Hypnoanalysis Abreaction.
- Hand-Crafting The Hypnotic Suggestions
- Occasional Embedded commands.

Eliminate The Risk

If you spend a good amount of time talking with the client when you first meet, you can gather a great deal of information regarding their CONSCIOUS beliefs - which will form a large part of their critical factor.

Eliminate The Risk

I will never go 'head-to-head' with a clients belief system - even in hypnosis - until I have an idea of what they WANT to believe instead.

And even then, I may only do it in stepping stones by using "I/You Want" statements instead of "I/You Are" statements.

Hand-Crafting The Suggestions

If you can discover the SPECIFICS of a persons fear or issue - and craft suggestions that are very SPECIFIC to the resolution, the suggestions will be much more likely to by-pass the critical factor ... and stick!

Hand-Crafting The Suggestions

Get Specific -

“I DON’T WANT”

I DO WANT

I AM/ I HAVE

Hand-Crafting The Suggestions

Exercise:

Take a moment to write a simple sentence of what being confident means to you.

Type it in the “chat” box but DON'T SEND yet.

E.g. “Confidence means being able to ...”