

BROOKE ASHLEY
— MINDWORKS —

THE SELF-HYPNOSIS GUIDE

PRACTICAL TOOLS FOR A CALMER MIND,
GREATER FOCUS, AND A MORE EMPOWERED YOU



Your mind. A calmer tomorrow.



PART ONE · UNDERSTAND IT

What Self-Hypnosis Actually Is

A simple way to think about self-hypnosis is this: you purposely create a focused state for yourself and use that state to work with attention, imagery, expectation, and suggestion.

Self-hypnosis is a hypnotic state that you intentionally create for yourself. The experience may feel much more subtle than people expect, especially at first. That is a useful expectation to carry into the process because you are not waiting for lightning bolts or some dramatic shift. You are learning how to intentionally guide and focus your own attention.

Self-hypnosis is not the same thing as sleep. It is also not mind control. You are the person choosing the goal, choosing the words, choosing whether to continue, and choosing when to stop.

You might notice:

- your body feeling heavier, lighter, warmer, cooler, or simply more still;
- your attention becoming narrower or more absorbed;
- time feeling a little faster or slower than expected;
- imagery becoming easier to follow;
- thoughts still appearing, but feeling less important for a few minutes;
- nothing dramatic at all - just a calm sense of being focused.

REMEMBER

A subtle experience is still an experience. Do not use intensity as your only measure of whether the session was worthwhile.

A COMPLETE SESSION

The 10-Minute MindWorks Routine

Use this as a framework while you learn. Read it beforehand or record your own version in your own voice.

MINUTES 0-2 • SETTLE

Get comfortable somewhere safe. Notice the support beneath you. Let your attention rest on one simple experience - your breathing, your hands, or a point in front of you. Remind yourself that nothing dramatic needs to happen.

MINUTES 2-4 • FOCUS + DEEPEN

Close your eyes if comfortable. Let your jaw, shoulders, hands, and legs do a little less. Use your cue word. Count slowly backward or imagine gradual movement toward a place that represents quiet focus.

MINUTES 4-7 • SUGGEST

Repeat one or two suggestions slowly. Leave space between them. Let yourself think about what each one would look like in real life rather than racing through a list.

MINUTES 7-9 • REHEARSE

Imagine one upcoming situation. Notice the cue. See yourself pause, use your chosen response, and continue.

MINUTE 9-10 • RETURN

Tell yourself the session is complete. Count upward from 1 to 5, becoming more alert with each number. Open your eyes, orient to the room, move your body, and make sure you feel fully awake before returning to normal activity.

PUTTING IT ALL TOGETHER

What Self-Hypnosis Can Actually Sound Like

Reading the steps individually is one thing. Putting them together can feel a little less obvious the first time.

Self-hypnosis doesn't require memorizing a perfect script or saying exactly the “right” words. Think of it more like calmly talking yourself through the experience—settling in, focusing your attention, allowing yourself to relax, introducing the idea you want to work with, and then gradually bringing your attention back to the room.

Here is a simple example so you can hear how the pieces can flow together.

A SIMPLE WALK-THROUGH

“I'm going to take a few minutes just for me. There's nothing I need to figure out right now. I can simply get comfortable and let my attention settle here.”

“As I breathe naturally, I can notice my body beginning to settle. I don't have to force myself to relax. I can just notice where I already feel comfortable and allow that feeling to continue.”

“I can let my attention rest on my breathing for a moment. If another thought comes in, that's okay. I can notice it and bring my attention back.”

“Right now, I'm focusing on feeling more confident speaking up for myself. I can imagine myself in a situation where I would normally hesitate. I can picture myself pausing, breathing, and saying what I need to say calmly and clearly.”

“I don't have to become a completely different person. I can practice trusting myself a little more each time. I can notice opportunities to speak clearly, make decisions, and give my own thoughts the same consideration I give everyone else's.”

“In a moment, I'll bring my attention fully back to the room. I'll take a deeper breath, notice the surface beneath me, move my hands and feet, open my eyes when I'm ready, and continue with my day feeling alert and oriented.”

MAKE IT YOURS

Notice that this doesn't sound mysterious or theatrical. You're essentially guiding your own attention using language, imagery, and ideas that support the goal you've already chosen. Your version does not need to sound exactly like this—and it probably shouldn't. Use words that actually sound natural to you.