

Ericksonian Hypnotic Language Patterns

Douglas O'Brien

Pattern 26. Compound Suggestions (Lead, *then* pace)

A compound suggestion is made up of two statements. First, a statement that makes a suggestion, second, a statement of fact to cover up the suggestion.

"NLP is the best model of communication in the entire world. It is important to communicate effectively, isn't it?"

"You are drifting deeply into trance. It's nice to feel comfortable in a comfortable place."

And again for our friends in Manchester (and elsewhere), one can imagine a business context...

"You really want to take advantage of this opportunity now. It's so important to minimize costs while maximizing profits."

One of our regular readers, my good friend Michael, told me the other day that he downloads every new pattern every week and writes out dozens of examples that are pertinent to his life. He says that this practice is catapulting him to new levels of competence. I love hearing this and am thrilled that some people are really taking full advantage of this opportunity. Let me hear from you!

Also, should you have any questions, please feel free to write. I'd be happy to reply.

Have Fun.

See you next week.