

# INNER INSIGHT

Hypnotherapy for Positive Change

My weight loss programme is delivered over five weekly sessions each lasting for between 60 and 90 minutes.

The first session is all about information gathering to find out exactly where you are now and where you want to get to. The other four sessions focus on beliefs, food cravings, metabolism and self-esteem. The order these are delivered in will depend on which are the most important to your particular needs.

## PERSONAL VISION

What do you want to achieve? What will success do for you?

1

## BELIEFS

What are the negative beliefs that are holding you back?

2

## CRAVINGS

What are the food cravings that are getting in your way?

3

## METABOLISM

How can your body work better to burn off more calories?

4

## SELF-ESTEEM

How are self-belief and self-image holding you back?

5



## **BELIEFS**

When looking at beliefs we'll identify the negative beliefs that are preventing successful weight loss. Then we'll eliminate these beliefs and install new positive ones in their place.

## **CRAVINGS**

Food cravings are addressed by using suggestion to make unhealthy foods very unappealing and healthier ones much more appealing.

## **METABOLISM**

Metabolic rate can be affected by hypnosis. This involves using direct suggestion to your unconscious mind to increase the rate at which your body burns calories.

## **SELF-ESTEEM**

To deal with any self-esteem issues we'll use suggestion to 're-program' your self-belief and self-image to be in line with what you really want them to be.

Over four weeks you'd need to track your weight and feed back on your progress at the start of each session.

During a session, I will:

- Guide you into a state of deep relaxation.
- Once your body and mind are fully relaxed, I will access your unconscious mind (the part of us that works all of the time, but that we're not necessarily aware of).
- Suggest new ways of thinking often through visualisations. You always have the control to reject any suggestions you don't feel happy with (your unconscious mind would do this anyway).

If you'd like to discuss this further, I'd be happy to see you for a free initial consultation during which you could also try some hypnosis just for general relaxation.

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