

# Ericksonian Hypnotic Language Patterns

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## Pattern 11. Binds

Binds come in two forms, single and double. Seems like most people have heard of double binds and we'll get to that next week. This week we're going to talk about the elegantly effective single bind. It goes like this:

"Don't **(their current behavior)** unless you really want **(your outcome for them)**."

If you link their current behavior to your outcome for them, you are putting them in a bind. As you read this, dear reader, I could say to you, "Don't **read this** unless you really want to **become unreasonably happy**."

One of my favorite binds is when the client is awakening from the trance experience, (still, by the way, exceedingly open to suggestion) I say to them, "Don't **open your eyes** unless you are really ready to **see things from a new prospective**."

Now, don't **continue reading** unless you're ready to **write your own examples**.  
Have I mentioned that the best way to learn is by doing? To **Practice, won't you?**  
Perhaps, by now, you're already putting all the different patterns you've already learned together into a whole induction, or not.  
I wonder what would happen if you were to **say them aloud to another human being with the proper tonal shift?**  
What if you were to...**use them this week?**

Here's an idea: **REVIEW**. Use all the patterns learned thus far once a day.

Use them and they are YOURS.

Have fun. See you next week.