

## **Suggestion to reduce facial contact with the hands for active alert hypnosis**

### **Text for working phase (no hypnosis induction here)**

1. *Induce active alert hypnosis until the working phase*
2. implementation of the work phase approximately as follows:

Get an idea of what it is like to be in this special state now, perceive what you see and the sounds of this moment. Perceive the colors and shapes of the air temperature around you and allow yourself to feel this deep sense of well-being and peace again.

It is perhaps as if a glowing colour of deep serenity now flows through you from head to toe.

As everything proceeds automatically and the blood flows through your veins, I want you to slowly bring the thumb and middle finger of your right hand together at the pace that is right for you, and at the same time bring the thumb and middle finger of your left hand together ... and now gently squeeze the thumb and finger of each hand together.

Now tell yourself inwardly: "My health and well-being are important to me".  
"My health and well-being are important to me".

"In the next minutes, hours, days, weeks, months, years, my health and well-being will continue to be more and more important to me."

Break

Now you can comfortably let the thumb and fingers of each hand separate.

Break

In this state you can make a change even in your body-mind system that will keep you healthy and well in many ways, healthier and more comfortable than you might have imagined.

Break

Everything here continues to run automatically and you can now surrender completely to your focused serenity. Smooth and soften your facial muscles, relax the small muscles around your eyes and loosen the jaw muscles.

Which for you is just part of concentrated serenity.

Break

This is it.

Pause

And the next time you exhale, you can let go of your shoulders as a wave of pleasant balance flows down your upper arms and into your forearms and your hands and fingers.

Break

And just imagine what it would be like for these arms and hands, slowly feeling very balanced awake and fresh.

Break

This is it.

Pause

And these hands are part of the team that is deeply loyal to the rest of the body. You can rely on the healthy functioning of your body, the heart, the lungs, the immune system, just the whole body to stay healthy and strong.

Break

And these hands can be proud to support the body, proud to keep themselves clean, proud to nurture the body

Break

And when it is flu season or when a certain virus is circulating, then you can stay calm and level-headed and keep things in perspective because everything comes in cycles, that also passes and there are times when there are more viruses circulating and other times when there is nothing for anyone to think about because the sun is shining and you are fine and everyone around you is fine.

Break

And in times when there are any pathogens in circulation, you can take appropriate protective measures, and these, your hands can support you in this decision, because from now on these hands are absolutely steadfast and refuse to sabotage your body-mind system unintentionally, so that, if these hands are carrying some kind of impurity, the mere thought of lifting these hands to the face, the mere thought of letting this impurity pass through your immune barrier of your body can make these hands

immediately feel heavy, deeply heavy with a steadfast refusal to come close to the face.

And their deep loyalty to the body means that these hands instinctively stay away from the face.

Pause

And since these hands keep any germs or viruses away from your face at arm's length, you can look forward to washing them thoroughly with reasonable regularity during the day.

Break

And your system/subconscious will find the balance in every situation, a middle ground that helps you to clean your hands sufficiently and thoroughly, while at the same time exposing the natural protective layers of your skin only to a dosed amount of detergents and cleansers, so that your skin feels respectfully treated and cared for.

Break

And you can keep things in perspective. You can think calmly and clearly, and you can be firm and consistent in taking appropriate measures to keep yourself healthy.

Break

It's like when a person has chopped up certain types of foods such as hot chilies or raw ingredients that they cannot safely or healthily put in their mouth, they instinctively become more careful what they do with their hands. In the same way, you instinctively know that they have to wash their hands before they e

It's like when a person has chopped up certain types of foods such as hot chilies or raw ingredients that they cannot safely or healthily put in their mouth, they instinctively become more careful what they do with their hands. Likewise, you instinctively know that they need to wash their hands before they do anything else.

Pause

If you cannot wash your hands, use hand disinfectant or touch your face with a handkerchief. It's not about being perfect, but about developing reliable good habits that massively reduce the likelihood that contamination can overcome your immune system.

## Break

Now I want you to see an inner screen in front of you. When you have it in front of you, watch what you look like when you say to yourself, "My health and well-being are important to me". In turn, you can carefully bring your middle finger and thumb together in both hands and feel how all your knowledge about the meaningful behavior of your hands and fingers is available in an instant.

Now turn off the inner screen or set it to dark mode.

Now imagine your finger and hands approaching your face as they did before when these hands unnecessarily touched your face.

Before the hands or fingers can touch your face, the inner screen immediately goes back on, the hands stop and you see yourself saying to yourself, "My health and well-being are important to me". You realize how you are doing something else, observe how you take command of yourself.

*Now run your clients through this simplified Swish 3-4 times. So picture off, bring back old behavior. When finger approaches the face, immediately return to image, stopping the movement towards the face.*

## Pause

And there may be times during the day when you instinctively bring together the middle finger and thumb of each hand to unconsciously remind yourself of the importance of this new habit. And then there will come a time when you simply realize that you have not touched your face at all, because you simply have not done so. You don't even have to think about the fact that your hands have learned this new, healthier pattern that will keep you healthy and well for the weeks and months to come, both for the weeks and months to come and in the long run, because you have a new, simple and healthy way to protect and take care of yourself that feels very good.

*Completion of the working phase*

*Posthypnotic suggestions and dissolution of hypnosis*