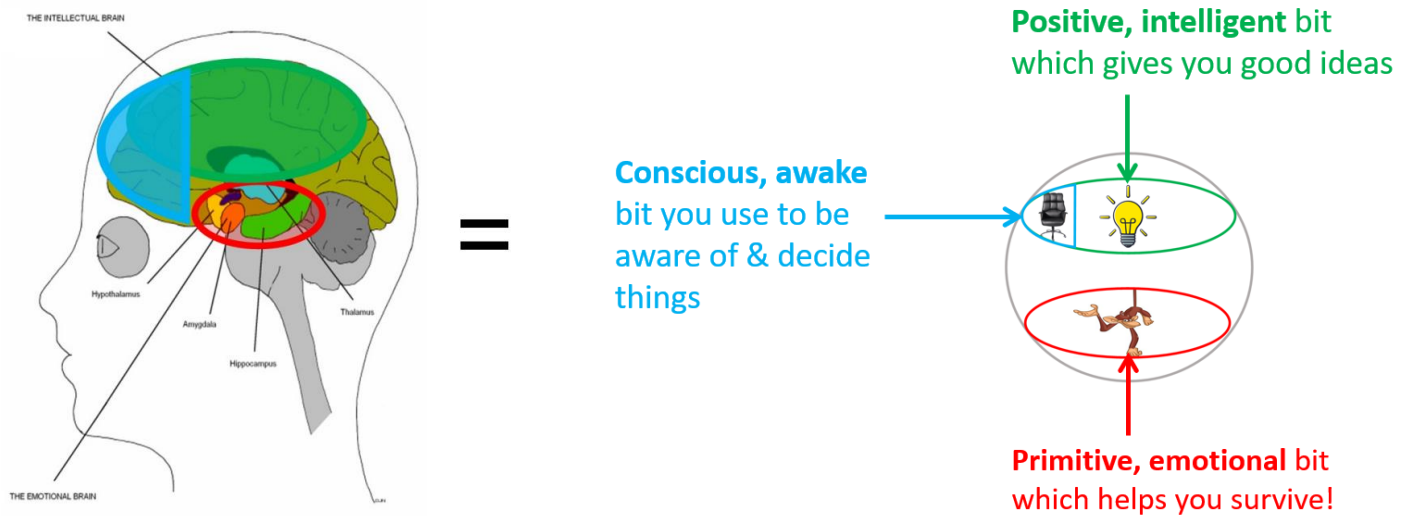


Meet your brain!



- Your “conscious brain” (pre-frontal cortex) is the bit you know as you – it’s where you make choices
- It’s connected to your “intellectual brain” (Neo-cortex), which we evolved to learn, plan and do amazing things!
- When we’re up here we get things right, make good decisions based on accurate information, and feel good!
- You also have a “survival brain”, which helps you survive danger...

The survival brain has 3 main parts:

- Amygdala - central part which rings the alarm bell for a fight / flight / freeze response
- Hippocampus - holds our primitive (and sometimes inappropriate!) behaviour templates (run / fight / hide etc)
- Hypothalamus – releases chemicals like adrenaline and cortisol (a stress hormone) to boost us

How it works:

- Imagine meeting a scary animal walking home
- Your anxiety would shoot up & you’d move down from the intellectual > survival brain
- Your heartbeat, breathing, stomach etc would all change and you’d be running to safety before you knew it!

In a dangerous situation this is great – you survived the danger! 😊

... but in our daily lives this survival brain causes problems! 😞

Question: Why does our survival brain gives us unwanted feelings, thoughts, behaviours & symptoms?

Answer: We need to think back to cave times to understand!

Anxiety, anger & depression

- Anxiety – got us ready to run from eg a dangerous animal
- Anger – boosted our strength to fight & defend against wild animals & other tribespeople
- Depression – sleepiness helped us save our energy when it was eg. too cold or dangerous to go outside

Negative, obsessive & vigilant thoughts

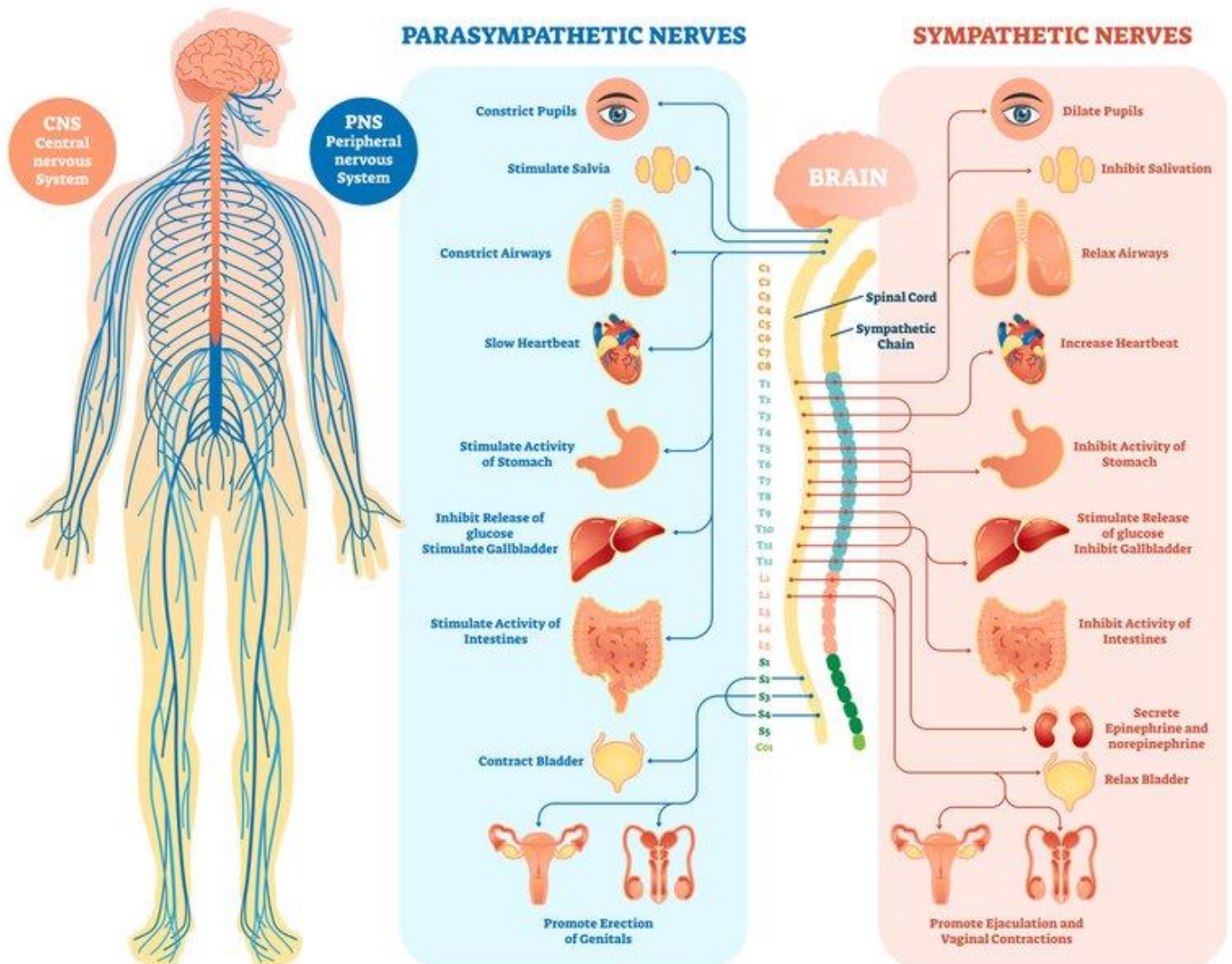
- Negative – to spot the danger before it gets us
- Obsessive – once we've escaped the animal we shouldn't forget about it, we should keep checking!
- Vigilant – if the animal is nearby we shouldn't be relaxing too much and sleeping, or it might eat us!

Unconscious, impulsive & irrational behaviours:

- Thinking time could get us eaten, so the survival brain just urges us to do *without* thinking
- "You did that thing last time and survived? It must've saved you, so do it again next time!"
- This logic can lead to some bad habits!!

Unwanted physical symptoms:

HUMAN NERVOUS SYSTEM



The “fight or flight” triggers the red half above (“sympathetic autonomic nervous system”), and all kinds of physical symptoms can come with it – immune, digestive, reproductive etc systems can all be affected - and different people will experience different ones!

Our problems all come back to the survival brain:

Feelings	Thoughts	Behaviours	Physical symptoms
Anxiety	Negative	Unconscious	Systems suppressed
Anger	Obsessive	Impulsive	Conditions exacerbated
Depression	Vigilant	Irrational	Pain worse

So how do we create the anxiety that puts us down there...?

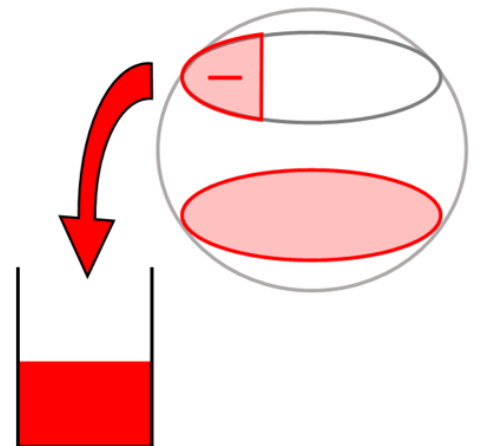
How we create anxiety

- **Every negative thought we have is converted into anxiety**
- It can be worrying / stressing about things in the past, future or now
- They can be big (“I’ll never have the perfect job, partner” etc) or smaller things (eg. a meeting)

Our brain can’t tell the difference between imagination & reality!

Eg. If you imagine a meeting going badly 50 times: the actual meeting is ok, but your survival brain thinks you’ve had 50 bad meetings and gives you anxiety about it to keep you away from that really “dangerous” thing!

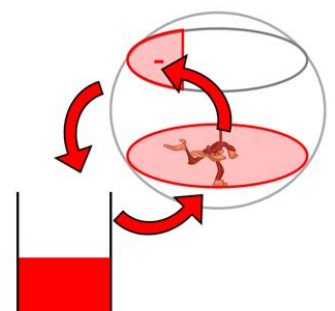
- Negative thoughts build up in our “Stress bucket”
- The fuller it gets, the louder the primitive brain
- When it overflows we get big problems! (breakdowns, traumas etc)



REM Sleep:

- **REM sleep empties our stress bucket**
- It’s limited to 20% of overall sleep, and if we try to overdo it the mind will wake us up
- We know it’s this and not a noise because we feel wide awake / miserable etc

Now we’re into a vicious circle – waking up with something in our stress bucket **we’re more likely to have more negative thoughts, filling it even more!**

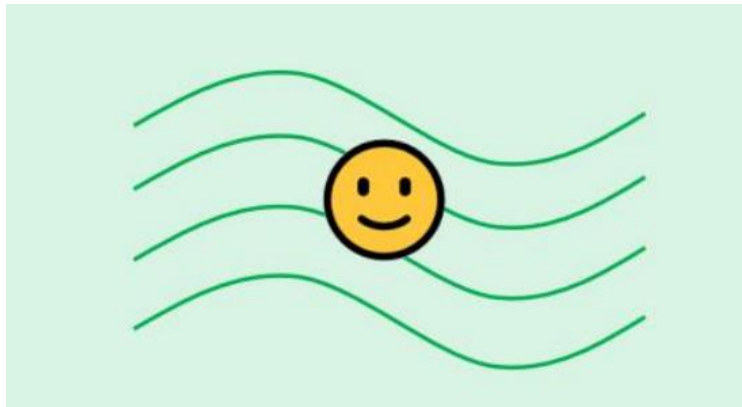


Our Reward System

- Cave times were hard – no shops, doctors or hot water!
- It would've been easy to give up with so many for negative thoughts and feelings etc
- We needed something to help us cope... so we evolved a **feel-good chemical called Serotonin!**

Serotonin

- We got rewarded for working together, getting food etc
- **Positive activities, interactions and thoughts produce serotonin**
- It makes us feel calm, confident, in control, coping, less physical pain... better! 😊

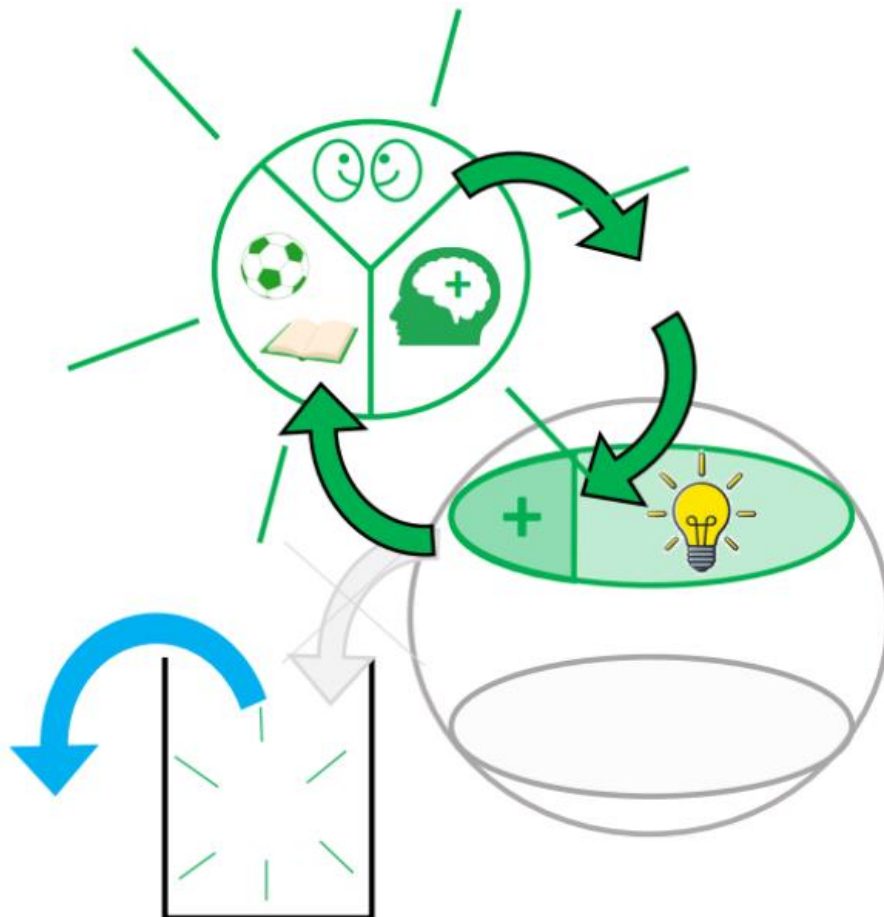


Trance

- A natural state of mind we go into on average every 7 minutes of the day
- When you're absorbed in work, activity, daydreaming etc & stop noticing other things around you = trance!
- It's when the conscious & subconscious come together to focus on the same thing

Trancework gets the attention of the subconscious to work positively with it, which makes a *huge* difference!

Summary:



- **Positive activities, interactions & thoughts** produce Serotonin
- **REM sleep** keeps your stress bucket empty
- **Sessions & trance** boost your progress until you no longer need them!

If you're interested in sessions:

Hypnotherapy track:

- Please listen to the **Hypnotherapy track for confidence, relaxation & better sleep** (see below) **once a day** when safe to close your eyes – no need to concentrate on it and you'll get the same benefits if you have it on in the background while sleeping, so I recommend listening at bedtime as its easiest & helps sleep too!

Effort is required:

- Although the results are often life-changing, hypnotherapy isn't a magic wand – **effort is required** to make positive changes in your life!

Number of sessions:

- As a guide **generally 6-12 sessions** are needed for most things, will confirm this with you on the phone

What to expect:

- If we have a chat on the phone you can ask anything you want, make sure everything is clear, and after that you're free to decide if you want to try sessions or not – that 15-30mins phonecall is free!
- If you decide to book a session it will start with what's been good about your week, revising how your brain works, scoring your happiness etc out of 10, thinking what positive thing(s) can help you, then reinforcing it all with some nice relaxing trancework at the end – it's a very positive, enjoyable & highly effective process!

Cost & cancellation:

- For current prices please visit our website: <https://www.ishypno.com/ghypnotherapy>
- Cancellation with **at least 24 hours' notice is free**, for less than 24 hours half the session cost is payable

Any questions about anything email me and I'll get back to you as soon as possible: rsmidohypno@gmail.com

Free Hypnotherapy track for relaxation, confidence & better sleep:

[Click here!](#)