



**Work Smart Hypnosis**

WITH JASON LINETT

# HYPNOTIC WORKERS

## WEIGHT LOSS SESSIONS

End Emotional Eating with “Denise”  
Session 1

VIDEO LINK:

<http://worksmarthypnosis.com/hypnotic-workers/weight-loss/>

# WEIGHT LOSS SESSIONS

## End Emotional Eating with "Denise"

### Session 1

**JASON LINETT:**

Hey, come on in. Feel free to hang up any items over here if you like. There you go. Perfect.

**DENISE:**

Are you all right?

**JASON LINETT:**

I am. I became more...just have a seat.

**DENISE:**

Yeah. That's what I'm trying to do. I'm impressed.

**JASON LINETT:**

Yeah. I'm doing the Marine Corps Marathon coming up in October. And the point of motivation at times was figuring out the timing of those long runs.

**DENISE:**

Yeah. That's interesting.

**JASON LINETT:**

So the motivation was lacking if it was just like a Sunday and I would rather do something else. So it became, "Let me sign up for a bunch of half marathons and let those become the long runs."

**DENISE:**

Yeah. And that's fabulous. I'm going to run as well and any interuns about my marathon on October 15. So my body holds up.

**JASON LINETT:**

I know that one extremely well not from having done it, I know it extremely well having lived in Baltimore for five years.

**DENISE:**

Okay. My family is also in Baltimore. I feel like that's a little close to my heart. But yeah you have watched people come by.

**JASON LINETT:**

It's more so that I have always when I lived there was always something important that we had to do that day that we were getting inconvenience by.

**DENISE:**

Okay, that's Baltimore.

**JASON LINETT:**

Have you ever done one before?

**DENISE:**

No. I've never been in the marathon.

**JASON LINETT:**

I have discovered there is varying quality of the event. What I mean by that is like there is one here in Alexandria that it's like they snake through industrial areas so they can actually get into 13.1 miles.

**DENISE:**

Okay.

**JASON LINETT:**

So it's the whole...

**DENISE:**

That's great I get to see the fans and everyone.

**JASON LINETT:**

Yeah, exactly. As supposed to I just did the Fredricksburg Historic Half where I mean they shut down the whole city for this. And yes it goes to neighborhoods. The pay offs was the people who will be out there and they are giving out treats, they are giving out little water cups Yeah. But at 12 miles point there was a family that had a little table set up with shots of fire ball.

**DENISE:**

What!

**JASON LINETT:**

Yeah.

**DENISE:**

Okay then.

**JASON LINETT:**

I almost did it. I'm not a heavy beer drinker but they always do that free check at the end of yards. I just burned a thousand calories I'm having that. Though I would share the most inappropriate advice I have received was do not treat long term endurance running as a weight loss strategy in terms of your training. The phrase was treated as quote "surviving the zombie apocalypse."

**DENISE:**

Yeah. It's not. Running is not only a loss method, but it's a sanity method.

**JASON LINETT:**

Although there is a book and I would send you a link to this. There is a book called "Primal Endurance" which is the book which I only recently read that. I wish I had read it three years ago. Because just the content inside of it basically here is this whole market of people who are being sold all this high sugar gel packets and told you need this to run and here is someone who has approached it from a similar logical, natural foods perspective.

**DENISE:**

I would really like that. Because I'm wonder that like I tried some of that and go over the little short blocks and I'm like, "This is disgusting" But I tried like sausages flip bars which are a little more natural. I tried to eat those but anyway. I don't know.

**JASON LINETT:**

So the body derives energy either from sugars or fats. So it doesn't sound as sexy as cart loading but there is a whole group of people out there doing fat loading. Which in many way is kind of...there is a phrase of working with something that have got some familiarity with and the golfer's here later today, there is always the fun moment of, "How often do you golf?" And I have to go, "I'm the guy who has never...by the third hole of cup cut..."

**DENISE:**

I wouldn't know anything about golf.

**JASON LINETT:**

Yeah. By the third hole of cup cut I'll be like, "Can we just play for fun and not get stored" Yeah, in spite of this it becomes when there is something to bring in...thank you so much for getting here and taking care of this as well. The way we intend to work is we'll chat a little bit first of all about what you've share here, we'll then talk about hypnosis, what it is? What it is not? and then jump into work from there. Any kind of like big picture questions or anything before we can start?

**DENISE:**

No. I've read there a lot or anything.

**JASON LINETT:**

Excellent. Great. So when you say feeling better about yourself what does that mean for you? Can you really describe that?

**DENISE:**

I guess. I don't know we have had a lot of changes that are like my husband's job has kind of gone back and forth on different things so we've moved like eight times last decade, so it's been a lot. And I really try to keep myself making it look like it's an intentionally fun because my attitude reflect on the kids. Even though I'm like, "This is so not fun but anyway." And there is, I don't know I think in the process of just moving so often and being new and leaving friends and being what's the point of making friends if I'm leaving at the end kind of thing.

I just kind of gotten more low self-esteem kind of just feeling not so great about myself and kind of believing that I really can't reach a lot of goals. I have to keep having to convince myself that, "Yeah it's possible" Like even with the marathon kind of like I don't even know what to tell many people because I feel like I'm not going to do this, there is no way. Then I'm like, "Yes I can I have my training program how I'm I going to stay, so you can do this." And just of my weight loss I just feel like, "You guys are so hard" because it's not just, "Oh, I've done really perfect for three days." So you have to...its you are in it for the long hall. So that's my problem and then I'll just kind of self-guide a lot.

**JASON LINETT:**

Right. Yeah and I shared it seem like...I only bring this up because it if feels like not as advice but because it's something that comes out of having worked for so many people on this. There is a phrase where we almost looking for that place of perfection and one day the opposite side of this one really good run really isn't going to change your life. And one day of no so perfect eating is also not going to change your life. So I mean the difference is here someone I just worked with that was by doctors recommendations and doing the whole good and free thing because when she ate that here is what happened, so she had a specific reason to completely eradicate it as opposed to, "Hey, it's one of the kids birthdays and I'm going to have some of the cake" As opposed to being every reason all is lost and we're back in the old ways. Instead, "Okay, I can have a little bit of this, I can enjoy it and yeah I'm fine."

**DENISE:**

Right.

**JASON LINETT:**

Yeah. There was a guy who was here I forgot if I told you this on the phone, there was a guy who was here a couple of months ago and we had seen each other before by this point in this process. He is down like 30, 40 pounds and its Super Bowl Sunday, well it's the ... in Baltimore if you know it. And that's where she mentioned that we are going another place.

Super Bowl Sunday he's there with friends and the experience basically was he's having beer, he's having wings, he's having pizza and the friends are all going, "I can't believe you're eating that."

And from his perspective although he goes, "The time I used to eat the entire dinosaurs portion of pizza to myself and order a pound or two of wings and polish off a couple of beers" he goes, "I had two slices of pizza, I had a couple of wings and I barely finish my second drink." Now the beautiful moment was he goes in for the first time I can never remember I enjoyed the hell out of it. Because before was this experience of, "Oh, I can't believe I'm eating this whole this lost mindset." As opposed to this time he slowed down and he actually ended up at the end of the day. He was the guy who was tracking everything. Likely in a calorie deficit for that day and even the next morning his scale showed a little bit lighter out of weight. So it's if we don't get into the game and...

**DENISE:**

I agree, that's really good.

**JASON LINETT:**

Yeah. And I'm looking here as it's not so much about vilifying this food, this thing is bad. It's more so that internal control...

**DENISE:**

I have heard about it like my kids would buying sneakers they look at the colors and I could have this under 250 or something. And I was thinking about that like my minion bar had 180. But if ate the sneakers bar I would have been like, "Okay, this stays the day off" I was thinking if I have the bar wherever that's what I'm trying to gain. I don't know that I necessarily I mean sure I have a huge weakness for ice cream and would be really nice to not ever want ice cream again. I mean I don't know that I never need to eat deserts again. First thought would be something like, "That would be great I'll just get hypnotized on this desert." It's just moderation.

**JASON LINETT:**

You're right it's more so that gaining back control if we spend our time working you might have noticed the big ugly jar of cigarettes over there. Which the best compliment I get from people who are here to quit smoking is by second or third meeting how little we're talking about cigarettes. Because it's so more so about them what's the change that you create. And this is how so many different methods out there that you could change it. That is going to taste terrible, that thing is going to taste horrible and there is a little part of the brain that's called the reticular activating cortex, really getting technical for a moment. And if you saw someone wearing the exact same shoes you are wearing right now that's the part of the brain would be like lighting up and going,

"Oh, cool I have those shoes." It's also part of the brain which forgives the language we can officially refer to as the "Bullshit filter" because it's the part if I said, "Ice-cream is going to taste terrible" that little part is going, "No, it doesn't" So it's where we never deny reality and because of that gaining that better control. So as I'm looking through some of this yeah keeping active keeping healthy and more so doing these things because you enjoy them.

**DENISE:**

Right. But it's interesting to me not that I have hypnotized myself but years ago I literally loved donuts and that was a huge weakness and I don't know maybe five years ago I just didn't like them anymore. I can literally go to Christine Cream Donuts with my kids and they'll get donuts even on a day off where I not even eating healthy I still won't get the donuts and the same thing happened with fast food like I would never eat fast food. I just think it's disgusting, no matter even if I'm travelling across the country and that's all there is I'm like progressing the subway that's not exactly that's it. And I'm thinking, I should be able to make that same kind of transition for things like ice cream, I can have a frozen yogurt. I just kind of make that healthy alternatives since I have done with other things. I think my life is fine. I don't care if don't need that.

**JASON LINETT:**

Here is a fun little thing you will discover as we're working together that there is this little moments of positive side effects that here is this guy and I was just working with that he goes, "What did you say about snack foods?" I say, "What do you mean?" He goes, "My wife is someone who is kind of following more of a snack throughout the day way of eating which I'm not really interested in that to begin with here I rather have the meals and have the time to be more productive." But he goes, "I can't sit next to her on the sofa when she's snacking just the smell of food when I know I don't need to eat is completely just sets me off." Which I'm kind of nodding out and going, I can't say anything about that he's shifting on his own I love that. So feeling healthier. What do you say run easier? What does that mean?

**DENISE:**

Well we've had two kids get married and about weddings it's like that's really motivating I better lose some weight myself. And so from my first daughter's wedding, they both got married within a calendar year. But I got down I was like 20 somehow pounds later but it happened really quickly and when I was running during that time it felt so good. And then I couldn't keep it off. It was too fast the weight loss is. Anyway and the same thing happened for this last wedding but I didn't quite lose this time. I lost like 10 quickly put it back on. So I know when added later it's so much easier to run and that's just happened for me.



**JASON LINETT:**

Yeah absolutely. It's just let's wear on the body. Yeah absolutely. So you be able to give more to your family. I love that.

**DENISE:**

So when I feel better about myself when I'm doing better emotionally all around and I can't be more available and give more to husband and kids, just be more averaging.

**JASON LINETT:**

Nice. I love it, I love it. And what are some of this new things you want to try out?

**DENISE:**

So I always like things like Polaris car type classes but I always kind of being like, "I don't feel that comfortable in my tight spending in front of..."but a lot of people tell me that and So I feel better.

**JASON LINETT:**

Yeah. Just one last thing you have to worry about. Yeah, and give yoga a try and accomplish also. The goals down the road or gain more control over the emotional and binge eating you will see a lot of what we're going to get into this today is in that direction of that's your control, and it's your choice what goes into the mouth, and it's your actions, it's your decisions. Maintaining a 25 pound weight loss and then keeping active and eating healthy. Let me ask you this. Let's say it is that year from now and that 25 pounds isn't even weight loss just that's the size you are now. How is that going to feel?

**DENISE:**

Mean. So...

**JASON LINETT:**

Just very odd to hear from now and that weight is just history.

**DENISE:**

So I lost?

**JASON LINETT:**

It's already gone. Yeah.

**DENISE:**

Oh yeah I feel very empowering I feel very good. Just feel like I've accomplished something that I wanted to accomplish.

**JASON LINETT:**

Nice, nice. So keeping active, eating healthy and if I wasn't out of control with my eating I would be much happier. Which kind of brings us into the hypnosis conversation because again many people as they are looking into this for the first time they had the expectation that it might involve some sort of loss of control when it really says that taking back of control of these habits, these behaviors as well as the emotions beliefs and feelings as well. So the question that would pop-up is what does hypnosis feel like? How do I know that I'm actually hypnotized? Well today in the process you may discover this profound sense of relaxation like you're sinking into that chair. But again you might notice this almost light and floating sensation like you imagine a balloon up in the air or maybe doing a backflip water so comfortable just not a heavy feeling. Or today, my favorite one, you may discover the almost miraculous feeling that you're just sitting in a chair listening to me talking.

Yeah exactly. Whatever you feel what's supposed to feel, not because is what thinking feels like its mental process. But you may know some people that thinking seems to hurt them. So because of that I let you into the experience moments of hypnotic phenomenon which are rather interesting moments for you but they're mostly there for me. So when I see you responding to these instructions, oh good that tells me I get to use these techniques. And now you're deeper in hypnosis, you're responding to those instructions and oh good you can use those techniques. Actually it's a very calibrated process. So there may be some moments where you're so deeply interested in every single word that I say. Which of course also means there something going on in your mind wanders off and who the heck know what. Right, we described hypnosis as being bypassing of that critical awareness of the mind. As you mentioned before I know I shouldn't be eating this thing and yet I am here doing it. Here I am in this emotional experience and I know for a fact that feeling is not hunger

**DENISE:**

It's interesting like how it doesn't happen all the time and I'm like, "This isn't even making any sense, how can someone want something so and considering I want to try so much and everything but yet I can't follow through" That's just so odd it's like why can't there's like this disconnects somewhere it's like, "I don't know, you've done it before."

**JASON LINETT:**

The phrase I love is if willpower really, really worked we would all have everything we ever wanted. But we don't. But it's that conversation which is inside hypnosis process willpower is that conscious mind activity, willpower is that burst of adrenaline that make that thing happened, muscle up and let it go as opposed to what we're working with is unconscious mind that automatic processing you drove here today and even though you drove to a location you've never driven before you were mindful of the instructions but the mechanics of where your foot goes and where your hands go. That is automatic. And to bring in these better behavior, this better outcomes, eating to the point of satisfaction and here comes this moment and responding to it a better way rather than, "I got this" And having to perform some weird series of actions to consciously reinforce it. Instead let it all that become that new normal that new automatic response. It's how as we're working together when you're here next time here's the better feedback of, "Yeah it was a stressful day but here's what I did differently." You'll hear...I'll give you the hint of it ahead of time, my question will be did that feel like it was something you had to remind yourself to do or is that just what came naturally in that moment. It's a point with the smokers that I have to only occasionally play the conversation of, "No, you don't have to find something new to do 20 times a day were just finding the better mechanism, in your mind that need isn't there whatsoever." Make sense?

**DENISE:**

Yeah.

**JASON LINETT:**

Yeah, absolutely. I have to throw in one little side note which there was a guy here a couple of years ago and we're working together and everything's text book. It's going exactly as it should though at the end of it he looks at me and he's nervous and he goes, "I don't know if that worked. Like half way through my nose was itching. If I scratch my nose does that pop me out of hypnosis? So because of Frank I have to tell you today you're allowed to scratch your nose.

**DENISE:**

Okay.

**JASON LINETT:**

Yeah. You can cough, you can sneeze, you going to adjust whatever you need to adjust, I don't judge. Through the category that oddly enough is I like to call it has just nuts and bolts to it. So I'm kind of going to run down a series of questions here. How would you say portion sizes have been for you?

**DENISE:**

I am very much a black and white person. I'm on like a good day of eating that I'm really in control of portions sizes are very moderate and everything but it's that then I sort of I'm the person that does a dozen eggs in one bowl and I just mix them all. So then my portions are out of control that's the kind I've been.

**JASON LINETT:**

So to maintain that control no matter what kind of day it is. And no matter what the previous meal was.

**DENISE:**

But I have the capability to have a smaller portions and being control. I just but I don't know I'm all or nothing person.

**JASON LINETT:**

Yeah and when it's one of this moments where it is perhaps an emotional experience how would say the food choices are?

**DENISE:**

Emotions definitely play into it. Stressful I have a son who is kind of a talent of ... if you know anything about that is ... six year to take it out of you. We are working with a lot of actors but so he is and it's not a lie he's very angry a lot of the times for no reason. He doesn't even know why he's angry and so I get a lot of difference on that and so it's that really sometimes I think I'm going to like to propose to traumatic stress disorder because I had some sense it's so high. And he's a lot better now but so I had to deal with him as normal every day kids and a lot of times.

**JASON LINETT:**

You mentioned exercising what will be the frequency you would like that to be?

**DENISE:**

Exercising is never a problem. I really do it. I mean right now I'm training. So I run a lot and yeah we belong to the gym.

**JASON LINETT:**

That's the great thing about the training aspect of it as it sets to that very specific goal that there is a whole category where I have someone here who...it's been here one time that I had fit bit and apple watch, the apple band and yeah which she had bought them all trying to give which one actually works, which I will tell you privately I bought the up three and I ran the half marathon, it logged 20 miles. It's the fastest return I have ever seen Best Buy process. I run the half marathon, "Oh, awesome." It logged 20 miles, "That's fantastic." That's only 13 miles.

**DENISE:**

You're like sorry buddy.

**JASON LINETT:**

Here's your money back, yeah. No, but I mean it's that place of if we are consciously following this specific thing...

**DENISE:**

Yeah I feel...

**JASON LINETT:**

It sets into I mean there is the category of here's the span of time and this is what I'm doing. Which for the exercise it gives us something to track. There is something to be said about even first person doing strength training being mindful of the weights and have the goal of increasing strength rather than just doing the same thing because this is the...there is a personal trainer in the local area that has a line that just stuck in my head and ruin me whenever I walk into a gym. Because why is everybody on a treadmills they don't know what else to use.

**DENISE:**

Well that's true that's one thing. I've been lucky. My husband is actually a body builder. He's always in pocket shape. And it's been interesting, because he kind of told me what to do along the way but I'm not really away but I do lift it but not...

**JASON LINETT:**

Well it's the phrase that we always find the thing that we like.

**DENISE:**

Yeah I know what you mean. You got to have a plan.

**JASON LINETT:**

Right: Was actually on the exercise, yeah.

**DENISE:**

I like to the plan of exercise.

**JASON LINETT:**

Nice. Of course. I've got what I need. You give me the road map I got to go back and support that. There is a couple of one last thing this little side warning to give you some side effects of the process which if these are not acceptable. Let me know we'll stop right here. The first is that very often people report back that they feel a lot more relaxed and a lot more confident the rest of today. The second is you're probably sleep better tonight.

**DENISE:**

So, well, I'll take that.

**JASON LINETT:**

I'm sorry.

**DENISE:**

No worries.

**JASON LINETT:**

I've got what I need let get to work.

**DENISE:**

Okay.

**JASON LINETT:**

Quick thing though there is an interesting thing that I've been tracking with clients over the years that the phrase becomes a bit of expectation given the same this gets technical, given the same quality of change we could often have different subjective experience of what it feels like to have that same change. So here's three groups of people all with the same result yet different flavors of it. So the first part of people oddly enough, the majority of course, this is the group of people that the previous issues is just kind of outside out of mind. It just that thing that used to be there and now it's just not there. Bulk of people that I work with. The next group of people oddly enough, this one is my favorite just because the novelty of it. I called it the habit of issue rather than the issue itself or the habit of the habit rather than the habit. Best example was a smoker, that she's driving to visit her sister's house and out of habit she's sitting at that one stop that takes forever waiting and she's now fishing around for a cigarette at which point she laughs at herself because she had thrown them out three weeks ago and haven't smoked since.

**DENISE:**

Right. But it's still.

**JASON LINETT:**

Yeah. I had a laser eye surgery and for like two months I was looking for my glasses. Laugh at the moment move on. In this category it's the moment where someone catches himself... Exactly. At the fridge at the vending machine and we're going, "What the hell I'm I doing I'm not even hungry, there, I'm fine." Yeah. Which for the nail binder. I had a woman here a couples of weeks back and she's driving and she had the experience of, and she calls me from the side of the road going, "My hand just moved towards my face and then I immediately found something else to do, what is that mean?" And all I could respond was, "You're welcome." That's the novelty of enjoying the changes. And the last group of people or small group they may occasionally have that briefest of a mind battle that, "Yes, should I or should not" Yet the difference is this time you're ready for it. You let that moment pass and it passes quicker than it even come on or you make use one of the strategies that comes out what'll do today and you're fine. So notice that all three of these groups were successful. I just give you the different subjective experience because it kind of brings some of the expectation of it throughout.

**DENISE:**

Okay, that's very helpful.

**JASON LINETT:**

Which is kind of play the game up on Tuesday. I was in this category and on Wednesday I did this then I move myself to this one instead.

**DENISE:**

Right.

**JASON LINETT:**

So it's all then all taking back control mindset. Let's get to work. Great. I'm going to keep this lights off to get hold after a while. Great. The way you are sitting is fantastic. Actually the chair does a lot of the work force. Let me turn off my gadgets over there. The chair does recline back, will you be comfortable the chair leaning back?

**DENISE:**

Sure.

**JASON LINETT:**

Shut that up. Oh yeah. And the way you are sitting is fantastic. It is helpful if the hands are on the sides of the chair. Just because sometimes I might tap in the back of the hand, I might even tap on the shoulder too it that's all right.

**DENISE:**

Oh yeah.

**JASON LINETT:**

That's the permission. So simple process, just a matter of following some easy instructions. Ready to do some hypnosis?

**DENISE:**

Yes.

**JASON LINETT:**

Ready to make these changes?



**DENISE:**

Absolutely.

**JASON LINETT:**

Ready to knock out this issue?

**DENISE:**

Yes.

**JASON LINETT:**

Awesome. Let's have some fun. So tell you what, right now just simply take a look here at my hand, and just go ahead and take a nice deep breath and as you can follow my hand up with your eyes and hold that breath for a moment. And as you exhale now just let those eyelids close on down, that's right, good. Because today of course this is a time for you. It's a time for you to relax and to let go and really the most important thing is that today is all about helping you to simply take back control of your own life, of your own health, of your own body.

And the way that the process today works is a little different than what some people would expect. Because it doesn't matter, it doesn't matter that it's a Wednesday morning, it doesn't matter that it's about 10:41 a.m. All that matters is that this is a time for you, to achieve things you want, to achieve things you absolutely deserve. And I could tell you to go ahead and relax your entire body. But that's really not that necessary. Because for right now just simply bring your attention to your eyelids, just your eyelids. Some of the smallest muscles in your face. Definitely some of the smallest muscles in your body. Because for right now, just simply go ahead and relax those eyelids all the way down to that place where you know that you can make them just not work, as if they can power off like a TV, as if they can shut down like a computer. So that even if you would've try to open them instead, they could just relax even further down kind of like checking the door that's locked to make sure it still locked. And as you know that you have made them that good and relax, just go ahead, test them and satisfy yourself. You can make them just not work trying to relax even further. Try they just relax all the way down, good. And quick testing take that quality of focus, take that sense of awareness you've now created. Send that down across your body just like a nice wave of comfort. And noticing right now that every natural breath follows the one before. You never have to remind yourself to breathe, your body already knows exactly what it needs. Isn't that interesting. Your body already knows how to take in just to the right amount. And that's kind of how today works.

I know how to put the right words in the right order. And it's your mind, it's your body that begin to create these experiences, these changes easily now like in a moment. Not yet. But in a moment I'll ask you to let those eyelids open and close back down.

And when they close down this first time notice that you can relax perhaps as much as 10 times deeper. Whatever that means to you just let those eyelids open back up. And just let them close right back on down and just allow yourself to relax as much as 10 times deeper. Again every natural breath guiding you deeper down. Is just like exercise, the more we make use of those muscles, the more we feed them the appropriate rest in nutrition, that's when they grow even stronger.

So again in a moment will have you let the eyes open and close and this time when they close notice you can double the awareness of that chair, fully supporting your body. Let the eyelids open, let them close and just double that awareness so that you can feel twice as comfortable, twice as relaxed, twice as confident in your abilities to make these changes thoroughly, permanently, confidently once and for all. That's right. And will do this one last time and the last one when those eyelids close. Notice you can just let go of any remaining tension in the body. Just let the eyelids open and then just let them close. And just go much, much deeper down.

Today the interesting thing is that sounds around you will begin to matter less and less. Whether it's the sound of car is parking outside or footsteps in the office above, or sometimes my chair squeaks. Today all of these sounds begin to matter less and less. As today, the sound of my voice and the feeling of every breath you exhale that's what helps to guide you deeper down. As you can send your awareness, as you can send your thoughts over here to this right hand. In a moment, I'm going to reach over and I'm going to pick up that right arm by the wrist. Today, you have got a very special piece of instruction just do nothing. When I pick up that arm just let it dangle there like a soaking wet dishrag. Let it be loose, limp and lazy like a rag doll. I'll pick it up a few inches, well let it fall as it falls, let it just plop right back down of the arm of that chair. And whenever we do that let that help take you much, much deeper down. Let that arm be heavy, loose, limp and lazy. You kind of helping me out, just do nothing. Just let it dangle there. That's what we're looking for, as it falls as just plop deeper down. In fact today anytime I pick up that hand and drop it, notice how that helps to take you much, much deeper down, beautiful. Because at this point already a few moments in. We've now got all the physical relaxation that we are going to need for now. So now, you can begin to allow yourself to relax yourself mentally. The rest of the physical body can continue relaxing. Whether it's the feeling of your feet hanging off the end of chair, whether it's the feeling of your hands resting comfortably on the padding of the chair. Or perhaps even you can feel that slight flutter of the eyelids. A wonderful sign as the body is processing the state wonderfully, thoroughly, deeply. Yet now we can begin to relax the mind.

I mean consider that up until recently you maybe had those moments where you were fighting with yourself to maintain your health. Up until recently perhaps as if there's been this battle going on inside to easily make the right choices. And the theme of today is very different than that. Rather than fight, rather than battle. Today is all about helping you to relax these challenges away as if they weren't even there in the first place. To let go of the weight easily as if you had never even gained it in the first place. If you'd like that just nod your head. That's right.

In fact in a moment will have you begin to relax yourself mentally. In a moment will have you begin to count slowly backwards out loud from 100. And today when you do that just like every number you say help you to double that mental relaxation. So by the time you reach 98 probably even sooner you can just relax the rest of that in your mind. As if there's just nothing left to count. Want that to happen. Expect that to happen. Make that happen. Because as they are gone, just notice how good you feel. As you can begin slowly, backwards out loud from 100 now.

**DENISE:**

100.

**JASON LINETT:**

Double that mental relaxation.

**DENISE:**

99.

**JASON LINETT:**

That's right. Just getting ready to let them all go.

**DENISE:**

98.

**JASON LINETT:**

Go ahead now just relax the rest of them away make them gone. That's right. And as they're gone just nod your head. You got it. And even now notice that even as I count backwards from five to one. You can allow these thoughts, you can allow these suggestions, you can allow these experiences to help guide you to a deeper place of calm, focus and abilities. Five, relaxing more and more. Again noticing that every natural breath follows the one before. You never have to remind yourself to breathe. Your body already knows how to take in just the right amount.

The number four, noticing and appreciating the fact that this is a process that never involves a loss of awareness now instead it's a heightening of awareness. Like only because I mention it, you can become profoundly aware of those shoes on your feet. The weight, the fit, the comfort. You can notice your feet, you can notice your body in that chair.

And all of these experiences reminding you're safe, secure, deeply, relaxed every breath you exhale navigating you towards these outcomes, these changes, these transformations, so easily, so naturally, so normally as if that's just how it's always been.

The number three, deeper, down. That's kind of interesting as you've been sitting in this room now for like 45 minutes since you first arrived. Your chances are that right now is probably the first time you become aware of the sound of that clock ticking on the wall off to your left. And that sound, that sensation has been there this entire time. It only because I direct your attention to it doesn't carry any meaning, doesn't carry any purpose. Letting that sound, letting that sensation be a reminder that this moment right now is brand-new. This moment right now has never happened before. And this moment right now will never happen again. In fact in this moment already you are an entirely different person than who you have ever been before in your life.

And this moment already you have changed dramatically and to be quite fair I say that in the simplest of ways possible. At one point in life you were a small baby, you had to learn how to crawl before you get up and walk and today you are able to get around just fine. How at one point in life you were depended upon someone else to feed you, to bathe you, to care for you. And today, you can do these things all for yourself.

So as people, we have this wonderful ability to grow up. To grow out of old behaviors that have old needs. Just because something was one way before is no reason it has to be that way now. Just because something was hard yesterday is perhaps every reason why it can become easy now. Even down to the cellular structure of your body. You are an amazing network of cells that are multiplying and dividing and replacing the ones that die off that pays so rapidly you don't have to concern yourself with it. The body, you are in right now, is different than the one you ever had before in your life.

So the number two, deeper down as I drop that hand. We could say you've tried losing the weight, we could say you've tried motivating your eating, we could say you've tried putting up charts to motivate yourself. And all of that is good, all of that is valid, that all that matters today, all that matters from this day forward, is you've tried carrying around an extra 25 pounds. That's what you've tried. And the fact that you're here today tells us that just doesn't work for you anymore. So simply now time to do things very differently.

So the number one. With every breath you exhale, with every word I say, discovering just how easy it all become. As if from this point forward deeper and deeper down. Adopting to and adapting to the simplest of health plans out there. The simplest of programs that might as well not be a program, might as well not be a plan. Eat right, drink right, that's right, move right. And by doing so just how easy it is to feel right. So as you walk out that door today leaving behind in the past the difficulty, leaving behind in the past and the challenge as if right now the simplest of hypnotic phrases that you locked into your mind once and for all. I've got this. This is going to be easy.

This is going to be fun. Because that's the hypnotic suggestion you give yourself that becomes your reality. The truth is today this is a process in which I just give you some rather simple instructions and it's your mind, it's your body that create the changes. And a few times today will give you the opportunity to really discover the power of your own mind. The strength of your own unconscious mind. Like in a moment I'm going to count four with the number one. And with every number that I say, begin to notice. With every number that I count begin to imagine. With every number you hear me say begin to allow those eyelids to start to squeeze and squint. Notice as I count forward they can start to twitch and tighten down just a little bit more tightly shot with every number that I say they're already responding. As one those eyelids squeezing, squinting further shut. That's right good.

The number two, twitching, tightening further down. That's right. The number three, squeezing all the way down as if they were like a clap like a vice so that once they squeeze they just kind of stay that way. Four, as if you can imagine they're becoming glued, stuck tight, shut. And five, so tightly down that even if you were to try to open them they just squeeze down even stronger. Give them a try and they just keep squeezing. Try to open them and they just keep squeezing. Some people smile, that's an odd sensation. Try and they just keep squeezing and quick testing, restore that comfort, reestablish that relaxation, send that all the way down across your body. Just like a nice wave of relaxation. So that now as I pick up that hand and drop it simply, stretch your mind, stretch your imagination. You see it's the imagination that plays the game of that food will make me feel better.

It's the imagination that perhaps on a day where you have planned to run finds everything else they could possibly do. So like a muscle today we stretch the imagination in a brand-new direction to use that power for good. Rather than challenge. So be there in your mind, imagine, picture, think of yourself as if there you were it is a year from now. And the health, the confidence, the peace of mind in your own body is wonderfully different. Be there, it's a year from now. And there you are perhaps standing in front of the mirror noticing just how well you will have done. There you are in that moment loving what you are seeing, loving how you look. Loving wearing clothes that accentuate the body rather than choosing the clothes to hide the body. As if you can look to that place in your future and remember just how easy things will have become. Whether it's the shopping for clothing, whether it's the fitting things on you, whether is just that personal satisfaction that when you glance at yourself in the mirror, you love what you see. And whether it's your kids, whether it's your husband, the sounds of people around you complementing, praising you as to just how well you've done. Get notice this as if you can go into that experience, that lighter, slimmer, healthier, stronger you. And become aware of the sounds of your own thoughts. Notice what's different. Notice what's clear. As if you can remember some of those moments where in the past, an emotion may have come, but it would have been every reason would have been the same old story at now. That story is thoroughly, permanently, consistently changed.

Recognizing it all as energy. Whether it is a calorie anyway, a calorie is a specific unit of measurement of energy. So that even if it is a moment where emotions are rising, the answer is not to add more energy. The answer instead is to use that energy. So be there. As if there you are aware of the clarity, the confidence, the peace of mind of your own thoughts. As if you could hear your own thoughts and notice what's different. To connect with that feeling in your body. This is nothing new. This is something you've already done in many ways. Yet the difference is now that physical energy, now that endurance, now that motivation inside. It's not because you have to, it's not because you need to, it's because you like it. Feel that comfort in your own body. As I pick up this hand and drop it. Simply go inside and be there. See it for your own eyes. Feeling in your own skin. Hear the sounds around you in your own ears as if you can look to that place in your future and remember just how well you will have done.

There is no need to defer happiness. There is no need to set off these goals in the future anymore. There is no need to always plan on that someday I'll do this. No today. As early as today. As you walk out that door. As you feel the warmth of that summer air in your body you begin to find yourself now feeling physically stronger and fitter. More alert, more wide awake and more energetic. And now becoming calmer and clearer. More composed, peaceful and that is just simply thinking more clearly, concentrating more easily, seeing things exactly as they really are. No longer out of proportion as they may have been in the past. As you find yourself now so easily, so naturally, so normally eating right, drinking right, moving right, feeling right. Discovering just this natural rise of energy, this natural sense of motivation. Not because you have to, not because you need to but now because you like it, because you enjoy it.

Every bite of food, every step of around has a result somewhere in the body. And giving yourself that best of nutrition, not just physically but also mentally. Tapping into that greater sense of confidence and independence within yourself. That ability to stick up for yourself especially now it's to yourself. That's right. To hold your own. No matter how difficult or trying things may have seemed to be. Because all of these things begin to happen more and more. Not because I say so, not because of some really friendly words that I know how to say but simply because it's just part of who you are. It's absolutely true every day in every way. You just find yourself doing better and better. We begin this process but this expectation that hypnosis is this weird thing that I've never really done before.

The truth is you are already an expert at this. As there are several hypnotic suggestions that over the years you have accepted in some way. And perhaps is building a better foundation, perhaps is motivating these results as early as today. We can begin to dehypnotize some of the patterns that have been there up until now. As if in the privacy of your own thoughts, you can scan all regions of your mind and body and become aware of this previously held belief whether it was believed to be true or not doesn't matter it was there. This all is lost mindset.

This if I have just one I might as well have more. Because as in this point I can tell you one of the reasons we find such great success here is that we're not here together to take away any enjoyment whatsoever. In fact it's the opposite. Today you and I are here together working on this to increase your enjoyment, to increase your satisfaction. Not just that the body becoming healthier, stronger, leaner but also with each and every day that passes discovering how greater sense of satisfaction. A greater sense of enjoyment. Whether it's from the run, whether it's from the nutrition, whether it's the time you spend with your family.

In fact in terms of that eating discovering that is an incredible ability to eat slowly. Enough to truly listen to your body and absolutely begin to feel that satisfaction. Eating slowly enough to really taste the flavors, the textures, these ingredients. It's an interesting story of a woman who sat in that chair several months ago. We were talking about certain foods and recipes after we worked together. I'm a bit of a foodie myself and often prepping things, preparing things. The wonderful ways that spices accentuate flavors. And we got on the topic of foods that perhaps we didn't like in the past but now we suddenly we discovered we enjoyed. And personally I brought up the experience of Brussels sprouts. Didn't used to like them and now they're probably in my meals at least three or four times a week. So at this point that she turned her nose up and simply said, "Oh, those are disgusting. I hate those." Yet as if like a flash of inspiration, like a personal epiphany something snapped. Her head cocked to the side and she suddenly smiled and she said, "You know what, may be the Barbara who was 60 pounds fatter was the one who didn't like Brussels sprouts. May be the new and improved Barbara does. Send me the recipe I'll try out this week." An amazing discovery now she enjoyed them. Now the fair statement is it really doesn't matter whether or not you choose to eat that specific food, you're discovering now this satisfaction begins to increase with each and every day that passes.

Foods that you enjoyed, that you know in your heart and mind are appropriate for your health. These wonderful natural sources of energy. The good healthy colors of nature. The reds, the orange, the greens, the blues, the purples, the good healthy colors in nature that give your body energy. The foods that you and I can look at and know for a fact, "I know exactly what that is, that's food." As opposed to food product. These are the items you find. The satisfaction begins to increase more and more. Eating slowly enough to truly listen to your body and absolutely begin to feel that satisfaction and that wonderful satisfied feeling arriving to your brain, to your mind immediately, and with delight, with confidence, with pride that moment where you push away that excess portion. Realizing that now from this point forward you have full control over what goes into your mouth when, where and how much it's your choice, how well you satisfy yourself.

And even discovering even if there is the occasional indulgence as it does happen. This stuff tastes good. It's meant to be enjoyed. Again though, eating slowly. Enough to truly listen to your body and absolutely begin to feel that satisfaction.



We are not here to take away any enjoyment whatsoever, no. Instead it's as we work together now increasing that satisfaction, increasing that enjoyment so that now these good healthy choices whether it's the preparation, the cooking or the eating out at almost as if there's something meditative about it, something calming about it. Like that odd bit of satisfaction after filling up our car with gas and the tank is now full. I'm good. Allowing that satisfaction to last right up into your next regular meal.

Eating slowly, consciously. We're not here to take away any enjoyment whatsoever. That's why so many people have the issues with diets. They deprive, they limit. Finding now as soon as you walk out that door today, the very next moment you find that opportunity at the appropriate time to sit down and really give your full focus. No longer eating in a hypnotic trance. Instead allowing your conscious mind to come alive to taste the flavors the subtle ingredients, the textures even surprising yourself is this healthy items now become more and more enjoyable. And even so the desire for these things that you know in your heart and mind never really solved anything. That begins to fade and fall away on its own. Because from this day forward that's the difference. It's your choice what goes into your mouth when where and how much. It's always now within your power. Shipping away, sending away, polishing away. Whatever beliefs, ideas or patterns may have been there before. All that matters now is that your choice. In fact, it's that power of choice and the mind. It's like a muscle that every time you make use of it now grows stronger with use. In fact let's play with it for a moment. This is kind of interesting. Take this right-hand and squeeze that thing down into a nice tight fist. Just take that right-hand and squeeze it all the way down.

Earlier I asked you to do nothing. This time help me out. We're going to pick up that arm together. Now keep the hands squeezing down, though as we lift up the arm let the arm straighten out in the air, let the elbow straighten on that, even as I let go let it just hang out in position right there, perfect. Because as I start counting forward with the number one. With every number that I say begin to notice. With every number that I count begin to imagine. With every number you hear me say begin to feel that right arm growing stronger and stronger as if that thing is growing stiff and rigid like a steel bar so that one that shoulder that joint locking in place. The arm getting stronger, stiff and rigid like a steel bar. That's right. Good. To the elbow as well straightening, stiffening as if it's being stretched comfortably across the room.

Three, the wrist is well becoming so strong that even if I were to press down it just kind of springs right back into position. The number four, you're already doing it. The hands already squeezing tightly down sending that energy all the way up the arm. As five, that entire thing becomes so strong, so stiff and rigid that the more you try to bend it the stronger it gets. Give it a try. Just gets even stronger. Try to bend that thing it just gets even stronger. Give it a good try it gets even stronger. Some people smile at that. It's kind of an odd sensation. Try and it gets even stronger. Check this out, hypnosis is a state of the mind not the eyes. The rest of your body can keep relaxing. Discover this, open your eyes as you look at your arm that thing gets even stronger.



Try now it gets even stronger. Kind of weird right? Yeah. You doing fantastic. Try now it gets even stronger. Yeah we can just let it hang. Okay we'll fix this.

Let the eyelids close. As I tap on the hand, let the entire thing flop down like over cooked spaghetti. Now just relax at your own pace comfortably down. As can begin to appreciate the simplicity so this all becomes...it no longer has to be complicated because the part of your mind it can wrap itself around the reality that for a moment the eyelids wouldn't open. That same part of your mind that even as you look at the same arm you've carried around your entire life that thing wouldn't bend. As honestly the same part of your mind that now as soon as you walk out the door and with every positive choice you make, you discover just how easy this all becomes. You discover just how simple this all becomes. With every bite, with every step, with every moment that passes there's always a better way to take care of yourself. If there ever is a feeling an emotion that comes up discovering now its energy. And what is food, what is calories, what are calories it's a specific measurement of energy.

So it's that mindset now that if there is a challenging moment that's energy that needs to be spent, energy that needs to be used up. The same as for a person who is perhaps just graduating from college, just coming out of school perhaps. To put it simply, for the first time entering into a professional career. There is an interesting bit of advice they're often given. To take part of their paycheck and automatically invest it into a 401(k) and IRA some sort of savings. Will always going to have liabilities. Will always have taxes today. It somehow if we lived as if only like 5% wasn't ours to spend, we still manage to make ends meet. It may tighten the budget just a little bit. Yet it's maybe the reason a person packs a lunch rather than buys it. May be the reason they make the coffee at home rather than drop some \$6 at Starbucks. We'll always have things that demand our money. Yet somehow if we lived as if 5% wasn't ours to spend in the first place we still managed to make ends meet.

Now the people who go on TV and talk about investments and financing they all call this the same thing they call it "pay yourself first." And it probably goes without saying that I know that you're not here for financial advice. However, realize the most important valuable asset that you have is your time. So the real differences is as you walk out that door today, as you discover yourself back in your own environments, discovering the better ways you get to spend your time. Making it easy to reach for the healthiest of options. Making it easy to keep this training this exercise so natural, so normal, so easy as if that is just how it's always been. There's a man whose name you've probably never heard before. His name is Pavel Psatsouline. Most people have never heard of him. But if you ever seen a kettle bell, he is the Russian who is responsible for why we know what those things are.

And to give full credit there is a little bit of a mindset adjustment that I have to share that was his. That there are words that we can remove from your vocabulary. To eliminate the word of a work out. To surprisingly tell you, you will never exercise again.

But instead now as you shift all this wonderful effort, all this wonderful physical activity you've been making use of instead to become training, practice a building of endurance or even better activity play. As if the mindset is not I've got to go to this class because of schedule but now I get to go have fun. As we're here today to increase that enjoyment, to increase that satisfaction. And oddly enough by increasing that satisfaction finding these stress levels, finding these emotional levels begin to dwindle on down. As you simply find more and more satisfying ways to take care of yourself so as if you can scan all parts of your mind. And become aware of this old belief whether it was conscious or not really doesn't matter. That if there was a challenging moment that food would be a solution. You've tried that it didn't work. There were more foods, there were more emotions and you fell into that rot today once and for all as you climb out of it.

So as I count from three to one allowing those old thoughts this old beliefs that in any way food can satisfy an emotional moment. Allow those thoughts to be gone. Three, letting them fade and fall away much like without any effort your desire for certain foods just disappeared on their own. The number two, like a cloud in a warm day breaking off into individual pieces. Then number one, just allow those thoughts to be gone. And instead fill that space in with better opportunities to satisfy yourself. Better opportunities to take care of yourself. Better mechanisms to be kind to yourself. Eat right, drink right, move right, feel right. And if there ever was a belief system in there that perhaps in some way thought these foods ever had control over you. Today we allow those to be gone once and for all as well. Figuratively and literally you are bigger than those foods ever were. So allowing those thoughts to be gone. Three, any bonds, any ties, any connections fading and falling away. Two, any old patterns of beliefs and habits that maybe you were raised with as a small child. The truth is no matter what you do with food every bit of it eventually becomes waste all of it. Whether you eat it and pass it through your system. Whether it becomes a science experiment in the back of the fridge. Whether you scrape in the trashcan every bit of it eventually becomes waste.

So taking joy taking pleasure in the fact that excess portions at times are left behind. Extra food left on the plate planted like victory flags. Not of where you've been but instead now of where you're going. And then number one, these old patterns of the loss of control fading and falling away. So as I pick up at hand and drop it. As you walk out that door today that's the real difference that's the real outcome. Eat right, drink right, move right, feel right, gaining back control and discovering along the way this is fun. The ways that this control begins to spill over to other parts of your life. We are not working on the foods, we are not working on the emotions we're improving you. As you grow stronger, as you grow healthier, these old things just don't fit anymore, they just don't belong anymore, they just don't make sense anymore allowing yourself to move on to let go to rebuild when it's time rebuild and simply let go of when it's time to let go.

And that even if there is the occasional moment to enjoy to indulge by all means slowly, consciously savoring the experience, discovering how just one or two bites satisfies you more than the massive portion ever may have done in the past.

And as these moments become fewer and far between not because you need to not because you have to but now because you enjoy it that way. And focus on this feeling in your body right now. Focus on this sensations flowing throughout you physically, mentally, emotionally. This calm and more relaxed state of being. Then we're going to build a harness. We're going to build a resource out of this. Simply now follow some easy instructions. Take a nice deep breath and let this lungs fill with air, breathing on and hold it for a moment. And as you exhale now, just think the word relax and allow that single cleansing breath to be a reminder to your inner mind to be calm confident. Free to think with a clear mind using your best skills and abilities with everything in order to be true to be the best you can be. To be at peace within. To relax into this reality you establish for yourself.

Now one more time, a nice deep breath and let those lungs filled with air. Hold it for a moment, feel that power, feel that healthy you're ready to take charge breathing on out relax. That single cleansing breath. So that anytime, anywhere if there ever is a moment where you feel like you need something it's that mechanism. It's that function to stop to take back control. As I pick up this hand and drop and imagine it's a stressful day. Imagine it's a day where it's not necessarily your son's fault, he's angry. And it's that situation that's going and it's that moment where in the past it may have triggered an old series of behaviors that now simply stopped. Take that nice deep breath and let those lungs fill with air, hold it for a moment. Realize that energy, they're waiting to come out, breathing on that now, connect the word relax and imagine picture think of yourself, there you are choosing a better way to take care of yourself using up that energy rather than adding more.

As I pick up this hand and drop, imagine it's one of these simply mindless moments that we're all guilty of occasionally. Maybe you're bored, maybe it's just not much going on. And it's that moment where you would have found yourself in front of the fridge, the pantry, looking for something. It's simply now stopped. Take that deep breath in, let those lungs filled with air, hold it for a moment, notice that power, scan your body, breathing on out, relax. And that smile even forming in your phase realizing just how much control you absolutely have. This is nothing new. This is who you are. And let's folded one more thing before we wrap up for the day. Become aware of those things you will do today, those things you'll do tomorrow. Firmly establishing one foot in front of the other, this path of success that you invigorate for yourself. Now give yourself a better sense of instant gratification than any bite of food ever could have done in the past, as you lock in to your mind right here right now. Those things you'll do today, those things you'll do tomorrow as evidence of proof. This is what I'm doing now. Whether it's a grocery trip, whether it's a cleansing of the materials at home, whether it's a bit of training or activity. Become aware of those things you'll do today, those things you'll do tomorrow firmly establishing one foot in front of the other in this path of success that is all yours to enjoy now.

Because even though today we've only had these few moments of hypnosis to work together, these thoughts, these suggestion, these experiences they all become a part of you.

Simply because you choose them, simply because you like them, so naturally, so normally, so easily as if that's just how it's always been sounds around you mattering less and less. In fact the same way we have the occasional distraction of noises our environment are the same way that perhaps you find yourself around others and they are choosing to eat in opposite ways. You're discovering now the site smell of them choosing these less and healthy options. Instead now motivates you more than ever before to take care of yourself, to be kind to yourself. Eat right, drink right, move right, feel right even from just these few moments we've spent together today.

And this is interesting over the next few days, longer if you like of all things the color red, of all things to talk about the color red, red, red, red, that color red just begins to stand out. That color red begins to stick out. It begins to shine up brighter and stronger that it ever had before as a reinforcement, as a reminder of everything you achieve from this day forward. Whether it's the smallest finger nail polish as common as a stop sign, a stoplight, tail light of a car in front of you or as big as a building or billboard that color red, red, red, red just serves as a reinforcement as a reminder kind of like that pat on the back. I've got this, this is going to be easy. It's not a reminder to stop and do something when you see the color red, some people don't even notice any different conscious. However deep within your unconscious now. It's that reinforcement, it's that reminder, it's that nudge in the right direction of the ease, the happiness, the comfort, the confidence, the giving not just to your family but also back to yourself that this all becomes.

Now as I count forward from one to five, feel that energy rising on up. So that at the count of five specifically at five those eyelids will easily reopen feeling refreshed, feeling alert, feeling good. Those eyelids will only easily reopen as quickly as your unconscious now locks on to those things you'll do today, those things you'll do tomorrow establishing this path of success each and every step motivating the one after. Like I said at dominoes, like a snowball going downhill getting stronger and stronger with every choice with every action with every moment that passes is one feel that energy rising throughout you now. That motivation to get out and move, that motivation to feed yourself to eat right, drink right, move right, feel right to let it all become so easy, so natural, so normal as if that's just how it's always been.

The number two, again be there in your mind as if it's a year from now. Having already lost the weight so that as you walk out that door today, it's as if physically you're already there, mentally you are already there. And with every day that passes stepping into that reality more and more easily. The number three, beneath those eyelids, the eyes clearing is that they been bathed in that clear summer air feeling good, feeling refreshed becoming aware of again this things you'll do today, those things you'll do tomorrow firmly establishing one foot in front of the other and this path of success that you invigorate for yourself once and for all thoroughly, permanently, confidently from this day forward. The number four, I've got this is going to be easy. And as you're ready. Now five, let those eyelids reopen feeling refreshed, feeling alert, feeling good. Already you feeling good don't you?

**DENISE:**

Yes.

**JASON LINETT:**

It looks like you needed that. You stay relaxed back just for a couple of minutes or so. First of all time wise how many minutes would you say that way just happy to and to place a guess and stick a number on. What would you say?

**DENISE:**

Nine, ten?

**JASON LINETT:**

Nine, ten minutes it's cool because we started at 10:41 and it's now 11:27.

**DENISE:**

Oh, wow.

**JASON LINETT:**

Yes. What felt like nine or ten minutes was actually about 40 minutes.

**DENISE:**

That's amazing.

**JASON LINETT:**

Yeah, time flies when you're having fun. Little things like that that we lay out in the process just like with eyelids not opening or you seemed to get a kick out of this moment where you were looking at, what did that feel like?

**DENISE:**

I guess very strong.

**JASON LINETT:**

Yeah. Which technically speaking to give you the most professional feedback I can give you. High-five you did awesome. So your feedback as we work together that's what helps to guide me. So for example there was this day where it was kind of the same old story at home in terms of this thing happening around my husband and the kids yet the difference was here's how you reacted differently. But again here is this moment where this is how I normally would've felt but I was able to kind of go through it and just the emotional reaction wasn't even there at all. Or here's this moment where I kind of get a bit of a kick, I prepped some things, I cooked some things and I've just got this environment of success now that I can just take care of myself better. Kind of keep track of this little adjustments along the way in terms of, "Wow that was easier, that was simpler. Here is a moment where I did that deep breath thing. Here is a moment where I just got myself doing it. Just realized, Oh, I got this." So I'm going to send you by email, it's a standard stress relief self-hypnosis session.

**DENISE:**

Okay.

**JASON LINETT:**

What's interesting about it is if you were to go online and track down someone else with a similar program theirs would be 45 minutes long, it would tell you to listen to it every single day for 45 days, if you miss a day start over again. Nobody has got time for that. You'll like my instructions better, first of all the audio is only like 15 minutes or so.

**DENISE:**

Okay.

**JASON LINETT:**

Also it reinforces that deep breath trigger that we did inside of the process. So think of it more like training wheels because I can't tell you listen to it for this many days straight because the truth is after three or four lessons you'll just kind of realize, "Yeah I know how to do that now stop reminding me." So it's where the training wheels break away and rather than being dependent upon an audio program. You've got this mechanism you can do anytime anywhere nobody knows you're doing something. And I noticed the more you do it, the better it works. And the better it works, the less you going to need it. And you find yourself just naturally doing the exactly, exactly. Any questions for me? And I think today.

**DENISE:**

No, that was great.

**JASON LINETT:**

Yeah. Awesome. Awesome. That's for coming in. Yeah absolutely. Do you know schedule for next week.

**DENISE:**

Yeah.

**JASON LINETT:**

Yeah. Let me take a look at it. Because we need to set that.

**DENISE:**

What is your availability, how soon after?

**JASON LINETT:**

I tend to for the next one to be about a week out and if this 10 a.m. spot is good, I've actually got 10 a.m. Wednesday, Thursday, and Friday next week.

**DENISE:**

Okay, on Wednesday, Thursday, and Friday of next week. I should have brought my whole calendar thing. Let just plan Wednesday.

**JASON LINETT:**

Yeah I'll do this...

**DENISE:**

If for some reason, I'll email you and say let's move it Thursday.

**JASON LINETT:**

Yeah. I'll do this the easy which is I used to be really nerdy with all sorts of color coding in my system and set up tentative appointments. But now I just confirm everything is if it's confirmed so in the moment I do that'll send you an email later today that it will confirm it, if it's good keep we'll keep it, if it's not we'll move it. No problem. Actually most of next week is kind of that midweek for me of teaching so it will be easier to schedule it that way. So cool.

**DENISE:**

All right.

**JASON LINETT:**

Awesome. So keep track of how well things go, keep track of changes you're noticing. Play with that audio couple of times, and enjoy it. Awesome, great meeting you today.

**DENISE:**

Thank you, great meeting you.

**JASON LINETT:**

Yeah. Absolutely. Were you paying by credit, cash, check what's best for you?

**DENISE:**

If I can do...sorry.

**JASON LINETT:**

Yeah. This comes probably...the probably the chair is so low. Oh yeah.