101 Hypnotic Words

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Hypnotic words – what are they?

Hypnosis and influence operate on the principle of bypassing the conscious defenses to persuasion to get to the main decision maker of the mind – the subconscious.

The subconscious mind is responsible for teaching and molding the conscious mind and in return, the conscious mind does its best to protect the subconscious mind from potentially harmful ideas from the world at large.

**Hypnotic words** function exactly as they sound – they are words that facilitate the hypnotic process from start to finish. This volume will provide you with a rare “cheat sheet” that you can use to make your statements even more persuasive and effective.

If you’ve been looking for a way to “beef up” your persuasion skills even more, you’ve found the perfect addition to your hypnotic influence arsenal.

1. **Ability to ________** - Triggers visualization and allows for guided fantasy to occur. Encourages the subject to believe that he/she can accomplish something with newfound skill or knowledge.

2. **All that matters is that ____________** - Induces a hypnotic trance through strategic vagueness. Creates a small window of opportunity to make a direct hypnotic suggestion which will be transplanted directly into the subconscious mind.

3. **Allow it to happen** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

4. **Almost as though ________** - Induces a hypnotic trance through strategic vagueness. Creates a small window of opportunity to make a direct hypnotic suggestion which will be transplanted directly into the subconscious mind.

5. **And** – Creates logical continuity between two or more concepts that are normally not associated with each other.

6. **And when ______, you ____________** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

7. **And would you like to __________?** - Allows for a hypnotic suggestion to be made.
8. **Anybody** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

9. **Appreciate that** ____________ - Deepens the hypnotic trance and helps replace old information in the subject’s mind.

10. **Are you aware of** ___________? – Induces hypnotic trance. Triggers visualization and allows for guided fantasy to occur.

11. **As _____, you _____** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

12. **As soon as _____** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

13. **Awaken to** ____________ - Deepens the hypnotic trance and helps replace old information in the subject’s mind.

14. **Be free of** ____________ - Maintains the hypnotic trance and encourages relinquishing an old concept/belief.

15. **Becoming** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

16. **Before long** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

17. **Begin to** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

18. **Beginning to notice that** ____________ - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

19. **Both** - Creates logical continuity between two or more concepts that are normally not associated with each other.

20. **But** – Deletes the previous phrase or statement in favor of what comes after the word.

21. **By the time you** ____________ - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

22. **Can** – Implies certainty and authority.
23. **Can you ______?** – Deepens the hypnotic trance by suggesting a mode of action or thought.

24. **Completely** – May be used to induce a hypnotic trance or deepen it, depending on the context and use within a conversation.

25. **Deeper/deeply** – Helps deepen the hypnotic trance.

26. **Do you not?** – May be used to induce a hypnotic trance in a subject. Can also be used to invoke a past memory or encourage a person to accept that he/she has the capability to accomplish something that he/she has never done before.

27. **Do you want to ________?** – Allows for a hypnotic suggestion to be made.

28. **Don’t _____ so quickly!** - Utilizes law of reversed effort. Implies that the subject has naturally submitted himself/herself to the suggestion of the speaker due to prior triggers.

29. **Don’t _____, until you _____** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

30. **Don’t concern yourself with** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

31. **During ____, you can _____** - Creates expectation in the subject. May be phrased vaguely or used in a more direct manner to suggest an idea or mode of action.

32. **Everybody** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

33. **Everyone** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

34. **Experience**- Triggers visualization and allows for guided fantasy to occur.

35. **Feel** – A visualization trigger.

36. **First, second, third, etc.** – Leads and paces the subject throughout the conversation, helping him/her understand the message even more. Allows for very structured learning during an interaction/exchange.

37. **Focus on _________________** - Induces hypnotic trance.
38. **Go ahead and try __________** - Elicits feedback and imposes the desire mode of action to the subject.

39. **Hear** – An auditory trigger.

40. **How to __________** - Triggers visualization and allows for guided fantasy to occur. Inspires action and acceptance of the idea.

41. **I wonder if you would like to __________** - Encourages affirmative response in the subject.

42. **If ____ , then ______** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

43. **Imagine** – Triggers visualization and allows for guided fantasy to occur.

44. **Immediately** – Induces hypnotic trance through expectation of an outcome or action.

45. **In _____ seconds/minutes/hours, etc.** – Creates powerful expectation that something is about to happen within a real-world timeframe.

46. **In every country/culture/place, etc.** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

47. **In its own time/way, you __________** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

48. **Is** – Implies certainty and authority.

49. **Is your __________?** – Induces a hypnotic trance through strategic vagueness. Creates a small window of opportunity to make a direct hypnotic suggestion which will be transplanted directly into the subconscious mind.

50. **It __________, doesn’t it?** – Breaks down resistance or opposition by presenting a negative statement that calls for a positive/affirmative response.

51. **It is not important to** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

52. **It is very common to** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.
53. **It isn’t necessary to** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

54. **It will happen all by itself** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance by negating the need to take immediate action on something.

55. **It’s so great to __________** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

56. **Let us see if _______ is _________** - Creates expectation in the subject. May be phrased vaguely or used in a more direct manner to suggest an idea or mode of action.

57. **Magic** – Reinforces belief in a new and unfamiliar idea.

58. **Most of us** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

59. **Most people** – Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

60. **Pay attention to ______________** - Induces hypnotic trance.

61. **Realize that __________** - Deepens the hypnotic trance and helps replace old information in the subject’s mind.

62. **Really enjoy __________** - Helps the subject accept an idea so that he/she will adopt it as his/her own.

63. **See** – A visualization trigger.

64. **See yourself** - May be used to induce hypnosis and trigger pleasant visualization at the same time.

65. **Shortly** – Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

66. **Shortly, __________** - Creates powerful expectation that something is about to happen within a real-world timeframe.

67. **Smell** – An olfactory trigger.

68. **Some people** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.
69. **Soon** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

70. **Sooner or later** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

71. **Sooner or later, everyone** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

72. **Starting to** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

73. **Taste** – A gustatory trigger.

74. **Thank you** – Deepens the hypnotic trance and creates unbreakable harmony. Also creates a long-lasting window for more hypnotic suggestions to be given, as long as the hypnotic suggestions are aligned properly with what has been stated so far in the conversation.

75. **The power of _____________** - Triggers subconscious realization that helps speed up the process of acceptance and compliance.

76. **Touch** – A sense of touch trigger.

77. **Until _______, you ______** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

78. **Visualize** – Triggers visualization and allows for guided fantasy to occur.

79. **When you __________** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

80. **Whenever you ____, you ______** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

81. **Which _____ will ______?** – Removes the possibility of failure/resistance during feedback. Accentuates the possibility of an affirmative response to the speaker.

82. **While you _____, you ______** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

83. **Will** – Implies certainty and authority.
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84. **With your permission, let me _________** - Breaks down the initial resistance to new information.

85. **Without knowing, you have** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

86. **Yet** - Induces hypnotic trance through expectation of an outcome or action. Encourages the subject to respond.

87. **You _______, don’t you?** - Breaks down resistance or opposition by presenting a negative statement that calls for a positive/affirmative response.

88. **You already know** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

89. **You already know how to** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

90. **You can ______, can you not?** – Breaks down resistance or opposition by presenting a negative statement that calls for a positive/affirmative response.

91. **You do not need to** - Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

92. **You don’t have to** – Triggers an affirmative, subconscious response to a prior hypnotic suggestion. Helps reduce opposition or resistance to a suggestion by negating the need to take immediate action on something.

93. **You have known all along that/how to** - Implies that the statement is true for everyone (a truism) and also presents an undeniable truth or fact of life.

94. **You have now witnessed ____________** - Can be used to break down opposition or resistance. Triggers *subconscious realization* that helps speed up the process of acceptance and compliance.

95. **You know that _______** - Induces a hypnotic trance through strategic vagueness. Creates a small window of opportunity to make a direct hypnotic suggestion which will be transplanted directly into the subconscious mind.

96. **You want to ___________** - Leads and paces the subject. Subtly encourages a change in direction and a mode of action.

97. **You will ________, will you not?** – Breaks down resistance or opposition by presenting a negative statement that calls for a positive/affirmative response.
98. **You will __________** - Leads and paces the subject. Lends authority to a positive or affirmative statement.

99. **You will be surprised to learn that __________** - Induces hypnotic trance. Increases interest in an aspect of the main message.

100. **You will not _____, until you __________** - Allows linking of secondary contingent hypnotic suggestions. The prior element is deemed automatically acceptable and permits the entry/acceptance of the action-oriented suggestion.

101. **Your _____ is _____, while your _____ is _____** - Dissociative phrasing. May be used to induce hypnosis and trigger pleasant visualization at the same time.