

# Defense Mechanisms

As covered in HypnoKick's Street Hypnosis Training, some will laugh themselves out of hypnosis. This is often a defense mechanism to feeling awkward, self conscious or something of that sort. If you encounter this, reassure your client it's normal and ask if they feel awkward or self conscious. Asking will show you care while simultaneously building rapport and better understanding how to better tailor their experience. After that's been established, it should be easier to conduct another demonstration within moments. If not, I would again suggest they do some practice sessions with you 1-on-1 or via MP3.

I bring this up as I thought that's what Drew was experiencing. He informed me he made a silly connection between a word I used and a Hollywood movie (regarding hypnosis) he saw. I reassured him that it's normal as many make connections to sources (even unrealistic ones) such as Hollywood movies. Given that he appeared relaxed overall, despite some smirks/chuckles, I was confident enough in the consultation to move forward with a full session. I believed I could help bypass the giggles in a full session and help him achieve his desired stress free state.