

Instructions:

- I recommend you use this procedure for each of your events. One event, one process at a time.
- Make sure you will not be distracted or interrupted for at least 20 minutes.
- Before you start, consciously choose the specific trauma you are working on today.
- If you feel stressed or anxious, use one of the other hypnosis recordings to reduce this stress and anxiety before you do this PTSD process. It's important that you be calm and relaxed before you start this process.
- Use the location you normally use for hypnosis.
- As with hypnosis, DO NOT lie down. Sit up.
- Before you start, test the volume of the recording to make sure it is at a comfortable volume.
- Remember, you may or may not see the images in your conscious mind. As long as you understand my words, your subconscious mind sees the images and remembers every aspect (including the emotions) of the event perfectly.
- Your subconscious mind remembers everything. It remembers what you saw, felt, sensed, touched etc..
- Have a chair close by. This chair will be used to briefly review your trauma. Have it close by for convenience.
- I refer to the "resource anchor". You can have a soft doll (lion) or anything that is small, soft and

squeezable. Just make sure it's always the same item every time you do this procedure.

- Make sure you are sufficiently hydrated. Drink water before doing this procedure.
- Make sure you are not hungry. If you are hungry, have a small snack before the session.
- Have a note pad with you at all times. Record any observations or feelings you experience in your day. We will be reviewing your experiences at our next session.
- If you have any questions, feel free to call me. Use my Cell # 613-749-5414.