

The confusion induction is a great, fairly rapid induction which can be very effective with clients who are more analytical, and might tend to question slower, more progressive inductions as they go along, or with clients who are anxious and might tend to become overly focused on “whether they’re experiencing something right”. It’s also a good induction to introduce when time is more pressured, or when your client might benefit from a change in approach.

I’ve scripted it out here, but it’s really one that you need to learn without a script. You’re counting down in quarters and up in quarters. Once you’ve reached 19, instead of going to 20 – as expected – you come back up the scale. When you finally reach 20 you can offer suggestions about going deeper (some people might say sleep – I’m not a fan of this as hypnosis is not sleep). You can also move into further deepening work and combining this with a fractionation deepener can be helpful.

You need to do it fairly rapidly and I’d suggest checking the video on my YouTube channel out for further guidance on how to deliver this in a natural, dynamic way.

Perhaps you’d like to get nice and comfortable...and when you’re ready...you can close your eyes...and now...I’m going to begin to count you into a deeper trance state....beginning to count now...

1, 2, 3, 4, 5...quarter of the way into a deeper trance.

6, 7, 8, 9, 10...half way into trance

11, 12, 13, 14, 15...three quarters of the way into deeper trance

16, 17, 18, 19...

16, 15...quarter of the way out of trance

12, 11, 10...half way out of trance

8, 6, 5...three quarters of the way out of trance

2, 4, 5...quarter of the way into trance

7, 10...half way into trance

19, 18, 16, 15...quarter of the way out of trance

13, 11, 10...half way out of trance

13, 14, 15...three quarters of the way into trance

13, 6, 5...three quarters of the way out of trance

3, 2, 3, 5...quarter of the way into trance

8, 9, 10...half way into trance

7, 6, 5...three quarters of the way out of trance

6, 8, 10...half way into trance

11, 12, 15...three quarters of the way into deeper trance

17, 19, 20...letting go...allowing yourself to release...going deeper and deeper...into your own special trance state...

[Note to practitioner – you can choose to add more deepening suggestions and begin therapeutic work or you can proceed to deepener]