Hypnotic Language Patterns -"Don't" Language Patterns

One of the most powerful tools an individual has is the precise and influential use of language. In hypnotherapy, the practitioner's job is to set the client at ease, help him relax, and carefully convince him that he can achieve whatever goals that he has come to the practitioner for.

Although it takes a great deal of practice to learn the dynamics of hypnosis, one can quickly learn a few of the more valuable hypnotic language patterns.

Have you ever noticed that certain persuasive people are so "soft sell" that you are amazed they sell anything, yet they do quite well?

"Don't" Language Patterns.

We know that people cannot make a picture of the word "don't" in their minds. More specifically, a picture cannot be made of "don't" because it is not a noun. Therefore we can use this word in language patterns to influence others, Here are a few examples:

"Don't feel as though you have to buy something today."
"Don't look at me and smile,"
"Don't consider taking me out to dinner if you don't want to"
"Don't decide now. You can do it later if you're uncomfortable."
"You don't have to help me clean the house… really."

"I don't know if this course is going to completely change your life"

"Don't make up your mind too quickly."

Go back to each of these sentences, delete the 'word **"don't,"** and you will get the message that the unconscious mind is getting. The reason why so many children disobey is that they frequently hear the word "don't." The brain skips over the word "don't" as it is not a noun or verb that can be pictured. The brain goes straight to the rest of the message and then it *might* return to the word "don't" by negating the entire message. More often than not, when handled in this specific manner, this language pattern is very powerful.

The word "don't" is dealt with again later in our programme in a slightly different context.

A Hypnotic Language Pattern Exercise

Please write down seven sentences, like those I've mentioned, where you want someone to do something but want to soften the request with the word "don't."