

# Hypnotic Language Patterns: Practitioner Reference Sheet



This handout introduces key hypnotic language patterns for hypnotherapists and students. Each pattern includes a definition and a practical example. Use these tools ethically and creatively in your sessions. For more detailed information and references, please visit

<https://hypnotherapytrainingblog.blogspot.com/2025/05/suggestions.html>

## Direct Suggestion

Just as it sounds: relatively authoritative, straightforward, and it's easy to understand what's expected as a response.

*Example: You feel calm and relaxed.*

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## Indirect Suggestion

An indirect suggestion is more subtle, permissive and indirect, almost like a hint.

*Example: You may start to notice how very easy it is to relax.*

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## Double Bind

Offers a direct suggestion hidden within an indirect one, emphasised subtly by your tone.

*Example: Would you prefer to feel more relaxed now, or in a few minutes?*

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## Embedded Command

A direct suggestion hidden within a longer sentence to bypass resistance.

*Example: You can enjoy wondering whether you relax more with each breath out or each breath in.*

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## Tag Questions

A suggestion softened into a question that invites agreement.

*Example: If you follow my instructions, you will go into a comfortable trance, and you know that you can follow instructions, don't you?*

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## Yes sets, Pacing and Leading

A series of questions or make a series of statements that you know will get agreement from the client because they are undeniably true. Then lead into a suggestion.

*Example: You're sitting in that chair ... with your eyes closed ... listening to my words ... and beginning to feel more relaxed already.*

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## Conversational Postulate

A question that sounds as if it should get a literal (often yes or no) answer, but which, in fact, acts as a suggestion.

*Example: 'Can you imagine feeling calm and secure?'*

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## Confusional Language

Using puns, twists and turns, double meanings and complex grammar to disrupt logical or analytical thinking.

*Example: Sometimes it's confusing to think about how you'll begin not to wonder when you'll forget to remember that you're relaxing.*

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## Negation Confusion

Whereas confusional language uses complex word patterns to distract the conscious mind, negation confusion uses paradox - apparently negative statements that make positive points.

*Example: There's no pressure here to relax. Although it's not impossible that you're already relaxing in ways you haven't noticed.*

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## Utilisation Language

Incorporates current experience to support trance and rapport.

*Example: You might be aware of the sounds of everyday life going on around you, and that's fine. You can drift deeper with each awareness.*

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## Linking Ideas

Creates the impression that one thing leads to another, even if it doesn't.

*Example: Cause and Effect - The more you notice your breathing, the deeper you go into trance.*

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*Example: Implied relationships - As you begin to focus on your breathing, you may notice it's easier to feel just a little more in control.*

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