“Black Ops” Compliance Techniques

by

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Introduction 3
The Four Step Hypnosis Process 7
Technique Number 1: 12
Plausibility 12
Technique Number 2: 14
The Agreement Routine 14
Technique Number 3: 19
The “Yes Set” 19
Tactic Number 1: 27
Reversed Effect Principle 27
Tactic Number 2: 35
Resistance Diversion 35
Tactic Number 3: 40
Attention Diversion 40
Introduction

Welcome to Black Ops Compliance Techniques.

I have written many pieces of work on influence, persuasion and communication strategies.

In all my years of researching and studying this body of knowledge, it have come across many different theories and best practices.

But the truth is that there is no one universal formula that works all the time.

Instead, there are frameworks that you can start with and then adapt and change as you see fit.

We are human beings. Each with our own set of beliefs, values, opinions and experiences.

Because of this, the process of influencing, persuading and effectively communicating with human beings is different every single time.
There will be times where you have to invest years into a relationship with someone in order to fully get them to commit.

Then there will be times where it only takes a few seconds.

Much of it depends on factors like the context, the environment, the situation and the relationship status.

This is not a manual about identifying those factors. You will have to use your best judgment to determine if those factors warrant this type of approach.

The techniques in this manual are designed to help you in those cases where you need to gain rapid compliance.

We are going to be approaching this covertly rather than overtly.

This is not because we want to deceive, coerce or manipulate people.
We are taking this approach for two reasons:
The first reason is that people make most of their decisions subconsciously. We would like to think otherwise but studies have shown that as much as 95% of our decisions take place on a subconscious level.

The second reason is that people are naturally resistant to persuasion. Persuasion involves a change on some level. And change is perceived to be hard and uncomfortable.

Therefore it makes sense that when trying to persuade someone in this context, you should do it on a subconscious level where the person doesn’t have a chance to resist.

So let’s get started.

Normally people agree or comply if the speaker is talking about something they already know or believe in. Often, people agree if you are able to
give them some compelling proof that what you are saying is true.

But sometimes, even this doesn’t work and so we turn to hypnotic techniques to get people to say yes. Again, you won’t be able to convince another person to do strange or dangerous things like run around with a gun in their hand (unless the subject is mentally imbalanced and has a tendency to perform unstable/dangerous things).

Hypnotic compliance techniques are a little different from the compliance methods we use in non-hypnotic situations. For one, you will not be appealing to the rational/analytical mind of your subject.

That is usually not very effective because the mental filters that people have are often very selective about what can be deemed as acceptable or true.

So instead of attempting to jive with those mental filters we are going to bypass them so
your input can be implanted directly into the subject’s subconscious mind.

**The Four Step Hypnosis Process**

**Step # 1: Drawing Attention**

This is really the most vital step of all because at the center of hypnosis/self-hypnosis is a person’s conscious attention. Without this conscious attention, you would have a tough time conveying *anything* to your subject. Drawing another person’s attention is more than just making quips and using funny lines to make the subject titter.

It’s more of magnetizing the other person’s waking consciousness so that he would willingly adapt your own train of thought. He must see what you see in your mind’s eye. His thoughts should be parallel if not identical to yours. Do this and you will see a significant change in how a person will interact with you in any given social situation.
Step # 2: Sidestep the Critical Factor

The human mind has two halves – the conscious mind and the unconscious mind. These two halves protect, nurture and generally complement each other every moment. The unconscious mind is the endless spring of creativity and desires. The conscious mind is the wall that protects the vulnerable and trusting unconscious mind from opportunistic and potentially harmful stimuli.

In order to be a truly effective hypnotist, you must develop a knack for sidestepping the critical component of the mind. Because if you don’t, everything that you will say will be met with skepticism and resistance.

Resistance in another person means you are not fully in harmony with the subject and he’s not really following your train of thought. It is possible that your subject is not following your train of thought because he doesn’t fully trust
you and his conscious mind is being very picky and critical of what you are saying.

Step # 3: Trigger Subconscious Responses

A true master hypnotist knows how to responses from the other person’s subconscious mind. We’re not talking about verbal responses like “yes” or “no”. A person can say “no” but can still be quietly amazed at what you’re saying. The more important thing is to influence that part of the brain that has the bigger say when it’s time to decide: the subconscious mind.

And while it is true the subconscious mind can generate dozens of different responses during day to day interactions, the most important response that you can ever generate is an emotional response. Because when a person’s emotions have already been influenced, you’re in deep and you are in a great position to begin asking the person to do something for you.

Step # 4: Lead by Hand
When a hypnotic subject is fully engrossed in what you have to say and he trusts you fully, you can begin leading him to the result that you want to emerge from the interaction.

This can be a sale, a romantic night out or even just a friendship. As long as your requirement is reasonable and is understandable within the context of the interaction, there is a big chance that the other person will say yes to what you want to happen.

Basically what you need to do to gain immediate compliance is to give the subject information in such a way that your input will not be scrutinized too much by the critical factor or the analytical side of the mind.

Because once the critical factor kicks in you will have to deal with internal resistance or objections. Objections are a normal part of any interaction but if you can do something to reduce them, why not do it?
Now, there are many types of feedback that a subject can give you during an interaction... So why focus on agreement? Truth be told, the conscious half of the mind is always on the alert.

It is so alert that sometimes it forms unnecessary objections to what people say because that’s its main role. It is there to protect the vulnerable subconscious mind from potentially dangerous ideas.

If your subject begins to agree or comply with all of your input, your subject’s conscious mind becomes relaxed and complacent. That’s what we want to happen. We don’t want your subject’s conscious mind to be on the alert and analytical all the time.

We want it to be relaxed at all times so it won’t form so many objections.

So how can you make ensure that your input will be met by agreement by your subject at all
times? There are four main techniques that you have to remember:

**Technique Number 1:**

**Plausibility**

In an early section of this book I shared with you one of the key methods of sharing ideas to people – **plausibility**. We are going to expand our discussion of plausibility in this section because it is also one of the biggest factors that affect the likelihood of agreement during conversations. Now, you have to remember that you can only experiment with this technique when you have already established a degree of rapport with your subject.

That means you have to build rapport *first* before you start suggesting ideas with varying levels of plausibility. Think of plausibility on a scale of one to ten. Now at any moment, you can move the pointer to “1”, “2”, “5” and so on. However, with each movement you also run the
risk of changing the passive or subconscious feedback of your subject.

So in general the safest way to go about things is to stick to statements that are at least mildly plausible so that you do not alert the mental filters of your subject.

Your subject would still agree with you to maintain the flow of the interaction. This applies most especially to situations where it is difficult to place the subject in trance. I have already discussed the various signs of trance.

You will be able to apply that information right now. The plausibility of your statements should match your subject’s trance level. If your subject is in a very deep, almost sleep-like trance, you can begin expressing ideas and statements that have almost no plausibility. As long as your statements do not contradict your subject’s ethics and morality, you are going to be fine.
If you need to convince someone to believe in something that is completely radical and new, you need to *prime* your subject through repetition and other hypnotic techniques.

When the subject has already been primed, that is the time that you can begin expressing your new ideas. Until that point is reached however, hold off on any radical ideas as these can be rejected immediately by the subject’s conscious filters.

**Technique Number 2: The Agreement Routine**

The second compliance technique is the *agreement routine*. The agreement routine is centered on the idea that the hypnotist has to believe what he is saying *first* before he can effectively pull the subject into the mental experience. So this technique concerns *you* more than it concerns your subject.
Many hypnotists create brilliant mental experiences... But at the end of the day, they don’t have full conviction and belief in these experiences themselves. Hypnosis is most effective when it is a shared experience and this just won’t take place if you cannot properly express yourself to your subject.

In addition to really feeling and expressing what you are thinking at the moment, you also have to agree with your subject the moment you see him. This vital connection can be made silently, within your mind. Once the mental connection has been created, everything will flow smoothly.

Now, many people ask me about what to do when the subject begins responding with things that deviate from what you think is correct and agreeable. What can a hypnotist do then? Of course, disagreeing and contradicting with your subject can cause severe repercussions throughout your conversations.
Sometimes, the subject is reasonable and accepts the criticism with a grain of salt and he moves on. But often, the subject goes into “debate mode” and starts fighting the speaker vehemently. When this happens, rapport is instantly broken and you will have to repeat the process (e.g. rapport, inducing a trance, reading the trance signs, introducing different ideas, etc.) So the best approach for this type of problem would be positive reinforcement.

Positive reinforcement is defined as “a method of rewarding desirable behavior”. It is used in many disciplines and specialty fields in psychology and we are bringing it into the discussion because it works so well in avoiding the trap of directly disagreeing with other people. In the context of conversational hypnosis, positive reinforcement is really easy to do.

Here’s an example. Let us say that you were talking to a friend about your favorite sport.
You ask him to describe your sport and he comes up with a list of six things:

1. It is exciting

2. It fosters group unity

3. It is engaging from start to finish

4. It increases risk of physical injuries

5. It is too rough

6. It is not the best sport for kids

This list has three positive elements and three negative ones, right? Normally, people would say “no you’re wrong” and then they would
proceed to enumerate why the other person was wrong. This is not positive reinforcement.

Positive reinforcement is a form of operant conditioning. It is a method of changing another person’s behavior to conform to a behavioral model that you have in mind. Of course, you won’t be telling your subject that you are trying to change how he thinks about certain things. That won’t be necessary at all.

Here’s why: when you hear something that is agreeable, you will be ‘rewarding’ the subject with positive feedback. You will nod your head, say “yes” or even smile when he says something that you agree with. However, when your subject starts saying things that you do not find agreeable, you will not do anything at all. Strange? Not really – because we are conditioning the subject to distinguish between things that are agreeable and which aren’t really that acceptable or desirable.
Deep in the subject’s subconscious mind, the desire for rewards will manifest. The subject will crave for the positive feedback that you give whenever he says something that you like. So as the conversation progresses, the subject will slowly shift his ideas and expressions so that he would only say things that produce a ‘reward’, which is your positive feedback.

**Technique Number 3: The “Yes Set”**

The third compliance technique is the “yes set”. The yes set is so useful that it can be appropriated for so many situations. And yes, we are using it again here because it obviously can be used to gain compliance from people. Many hypnotists like to think of the yes set as a ladder of sorts.

And this ladder can be expanded to reach greater and greater heights... Until finally, the hypnotist is able to reach his goal. As the
agreement ladder grows in height, the hypnotist becomes bolder and more adventurous with his input until finally, he gets the behavioral change or outcome that he wants to take place.

How can you create an effective yes set when conversing with other people? Here are some of the best tips that I can give you:

**Tip Number 1**

My first tip for you is to listen really closely to what the subject is saying *so you can repeat their ideas and words*. Repetition is the cornerstone of rapport and consequently, agreement after rapport has been established. Why is it the cornerstone of agreement? Well, think about it: if you repeat what the subject has just told you, your subject won’t be able to object to your input right?

For example, if you say “so you’ve just come into town and you are looking for a rewarding job with an auditing company?”, your subject
can’t refute that *because he just said it himself*. The principle of consistency kicks in immediately and the subject is forced to live up to what he has just said no matter how zany or incorrect it is.

If the subject has just told a lie, he will either have to live up to the lie (which is extremely difficult at times) or he will suddenly admit the truth. Either way, you are going to win because you will either gain compliance at the beginning of the conversation or you are going to learn a vital truth about the person that you are talking to.

Of course, you don’t have to repeat everything mindlessly, like you were some circus parrot. Whenever you repeat what your subject is saying, there has to be purpose, too. For example, if you are selling a product to someone and he mentions something about his problems in his business, you can respond with something like:
“You mentioned that your business is floundering because you cannot keep track of sales properly and you also think that your staffs are not being truthful about the day’s sales whenever you make your computations. Well my product can be integrated into any business system and will keep track of your sales 24 hours a day, 7 days a week. All data is securely stored in the cloud and you will never have to worry about losing your precious database ever again”

Take note of the first part of the monologue. That is what the subject told me (the speaker) about his business. I just repeated it for him. He can’t object to it and since he is a reasonable and logical person, he agrees with the first part of my statement.

And then I follow it up with the second part, which is a hard pitch for the product I am selling. The customer is thrown into a slippery slide and he can’t stop the flow of ideas.
because he has already agreed with the first part of my monologue.

**Tip Number 2**

The second tip that I would like to share with you is **say things that are obvious and can be verified easily by the subject**. This step really clinches the deal for the hypnotist because if you keep saying things that are obvious, the subject will definitely agree with you continuously to the point that he would feel that you will always say what is factual and agreeable.

Just make sure that the statements you use are **within the context** of your conversation. If you can make specific observations that harmonize with what you are talking about at that exact moment, use those observations.

Avoid random verifiable facts like “the sun is really hot today” especially when you are in the heat of conversation and you are so close to making the “big offer” to your subject.
Tip Number 3

My third tip for building an effective yes set is to use targeted truisms. A truism is defined as “an undoubted or self-evident truth”. Truisms are statements or phrases that tend to be accepted by everyone with a common culture.

There are common truisms that are rooted in local culture; these are sayings like “you can’t win them all” and “birds of a feather flock together”. And then we have truisms that are field-specific. These are truisms that only make sense within the context of specific human endeavors. For example, entrepreneurs will often talk about profit and repeat business.

These truisms might not matter a lot to someone who is very passionate about baseball. So in order to make a good impact on your subject, you need to make sure that your truisms will make sense to your subject, first and foremost. If it doesn’t make sense, the yes
set won’t work because he won’t agree with what you are saying in the first place.

**Tip Number 4**

My fourth and final tip for creating the perfect agreement ladder is to **piggyback your hypnotic suggestions**. Piggybacking is a relatively simple concept that involves attaching suggestions or instructions to something that people can readily accept.

Your hypnotic suggestion will be ‘carried’ by the preceding statement so that it won’t be cut off or rejected by the subject’s mental filters. So instead of just giving your hypnotic suggestion separately, you are going to link to it a linguistic form that can bypass your subject’s conscious mind.

Here’s an example: “*You look very gorgeous today in your red dress; why don’t we go out for dinner later?*”.
The first part of the statement is a mix of observation and a compliment while the second part is a request that is completely unrelated to the first part of the statement. But because the second segment had ‘piggybacked’ on the first segment, it gained legitimacy. It became a valid part of the statement.

The power of conversational hypnosis lies in the fact that the subject doesn’t know that you are a hypnotist and more often than not, he won’t know how to counter the various techniques that hypnotists employ to achieve their desired outcomes.

To bolster your personal power as a hypnotist I am also going to share with you covert strategies in conversational hypnosis that you can use anytime to improve your chances of success. These techniques are almost undetectable by ordinary folks and you can use them in combination with the other techniques that I have already shared with you.
Tactic Number 1: Reversed Effect Principle

The first covert tactic that I would like to share with you is utilizing the principle of reversed effect. The principle of reversed effect is really quite easy to remember: the more you try to accomplish something, the more likely that you will not be able to do it. This principle might sound a little strange at first because I have been encouraging everyone to try different techniques throughout this book.

But please – do stay with me until the end of this section so we can thoroughly explore what the principle of reversed effect can truly do for you as a budding conversational hypnotist.

Now, the first thing that people usually ask me about this principle is why is it so? Why are people bound to fail at something if they really think about it as they try to do it? The answer lies in the nature of the two halves of the
human mind and the *natures* of these two halves.

The human mind has two halves: the conscious half and the subconscious half. So far we have focused on very specific facets of these two halves.

You now know that the conscious mind is responsible for filtering the information that comes in so that the subconscious mind would be protected from potentially polluting stimuli. You also know now that conscious mind is almost always alert but it can be ‘put to sleep’ through hypnotic techniques.

What you didn’t know about these two halves is just how dependent the whole mind is on the subconscious mind. You see, the subconscious mind is more than just the seat of your emotions and creativity (imagination).

It is actually responsible for all the complex skills that you have already internalized. It is responsible for all the background
computations that make it possible for people to perform actions without worrying that they will forget something while they are doing these actions.

If this model of the human mind seems a little muddled, I want you to think back to a time when you were learning something new. This could have happened when you were a child or fairly recently, if you tried to learn a new skill.

Do you remember how hard the new skill was in the beginning? For example, most people remember how hard it was to tie their shoelaces when they were just learning how to do it. Another example would be when a person tries to learn how to play a musical instrument.

There is a lot of rote memorization and errors involved in the beginning. But as a person works on the new skill, everything seems to click into place. The person no longer feels that he is performing something difficult. Rather,
the activity feels completely natural and it’s ‘nothing new’.

What does this reveal about the subconscious mind? It shows how the subconscious mind is able to create efficient shortcuts for you so that you won’t have to consciously think about certain things anymore.

When you need to do something that requires a lot of details and a lot of steps, the conscious mind is a poor partner. Why? Because the conscious mind was designed to handle only a few bits of information at a time. According to recent studies, the conscious mind can only handle an average of seven bits of information at any one time.

If a person is really interested in what he is looking at, he can probably note up to nine separate bits of information. If he is bored then the number drops to five or less.

That is how inefficient the conscious mind can be when it comes to juggling information.
Because of its inherent weakness in handling large numbers of information, the mind turns over the responsibility of processing information to the subconscious mind, which has a much larger (almost infinite) capacity to process and retain information for later use.

So let’s apply this new knowledge to idea of performing something consciously. When the subconscious mind is suspended and the conscious mind takes over a particular effort, the required action becomes more complicated than it really is.

For example, have you tried driving to any location while thinking of all the individual steps needed to operate your car and drive safely? Probably not – because the whole activity would become too complicated.

No one drives around saying “I have to push the gear stick here... Then I press the brake... I press the gas again... Press the brake yet again...” If
people did this we would probably see a dramatic rise in car crashes across the country.

When this knowledge is correlated with the principle of reversed effect it is easy to see how primal the principle is to human life. When someone thinks of doing something and the activity itself lingers in the conscious mind, the conscious mind eventually gives up because of the strain and the subconscious mind kicks in.

This is what usually happens when a person tries to consciously control his eating. A person usually ends up thinking of what not to do that it becomes unbearable. And the subconscious mind just kicks in and says “stop that and just have some chocolates”.

The discipline at eating should be internalized from the beginning so that the dieter won’t have to use his conscious faculty to achieve the desired result.

Because if he sticks to his conscious faculty he is bound to fail because the conscious mind is
almost always a hindrance when it comes to performing something smoothly and efficiently.

The principle of reversed effect is a favorite among stage hypnotists who perform small suggestibility tests to ensure that the subject is primed and ready for hypnosis.

What stage hypnotists usually do is they say things like “I want you to resist me with all your might so you would be able to do ______”. The hypnotist then performs a simple induction technique like the handclasp induction and the hypnotic trance is suddenly manifested.

Why are people unable to resist a hypnotist even when he has openly challenged a subject? Simple: the task of resisting the hypnotist has suddenly been shifted to the conscious mind.

So instead of letting the subconscious mind do its work, the conscious mind is called upon to handle the present challenge. And invariably, the conscious mind fails and this in turn confirms the hypnotist’s assumption that the
subject is indeed “in trance” and is ready for hypnotic suggestions.

If you are ready to use the principle of reversed effect in your own conversations, here are some basic steps that you can use to activate it:

1. Use the word “try” when you want to challenge your subject. Statements like “try it, I already did” imply that the task itself is impossible or extremely difficult. The difficulty or impossibility of the task is projected to your subject and he takes it as his own truth.

And because his conscious mind will try to make sure that he succeeds, the task itself becomes doubly difficult, if not impossible. The more he thinks about what he should do to accomplish the task the higher his risk of failure.

Here’s a sample hypnotic script:

“As you stare at the swinging pendulum you will suddenly feel that your eyes are becoming heavier and heavier... Heavier and heavier with sleep...
And as you continue staring at the pendulum you will try to fight the sleepiness... Try to keep your eyes open as I swing the pendulum... Deeper and deeper... More and more relaxed... Your eyes will feel heavy and will try to close, but don’t close them. Try to keep them open.”

2. Identify an unconscious or internalized process and then begin piling different statements that invoke the principle of reversed effect. Remember, the process has to be an internalized one. The subject has to become confused before you can start using your strategically crafted statements.

**Tactic Number 2: Resistance Diversion**

The second covert tactic that I’d like to give you is: *actively divert the subject’s resistance*. So far we have been studying the different ways that you can use your personal power to overcome the subject’s own personal power. Because of this basic setup it is easy to fall into
the trap of entering a continuous power struggle with your subject.

Power struggles are a fact of life in our modern age. Power is everywhere and if you don’t know how to tap into your own personal power, other people are going to reap the benefits of influencing others. However, when an interaction is based purely on the idea of overcoming someone’s personal power, there are some repercussions that you may have to deal with later on.

For one, the subject may begin to feel that something is wrong with him because you have been able to make him comply so easily before. He might feel bad that he has become so suggestible (little does he know that he is talking to a hypnotist).

When your subject starts feeling all these conflicting thoughts and emotions about complying with you, it’s as if the seeds that you’ve sown before will begin to wilt. The
subject may stop all the passive feedback that he has been giving you because somehow, what he has been doing was not able to give him control of the situation.

This is the focal point of our discussion now – control. So far I have shown you how to take control of situations and people with words, tonalities and actions. But what happens when the subject begins showing signs that he wants to take control of the situation? Do you fight your subject or do you let him have his way?

The answer is: neither. You must not directly fight with your subject because that will only lead to more resistance. And you cannot give him the reins because that will probably undo all of the hard work that you have put into the interaction in the first place. What should a hypnotist do to traverse this difficult and unpredictable terrain?

The solution to this problem is simple: instead of fighting your subject’s resistance, begin
diverting it. You might be thinking... How in the world does one divert resistance?

Well, think of resistance as essentially the manifestation of another person’s personal energy. When resistance begins to build up within your subject’s psyche and he is unable to release that energy that energy will begin to force its away out. And when it finally explodes the subject might walk away from you.

How can a hypnotist divert a strong, negative energy like resistance? The easiest way to do this is by giving your subject multiple options and offers. We can take a page from the book of veteran car salesmen. Car salesmen who specialize in selling cars to even the most resistant of people often use this technique without realizing it.

Instead of just offering one thing over and over again to the subject, they begin adding stuff to their offer. However, the other things that they are offering the subject are merely decoys. If
the subject resists these other offers, the resistance would have zero effect on the target outcome of the salesman.

For example, a car salesman might offer the buyer the same car with a different color. The subject will begin to channel his resistance to the idea of buying a green car over a blue one... But in the end, he is still buying the blue car. The more resistance you can divert the more the subject will feel that he is in full control of the situation and the more suggestible he becomes.

This principle might sound strange in the beginning but as you apply it to your own social interactions you will soon find out that as long as a person feels that he has at least a little control of the situation, he feels empowered and his mental state becomes more supportive of the speaker.
Tactic Number 3: Attention Diversion

The third covert tactic that you can use is diverting the subject’s attention away from your hypnotic suggestions. Too often hypnotists encounter difficulty getting their main message across because the message itself gets blocked by the subject’s conscious filters. It’s like trying to throw a dart outdoors on a windy day.

The dart is precise but if other factors like wind direction and wind intensity are working against it, it will not hit its mark. You can continue ‘throwing’ your darts but if the conditions do not change, it will take a long time before you hit your intended marks.

To avoid this problem, you can divert your subject’s attention away from your ‘darts’ or hypnotic suggestions. Since the main goal is for you to implant hypnotic suggestions into your
subject’s subconscious mind, your messages have to be able to bypass the conscious filters.

Now I know that I have shared many techniques in other parts of this book that can be used to achieve the exact same result. But I am sharing yet another technique with you so if the other techniques do not work, you have a fallback plan.

Also, this technique is more advanced because we are not going to give the conscious mind any opportunity to process and potentially block our hypnotic message. At this point in time we are no longer interested in putting the conscious mind to sleep so you can really start piling your hypnotic suggestions.

I am going to teach you a method that will allow you to completely bypass the conscious side of the mind so you can gain access to the vulnerable subconscious mind.

Bypassing the conscious mind is so critical to your success because the conscious mind has a
well-devised system of analyzing information. And more often than not, it rejects more than it accepts information. So instead of putting your hypnotic suggestions at risk, we are going to drive down the risk completely.

There are two basic steps needed to divert your subject’s attention away from your hypnotic suggestions. Of course, you would still need to tell the subject what you want to take place. But there lies the problem; once the hypnotic suggestion is out in the open, it becomes vulnerable to attacks from the conscious mind of the subject.

You can go around this problem by performing two crucial steps. The first step is to just casually mention what you want the subject to say/think/do. This is the hypnotic implantation phase. By casually mentioning the hypnotic suggestion you are directly sowing the ‘seeds’ that will later take root in the subject’s subconscious mind.
It’s easy to sow the seeds but it’s difficult to stop an alert conscious mind from uprooting the hypnotic suggestions that you have just sown. And so we move on to the second crucial step – distract your subject immediately after you have given your hypnotic suggestion.

The distraction has to be performed immediately and the timing has to be precise so that you can block the subject’s train of thought. Because once your subject starts scrutinizing the hypnotic suggestion that you have given, he can continue resisting you until the end of the conversation.

Essentially, you will be giving a pair of ideas every time you implant a hypnotic suggestion. The first idea is the hypnotic suggestion itself while the second idea is just a decoy that your subject can scrutinize all he wants so that the hypnotic suggestion can safely reach the subject’s subconscious mind without being mangled by conscious mental filters.
As your subject tackles and grapples the second idea, the hypnotic suggestion will anchor into the subject’s mind and it will slowly grow inside the subject’s mind.

Because the idea has already reached the subconscious, it will be nourished and protected by the person. Why? It has already bypassed the usual filters and the subject will feel that the hypnotic suggestion is legitimate and reasonable.

The best thing about this technique is that the subject won’t have any chance to create feedback or input regarding the hypnotic suggestion. His critical faculty is literally suspended for a few moments and the hypnotic suggestion is able to take flight without being tackled.

Here’s an example to get you started:

“Remember when you were learning how to drive? You were nervous at first but you were able to overcome those emotions to become a great driver."
There were all these things that you had to do, like remember when to switch gears and press the gas. You also had to negotiate turns and inclines, which are the most difficult skills in driving!”

Note how I left a hypnotic message in that cluster of statements... Before I switched the topic so that the subject would forget what I have just said. The seed has been planted and so I would only have to wait for it grow inside the person’s mind so that later on he would adapt it as his own belief (and he won’t remember that I was the real source of the belief).

Here are some more techniques to implant hypnotic suggestions covertly:

1. The easiest way is to simply modify the topic in your conversation. This can be done almost instantly in most cases, even if you are in a lecture room full of students. As long as you remember how to shift smoothly from one idea to another, you will be able to do this
effectively without raising suspicion from your audience.

2. You can also prime your subject by piling different suggestions on top of each other. You implant the main suggestion and proceed to give the subject a variety of other suggestions so he can tackle those ideas.

3. Give the subject five or six different ideas at a time so he forgets the main idea that you were sharing. However, the ideas that you are giving should at least be parallel to the main idea that you started with. This way, the subject would still pay attention to your other ideas. If your ideas sound too strange or off-topic, they will probably be ignored by your subject and he will turn his attention once again to the main hypnotic suggestion.
Now that you have a nice little tool box of compliance techniques, the question is..

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