

## Myths and Facts about Hypnosis by Ali Hunn



***If you're intrigued about Hypnotherapy here are some key facts to help you:***

### **Myth**

You go to sleep when you are hypnotised

### **Fact**

Hypnosis is a very relaxed state but you are awake and hear everything that the hypnotherapist says.

### **Myth**

You might not wake up

### **Fact**

That does not happen. You are in a perfectly natural state of mind and conscious the whole time. Even if you were to drift off to sleep, you would simply wake up, just like you would from a nap.

### **Myth**

You lose control

### **Fact**

In fact, because you are in a relaxed state, your mind is free of that 24 hour "clutter". Therefore you are more in control of your thoughts.

### **Myth**

A hypnotherapist can make you do anything

### **Fact**

You are conscious during hypnosis and could stop a session anytime you wanted to stop. Your subconscious mind is very protective of you and would not accept any suggestions that would be harmful to you. You cannot be made to do anything against your will, morals, or beliefs.

### **Myth**

People can be made to do embarrassing things when hypnotised

### **Fact**

This only happens in stage shows and is against the policy of the General Hypnotherapy Register and code of ethics.

### **Myth**

You might reveal your innermost secrets

### **Fact**

In a hypnotic state your subconscious mind will protect your secrets unless you choose to reveal them.

### **Myth**

Only weak people can be hypnotised

### **Fact**

Anyone can be hypnotised, if they want to be.

Hypnotherapy is a safe, non-addictive and effective form of treatment using hypnosis to bring about desired changes in behaviour, emotions and the way you perceive yourself and others. In hypnosis you are in a very relaxed state where your conscious mind is switched off and your subconscious is in a state of increased awareness. This is similar to what happens in every day life, for instance when you daydream, become engrossed in a book or film, or drive on autopilot.

More and more people are turning to hypnotherapy to help them overcome fears and addictions, improve their health and wellbeing and boost performance. For many it brings rapid relief from long standing and seemingly deep rooted problems. Recognised by the British Medical Association, hypnotherapy is proven to be a safe, effective alternative that can alleviate a wide range of problems in just a few hours of treatment.



For more information please visit my website  
[www.reflexions-hypnotherapy.co.uk](http://www.reflexions-hypnotherapy.co.uk)