

Subjective experience of trance

- 1) Absorbed
- 2) Effortless
- 3) Experiential (not conceptual)
- 4) Willingness to experiment
- 5) Flexibility of time and space
- 6) Altered sensory experience
- 7) Fluctuation in involvement
- 8) Inhibition of motor and vocal responses
- 9) Trance logic
- 10) Win/win, both/and, metaphoric processes
- 11) Time distortion
- 12) Amnesia

From Michael Yapko, *Trancework*, 3rd Edition, Brunner-Routledge, 2003.

The Three Laws of Hypnosis

- I. The Law of Concentrated Attention (Repetition produces belief and behavior change)
- II. The Law of Reverse Effect (When will and imagination are in conflict, imagination always wins)
- III. The Law of Dominant Effect (The stronger feeling wins out in a choice between options)

