

Ericksonian Hypnotic Language Patterns

Douglas O'Brien

Pattern 22. Implication and Implied Directive (“If-Then” Statements)

If-then statements where the “if” part is either something they are already doing or are likely to do and can do easily, and the “then” part is what you want them to do.

“If you can hear my voice, then you’ll relax deeply.”

“If you close your eyes, and listen to my words, then you can go into a trance.”

“If you uncross your legs and you unhold your hands, you will be ready to go into a comfortable trance state.” (notice the implicit, but unstated, then)

And, if you **write out many examples**, then you’ll become remarkably facile with these patterns. And, if you **become facile** with these patterns, you’ll **be happy and wealthy**.

So what are you waiting for? Get started **write now!**

And **Have Fun**. See you next week.

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