

Picking a Topic

Choose topic (comedy or therapy) that you can specialize in.

For **Comedy Hypnosis**, ask yourself, “What hypnotic phenomena do I most enjoy?”

This could be phenomena you enjoy watching or experiencing such as: Amnesia/ Freezing/ Statue/ Time Dilation/ Looping/ Costumes/ Props/ Etc.

There are plenty of Hypnotists online (and offline) that are passionate about and specialize in specific hypnotic phenomena. As a result, they become known for that type of phenomena and attract like-minded volunteers and audiences looking for that content. This could be one topic or a mixture.

For **Hypnotherapy**, think to yourself, “What struggle have I overcome that I can help others with?”

Consider the following ideas: stress, anxiety, ADD, ADHD, PTSD, weight loss, weight gain, smoking, drinking, depression, anger, sex, anorexia, bigorexia, etc.

Recall what you personally did to overcome this struggle and base your session (Hypnotherapy script) around those detailed points.

Helpful Tip: Use my sample scrips as an example of how I word my sessions, place in helpful suggestions and positive affirmations & branch off from those ideas for your own custom scripts.

Once you’ve confidently found your topic (or multiple), you’re ready to serve those who are either (1) looking to experience the phenomena you specialize in or (2) need your help in the next module.