

The Magic Words

The small vocabulary that does most of the work. Keep this where you write your scripts.

and	Links, carries agreement, hides seams	<i>"...and your breathing slows... and your hands grow heavy..."</i>
as / while	Implies one thing causes another	<i>"As you listen, you can let go."</i>
because	States a cause; use once trance is set	<i>"Because you're so relaxed, the change is easy."</i>
now	Anchors the suggestion in the present; a command in itself	<i>"...and let go... now."</i>
just / simply	Makes the suggestion feel small and easy	<i>"Just let it happen." "Simply notice."</i>
already	Presupposes the change has begun	<i>"You're already more relaxed than you were."</i>
yet / still	Presupposes the change is coming or continuing	<i>"You haven't gone all the way down yet."</i>
begin / continue	Presupposes a process in motion	<i>"You can begin to feel it... and continue to feel it."</i>
notice / realize / discover / find	Hides a suggestion behind perception	<i>"Notice how heavy your arms have become."</i>
become aware	Same, more gradual	<i>"You may become aware of a warmth..."</i>
allow / let	Turns a command into a permission	<i>"Allow your eyes to close."</i>
can / could / may / might	Offers instead of demands	<i>"Your hand could begin to lift."</i>
you don't have to	Removes pressure; the command remains	<i>"You don't have to relax all at once."</i>
there's no need to	Same, slightly more formal	<i>"There's no need to try."</i>
I wonder	Frames a suggestion as curiosity	<i>"I wonder how deep you'll go."</i>
I don't know whether... or...	The double bind in its purest form	<i>"I don't know whether it'll start in your hands or your feet."</i>
perhaps / maybe	Softens; disarms the critic	<i>"Perhaps you've noticed the calm."</i>
in your own way / at your own pace	Gives control; removes the possibility of failure	<i>"Go deeper in your own way."</i>
the part of you that...	Dissociates; speaks to the subconscious directly	<i>"The part of you that knows how to heal..."</i>
that's right	Confirms; proves your words come true	<i>[when the eyes close] "That's right."</i>
good	Same; rewards the response	<i>"Good. Even deeper now."</i>
all the way	Suggests completeness	<i>"All the way down."</i>
deeper / further	The depth refrain; never say "deep" once when you can say it twice	<i>"Deeper... and deeper."</i>
more and more	Progressive, open-ended	<i>"More and more comfortable."</i>
the more... the more...	Pyramiding; links two processes	<i>"The more you relax, the deeper you go."</i>
surprised to find	Presupposes a finding; adds delight	<i>"You'll be surprised to find the craving simply gone."</i>
naturally / automatically / easily	Removes effort from the suggestion	<i>"This happens naturally... automatically... easily."</i>
without knowing / without trying	Removes the conscious mind from the job	<i>"You can change without knowing how."</i>
sooner or later	A time double bind	<i>"Sooner or later, you'll notice you've stopped."</i>
it's good to / it's natural to	Lost performative; installs a value	<i>"It's natural to feel safe here."</i>
isn't it? / can't you? / haven't you?	Tag question; invites agreement	<i>"It's easy, isn't it?"</i>
nothing to do / nowhere to be	The deepest permission there is	<i>"Nothing to do... nowhere to be... only this."</i>

wherever you go

The open door; the trance continues

"My voice will go with you wherever you go."