

A sequence of foci during Bob Dick's eye-closure induction and "learning trance"

Instruction to settle in comfortably ...

discussion of conscious/unconscious dissociation ...

permissions ...

indirect suggestions for eye closure ...

permission for resistance "not too soon" ...

three signals of eye closure, three deep breaths and developing image of personal safe place ...

"nothing you have to do right now so you can really relax and just enjoy paying attention to what's going on inside" ...

matching "deeper and deeper into comfort" with exhales ...

direct suggestion for steps toward wholeness, future image of success ...

"don't know how that *will* happen ...

voice change associated with invitation to return to waking consciousness ...

direct suggestion for increased comfort after trance ends ...

"welcome back!" ...

two questions after trance: "what did you like best about that experience?" and "what would you like to be different next time to make it even better?"

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