

# Ericksonian Hypnotic Language Patterns

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## Pattern 10. Truisms

Truisms are like Bread and Butter. You can make a meal out of them if you have to. They are a perfect setup for embedded commands. They are statements that are true on the surface and contain embedded commands beneath the surface.

### A. About Time

"People, sooner or later, do **experience a delightful feeling of relief** from their cares and woes."

"Sometime, you will **enjoy a deep and meaningful trance** experience."

### B. About Sensations

"Most people **enjoy the feeling** of a nice hot shower."

"Everyone has had the experience when you **drift off to sleep and you're not quite awake and not quite asleep.**"

### C. About Abilities

"You don't have to **learn how to employ these skills** to feel confident."

"You are able to **relax you hands** completely."

"A person is able to **hear all kinds of meaning** in one sentence."

"Some People...You may...One might...You could...**learn all sorts of different possibilities** for truisms."

### D. Adding the 'you know' clause

implies in an ambiguous way that you knew this already.

"People can, you know, **learn rapidly and easily**, even without knowing that they're learning."

Now, you're probably wondering how **you can get good at using truisms**. People can, you know, **write your own examples**. The best way to learn is by doing. Write them out. **Practice**.

Like the New York City cop who was asked, "How do you get to Carnegie Hall?"

"Practice, Practice, Practice."

Say them aloud to a human being with the proper tonal shift. (See lesson One if you need more clarity on that)

Use them on banktellers: "Some people will, sooner or later, **feel good and smile.**"

Use them on your kids, your parents, your servants, your masters.

**Use them.**

Have fun. See you next week.