

The 3 B's - The Magic Self-Hypnosis Technique

The 3 B's is a powerful self-hypnosis technique that allows us to improve or change mental states quickly.

With a little practice, this can become as fast as flicking a switch in our heads.

The 3 B's are -

Body Language

Breathing

Belief

Each one affects the other, and by changing just one of these, we can make a positive shift.

If we change all 3, we can make a major shift very fast.

Getting Started With The 3 B's.

Take some time for yourself and notice over your day, your body language, your breathing and your beliefs.

If helpful, make written notes of your negative beliefs, breathing and beliefs.

When we are in a negative state, we are often -

- looking down, shoulders forward.
- breathing in a shallow way with the top of our chest.
- thinking, I can't do this, or I am not worth this.
- talking too fast, using negative words.

People in positive states are often -

- looking up, smiling with good posture.
- breathing slowly and deeply with their belly.
- thinking in a positive way, such as, I've got this or I can do this.
- talking slowly, confidence and calm.

The 3 B's is a great tool as it allows us to get into a positive state fast.

Creating your positive state.

Think of a time when you were happy, relaxed, confident and in control. It might have been a holiday, a Christmas or a nice day out.

Close your eyes and take a moment to notice 3 things -

You could see.
You could hear.
You could feel.

Take a few moments to remember how good these feel.

Think about your body language, your breathing and beliefs at this time.

Putting it into action.

Stand or sit up and imagine a magic string pulling you up from the top of your head.

Imagine you are loving being gently shifted so that your spine and the rest of your body are perfectly aligned, nicely.

As your shoulders relax down, your jaw relaxes, and your chest comes gently forward.

Take a gentle, deep breath in, down to your belly.

Relax as you breathe out, with a long, slow exhale.

Ask yourself -
How do I want to be right now?
Who do I want to be?

Step into that version of you, breathe it in & say “thank you” and add a big smile.

To make this even more powerful, add this final step.

As you get into this positive mental state, go out & do a small task, “as if”

This could be making a meal, enjoying a walk, or going shopping.

The more we practice this, the easier it becomes to switch from a negative state to a positive state.

We can then move on to switch from a positive state to an even better positive state.

Enjoy,

Mark.

www.escapeanxietynow.com
www.newcastle-hypnotherapy.com