

Handout 1: Reinforcing “Foundation of Safety & Control”

Assignments to complement live & recorded hypnosis of the above same title.

Purpose: Carry the calm, centered resource from your hypnosis into everyday situations.

1. Daily Anchor Practice

- **When:** Morning, midday, evening
- **How:**
 1. Press **thumb to forefinger**.
 2. Take **3–5 slow breaths**, sensing calm spread through your body.
 3. On the final exhale, silently state your chosen affirmation (e.g., “I am safe, here and now”).
- **Duration:** 1–2 minutes per session.

2. Affirmation Journaling

- **When:** Each evening
- **How:**
 1. In a journal or notes app, write **one moment** when you used the anchor or felt centered.
 2. Note what you felt **before** and **after**, and any insight gained.

3. Safe-Room Visualization

- **When:** Before sleep (or anytime you need extra reassurance)
- **How:**
 1. Close your eyes and inhale slowly.
 2. Picture the clearing, the door, and turn the key from your script.
 3. Step inside, feel the warm light and security for 2–3 minutes.

4. Stress-Response Check-In

- **When:** After any moment of tension or stress
- **How:**
 1. Pause and take two deep breaths.
 2. Press thumb and finger to trigger your anchor.
 3. Silently remind yourself, “I have the power to create calm and control.”
 4. Notice how your state shifts before continuing.

5. Optional Safety Token Carry

- **When:** Facing a known stressor or leaving home
- **How:**
 1. Carry a small object (stone, coin, token).
 2. Touch it whenever you need grounding—you’ll automatically press thumb to finger and engage the anchor.

Tip: Keep your journal or token within reach—on your desk or bedside—and practice consistently to build automatic access to calm.