

# HOW TO DO A Contextual **Skill-Building** Induction

When hypnotic induction is done correctly, it is not something we hurry to get through to get to the good stuff. It actually is the good stuff! This induction uses basic hypnotic strategies to help clients benefit from the skills they learn in the process. This is my "go-to" induction in many client sessions.

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## STEP 1

### Eye-Fixation

By having a client choose a point on the far wall and fixate their attention, the first learning is that they can choose where to place their attention. It becomes a metaphor for paying attention to stress or resource states.

## STEP 2

### Progressive Muscle Relaxation

This is will NOT impress hypnotists debating methods at a hypnosis convention, but they aren't the ones hiring you! It is non-threatening. It is easy to do. Most of all, there are mountains of research showing long term benefits. Use it, it will serve you well and your clients even better!

## STEP 3

### Autogenic Training

By creating the phenomena of warm and heavy you bring the convincer into the induction. It is more powerful. It also teaches clients that can create from within any resource state.

## STEP 5

### Visualization

A proven method for creating resource states, hypnotic anchors, and an ability to transcend the temporary stress. Visualization is more than relaxation, it is creating from within and teaches self-efficacy.

## STEP 4

### Mindfulness

By teaching clients to be present in this moment you are teaching a skill proven to have physical, emotional and behavioral benefit. Mindful attention is a skill that stops fusion with emotions, thoughts, and sensations. It will last a lifetime when learned!



Read the full blog post and get the free script and video training at:  
<https://subliminalscience.com/contextual-skill-building-hypnosis-induction>