

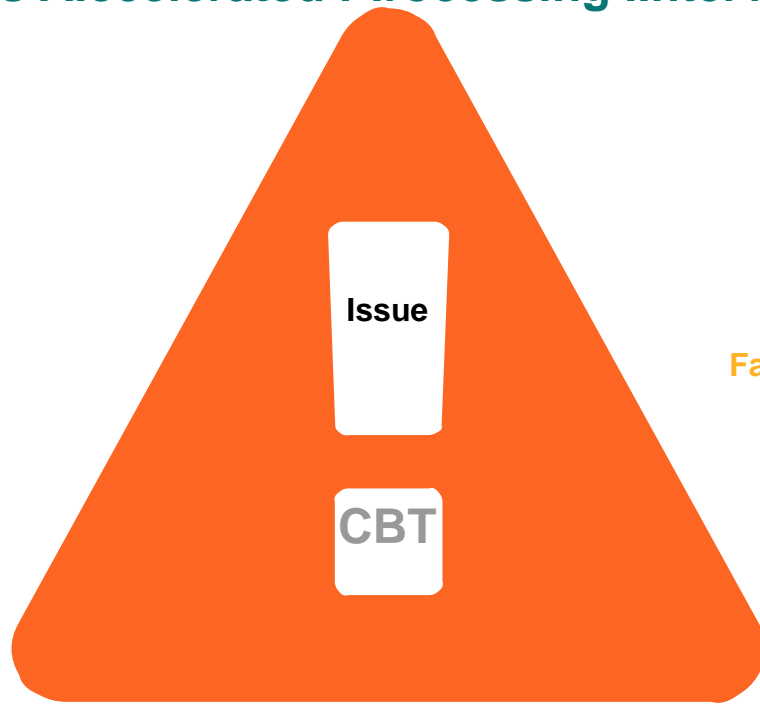
Hypnosis Accelerated Processing Interventions

Affect

Deep breathing
Exercise
Sleep
Nutrition
Smiling/laughing

Behavior

Fake it 'til you make it
Rewards
Identify Triggers
Consequences



Cognition

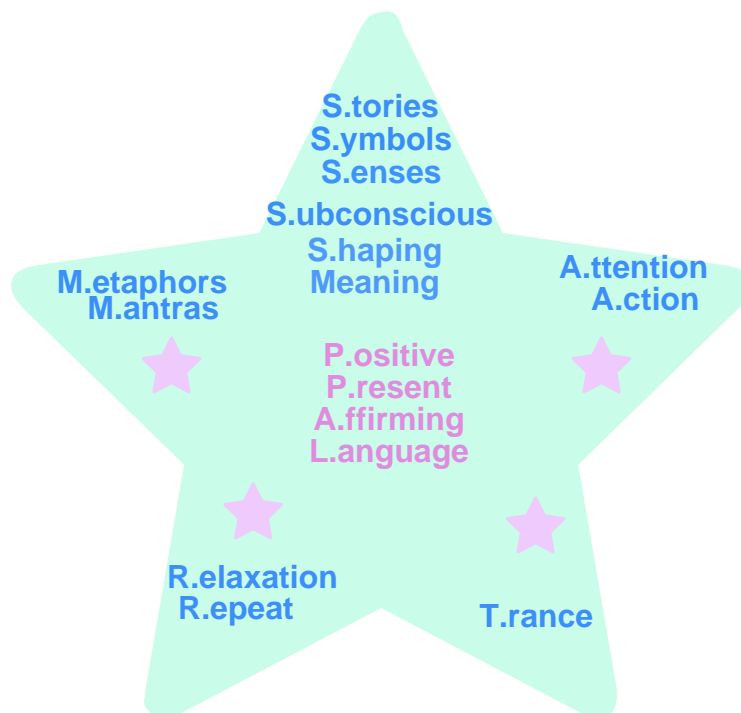
Affirmations
Reframing
Correct distortions



Bilateral Processing
2 Ease



Pain/Distress



*Trance enhances focus & bypasses doubt,
distortion of conscious mind ~but not necessary...*

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