

Ericksonian Hypnotic Language Patterns

Douglas O'Brien

This week: Two patterns for the price of one.

As simple as these patterns are, they are extremely effective.

Pattern 4: The Resistance Dodge

After an Embedded Command add the tag, "or not." This is particularly effective when the person to whom you are delivering the suggestion may have a bit of resistance to the ideas you are offering. Time your delivery to when you see the resistance begin to show in their physical affect. You'll be pacing them and dispelling resistance at the same time.

"I'm wondering if a mis-matcher will **accept this embedded command**...or not."

Pattern 5: The Resistance Pace

The word "try" has failure virtually presupposed. ("Gee Dad, I tried") So telling a person to Try to resist your request implies that they may try but they will fail.

"Try to resist the deepening experience of comfort and relaxation as you listen to my voice."

So, now, **write your own examples**. The best way to learn is by doing. Write them out. Practice. Say them aloud to a human being with the proper tonal shift. (See lesson one – "Patterns of Indirect Suggestion" if you need more clarity on that)

Write at least ten. Twenty is better. You probably already know that you can **utilize the few examples** offered on this page and then go from there...or not!

Use them on salesmen: "How great that you will **give me the lowest price ever...** or not."
Use them on your children: "**Try** to keep your eyes open as you listen to this bedtime story."

Of course, you can and should combine them with the patterns we've already gone over. They work beautifully together:

"How great that you will **give me the lowest price ever...** or not. I wonder how soon you'll know **you can do that.**"

Like I said, as simple as these patterns are, they are extremely effective. So **go out there and use them!** See for yourself. And remember, when you use them you own them.

Have fun. See you next week.