

Hypnosis Preparation—Weight Loss

Write down a detailed history of your experience with weight loss. Include all diets you have tried, all exercise programs, including how much you weighed at each time, how much you regained, etc. It can be helpful if you have a timeline as well to help me understand how long of a struggle this has been for you. Include any other stressors in your life as well that might correspond with gaining or losing weight. Begin with the first memories you had of being self conscious and any other memories you have regarding body image etc. Some questions to consider might be what environment you grew up in and what messages you received about dieting and weight loss/weight gain. Remember that the more detail you provide the richer your experience will be.

After you compose this history, then write down for me a list of positive "I" statements that indicate what life would be like for you if you were to permanently achieve your ideal weight. An example might be, "I will feel stronger and have more stamina" or "I will wear my favorite bathing suit and look good", etc etc... Write down as many of these positive statements that you can think of. Take breaks and come back to your list and add more each day. Don't just do it all in one shot!! Sometimes people tend to write down negative statements first like "I won't be tired and exhausted all the time, or I will lose 35 pounds...etc. Try to reword these statements into positive ones, like "I'll have more energy to play with my kids" or "My ideal weight will be 185" etc...

Compile a list of pleasant and relaxing images, smells, textures, sounds, memories, etc.... Get creative here. Think of times when you have been most relaxed. If a particular smell (vanilla candle) relaxes you then write that down. If you have a favorite song, or favorite scenery, write it all down. Or perhaps you have a favorite vacation that you took years ago. Describe it in as much detail as you can. The point here is for me to have as many visual and sensory images that I can work with that are uniquely relaxing to you. And again, remember the more detail you provide the better the hypnosis will be for you. Don't just say a walk on the beach; say something more specific (like location, or something that happened, that made you relax and feel calm or at peace). For some people it can also be a spiritual experience so if you think of something like that, feel free to write that down as well.

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