

Ericksonian Hypnotic Language Patterns

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Pattern 12. Double Binds

Double binds give the illusion of choice, while either choice is in the direction you want them to go.

"Would you like to **enter trance now** or would you like to **try to keep your eyes open** for a little longer while that delightful sense of comfort continues to fill your body?"

"Child, do you want to go to bed now or watch 5 minutes more of your video before you go to bed?"

"I think your unconscious mind knows more about this than your conscious mind does, and if your unconscious mind knows more about this than your conscious mind does, then you probably know more about this than you think you do."

Now, you can **continue reading and learn more** or you can **write your own examples**.

Someone once said repetition is the Mother of skill. Someone else said "**Practice Makes Permanent**." How did your review go from last week? We've now learned a dozen language patterns. That's quite a lot, really. You know, if you were to **take a therapeutic metaphor** and figure out how to **insert each of the patterns** you've learned so far into it you might be pleased at how much it adds to the impact of the story.

Or not. Only way to know for sure would be to test it out.

Have fun. See you next week.