Ericksonian Hypnotic Language Patterns
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Pattern 1: Embedded Commands —
Embedded Commands are commands that are placed within the framework of a larger sentence structure, thereby sneaking by the conscious mind. e.g., "Very often, people find that they **discover many useful inner resources** while in trance." Some suggested sentence openings: "Maybe you'll... I don't know if... A person may not know if... Maybe you haven't...,yet." (More about that yet soon, but not yet.)

A. Adding their Name
These commands can be made more powerful if you insert their name into the sentence structure just before the embedded command. "One can, **Elizabeth, feel comfortable** in new situations. A person could, **Phillip, notice a growing sense of distance from one's problems.** People don't have to, **Bob, listen intently** to everything that I say."

B. "Now"
"Now" is not a magic word. Sometimes beginning NLP students over use 'now.' Used effectively, it can enhance an embedded command, but it alone does not an embedded command make. Often the most effective way to use it is to... pause... before you use it and then use your best trance tonality when you say it. (If you run it into the sentence without this pause it can make the sentence sound too imperative and the person feel rushed.) "You might want to learn to enjoy that meaningful pause . . . *now* ."

(Remember that without shifts in tonality, etc., there is no command at all. You must **shift your tonality** in a way that is noticeable and analogous to a command, right at the verb of the sentence. You are telling them to DO something.)

So, now, **write your own examples.** The best way to learn is by doing. Write them. Practice saying them out loud with the proper tonal shift. Practice delivering them to a human being. Write at least ten. Twenty is better. Perhaps you'll find that you **utilize the eight sentence openings** offered on this page and then go from there.

Use them on waitresses: "You might find you want to **bring me a cup of coffee.**"
on busdrivers: "People can... **let me out at the corner.**"

Have fun. See ya next week.