

LEARN HYPNOKINK

A Free Resource for
Learning Erotic Hypnosis

sleepingirl

with help from GleeFulAbandon

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To the hypnosis community, as
always. Love you!

Nothing can happen till you swing
the bat.

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Introduction

Welcome to the guide! This is a text exploration of what we might consider to be “hypnokink 101.”

This guide is also available online at **learnhypnokink.com** along with other resources.

It'll take the average reader under 2 hours to read the whole thing! And if you break it down, it'll take 5-10 minutes for each section.

Take your time and don't burn yourself out—but it's not that much of a time investment!

Please consider supporting this free project as well!

Have fun!

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Why do hypnosis?

You found your way to this guide somehow, so we won't spend too much time here! Whether it's curiosity, exploration, or the desire to fulfill fantasies, we all have our own personal reasons for diving into hypnosis, and those are often the most important. But here's a few bonus reasons!

- Hypnosis feels very good
- Learning hypnosis opens you up to skills that allow you to be a better lover
- You can explore all different kinds of fantasies
- You can become a powerful, artistic sex magician

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What is hypnosis?

The question on everyone's mind; the question that everyone wants or has a different answer to. GleefulAbandon points out that hypnokink is a bit of a strange activity in that mostly, we enter into kink or sex knowing what things like spanking, kissing, and bondage are. Hypnosis is much more difficult to define.

The best way to think of this question is as a philosophical one—one that people have been trying to suss out for centuries. “Hypnosis” is not a physical thing that we can hold, nor are there rigid rules of how to do it or how it behaves. While we'll talk about it here, it's absolutely OK (and even a mark of proficiency) to feel like you don't quite have it figured out!

But for our purposes, let's talk a little bit about it.

- “Hypnosis” is the term used to refer to both a “trance state” as well as the entire process and practice of messing around

with someone's head, such as giving "suggestions" (even without formally invoking "trance!").

- Hypnosis is a broad practice where we try to understand the existing ingredients and ways that a person's brain works so that we can play with all elements of their psychology as though they are an instrument.
- The basic process of hypnosis is making suggestions that open a person to a more nuanced or different focus on their body/mind or something outside of them—and that awareness leads to the capacity to change perception with other suggestions. We can do this with any form of communication: words (verbal or written) and even body language and nonverbal touch.
- When someone experiences changes in their perception, that may correspond with changes in their perspective and capabilities (like their focus, imagination, sensory systems, and beliefs). Someone in trance might really be feeling their body relaxing, which might open them up more

to suggestions involving being physically “stuck,” or focusing on other bodily sensations. Or, perhaps a hypnotist is taking someone through a fantasy of being someone else—the subject might feel like they’re able to take on qualities of that imaginary person!

- “Trance” is what we might call an “altered state” that someone goes into when we hypnotize them, where they might experience differences in the way they feel and think. But don’t worry about whether or not hypnosis is formally an “altered state”; psychologists have been debating this for decades, and while it’s an interesting exercise to consider, for our purposes “altered state” can simply refer to how different someone feels when they’re playing with hypnosis.
- There isn’t one singular “hypnotic state” with rigid boundaries or defined qualities, and a special state of any kind isn’t necessary to affect someone’s mind in an amazing way as we do in hypnosis. And since trance is not quantifiable (despite what Google might tell you), we want to focus on those dynamic collections of

feelings—like sensations or mental changes, and what they mean to you or your partner. The person feeling them is the most important source!

TL;DR, hypnosis is:

- Using any kind of communication to play with someone's focus, thoughts, and feelings as tools to make people experience amazing things.

It'll be easier to understand once we talk about how to do it :)

Mythbusting

The collective human consciousness already has an idea of what hypnosis is, and that has evolved a lot over time, including lots of growing pains. Most people have preexisting ideas of what it is and how it works from pieces of fiction, their own fantasies, or depictions of it elsewhere. It's important that we get some of these out of the way to make room for the real deal!

Both the hypnotist and subject partner benefit a LOT from having these myths busted. Part of a good hypnotic interaction—especially with someone who's new to hypnosis—is making sure that they have a decent understanding of hypnosis so they can go in the right direction for it.

1. Hypnosis \neq mind control and hypnosis \neq automatic safety

On two opposite sides: Some people fear that being hypnotized will make them incapable of

resisting suggestions, and some people feel a false sense of security that some unconscious part of themselves will keep them safe no matter what. As with many such declarations, the truth is somewhere in the middle.

Hypnotized people retain agency and awareness in trance, but as always, expressing agency as a skill. Hypnosis too can be an unfamiliar mental environment, so this is something that people can (and should) work on together to maintain great practices.

2. Hypnosis \neq suggestibility

It is tempting to think that hypnotic trance in and of itself is what makes people respond to suggestions. But the reality is much more complex! People who are “awake” can respond very well to suggestions, and it’s the delivery and context around suggestions that really get people to have intense experiences.

3. Hypnosis \neq blankmindedness or involuntariness

Many beginners—especially subjects!—think that

if someone is REALLY hypnotized, they should stop thinking and feel like they're responding to suggestions completely automatically. This is a big misconception! While a lot of people want their inner monologue or racing thoughts to stop, that's not a given characteristic of hypnosis, and it's way more likely to occur with practice! It's also definitely not necessary for a fulfilling, intense trance—what trance ACTUALLY feels like might be subtler than people expect, but when they open themselves up to noticing the nuances of it, they can have amazing experiences with their thoughts just chugging along. Lots of subjects come to find that their real experience of hypnosis is better than the one they first imagined!

In the same vein, it's completely normal for a subject to feel like they're actively participating in hypnosis. Some people have a hard time telling the difference between being hypnotized and just doing what they're told, but that's a muscle that gets developed over time.

4. Hypnosis \neq relaxation

Many people are attracted to hypnosis, and especially hypnokink, because the idea is

exciting! It's far from necessary to relax to accomplish effective hypnosis—in fact, sometimes people tense up or get physically excited! That's not “getting it wrong” at all.

Hypnosis can be a great tool for relaxation in the way that it's a great tool for shifting your headspace in general. Plus, many people physically relax into hypnosis, which may seem contradictory to an intense internal process. But like so much else with hypnosis, you can learn to hold nuance as part of what makes it work for you. Relaxing in hypnosis doesn't look like any one thing if that's what you are attempting.

5. Hypnotic suggestions \neq “real” experience

Hypnosis is really unlike anything else, no matter what kinds of comparisons we try to make (“It's like reading a book,” “It's like dreaming”). When you expect something that isn't quite what the reality brings, it's hard not to get discouraged when it doesn't fit. But take with you an attitude of curiosity—encourage yourself and your partner to see this as an opportunity to learn what hypnosis REALLY feels like.

Hypnotic suggestions are designed to influence a subject's internal experience. These can feel really vivid and intense. However, it's very common for someone to know in the moment that their perception of reality has changed because of hypnosis. That is, if you tell a hypnotic subject that they're a puppy, even if they start acting like a puppy, and feeling strongly as though they imagine a puppy to feel, a part of them will remain aware that they are a human on all fours. Many subjects see experiences like this as failure, expecting to fully let this other reality totally blot out the one they held when they were awake.

Hypnotic hallucinations, amnesia, roleplay, whatever — they exist in their own mental space you and your partner as hypnotic players will get to know. Like everything else about hypnosis, learning what that means for you, and watching it evolve over time, might be different than what you imagine, but also even better.

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Safety introduction

How can we best protect ourselves and our partners when playing in hypnosis? What are the risks we should know before we start?

Conversations about hypnosis and safety can sound very scary. After all, we're playing directly with our inner selves, and there are infinite possibilities of what we can discover or create there. However, hypnosis is not a minefield waiting to trip your insecurities or underlying issues, and there are cautions we can take to take care of ourselves, and each other.

If you already practice some form of kink and/or BDSM, a lot of the risks to consider here overlap. In any case, sometimes in hypnosis we may encounter:

- **Physical difficulties.** This is often overlooked in such a psychology-based kink, but you still need to take care of your body. This could include risk of falling,

being in an uncomfortable or painful position and not realizing or feeling able to move, or dehydrating or having low blood sugar.

- **Fatigue, physical or mental.** Even if a scene is two people sitting in chairs together, or on opposite sides of a screen, hypnosis can take a lot of energy, sometimes faster than you think because it feels so great while you're doing it!
- **Feelings of addiction/dependence.** When a hypnotic experience is really good, it can make us feel out of control in ways we don't expect, including need for more that may go beyond what you expect, especially if you're new. (This isn't unique to hypnosis! But hypnosis is a particularly ripe breeding ground for these feelings.)
- **Going past our boundaries or the boundaries of others.** Because hypnosis can feel so great, and can alter your headspace so much, you may find yourself agreeing to do more than you expected.

This isn't always a bad thing, but even when all parties are operating in good faith and caring for one another, someone may cross a line by mistake, or that they didn't know was there. This could also include things like accidentally conjuring an unpleasant feeling or memory.

- **Bad ideas.** There are some things that you just shouldn't do with hypnokink. For example, trying to help someone therapeutically (working on trauma, or even trying to fix their sleep routine) can lead to unhealthy dependency and outcomes that the hypnotist is simply not qualified to deal with. Another example might be creating a separate personality in someone's head (without intensely strict boundaries, knowledge, and practice)—this can lead to bad mental health outcomes. In general, anything that leans towards “permanent” or could be disruptive in someone's life is something that leans into the “bad ideas” category.

As stated previously, hypnosis is not literal mind control, nor does it operate with some sort of mental firewall. Part of learning how we

experience trance means designing our own boundaries and safety practices. No two people will navigate this quite the same way, but we don't have to start from scratch.

The best tools you have for navigating hypnosis safely are communication, trust, and common sense.

Communication

Talk a *lot* with your partner. Share ideas not only for scenes, but how you both want playing to make you feel. You don't have to have the same feelings about what you want, but you should at least be on the same page, and basically knowledgeable about what it is you each want to explore.

Not everybody is a good match for intimacy, or hypnosis. If you find somebody who is willing to play with you, but something doesn't feel right, err on the side of politely saying no. You will find the right person for hypnokink, but if you can't trust one another, or don't click on some level, it's worth holding out until you find the right one (or ones!).

Expect the unexpected. Surprise can be a wonderful, exciting feeling, and hypnosis is especially prone to creating it. Make sure you and your partner know that it's OK when things don't go as planned, and don't hesitate to share when you notice something new.

Safewords are not for everybody; for some players, no means no, or they feel safest organically navigating a scene and being just able to check-in in real time. However, safewords are a great tool for making clear boundaries and are recommended for newer players—make sure you and your partner agree on *what action* happens when you say a safeword. For example, “If I say ‘red,’ I need the scene to stop so we can talk.”

If you already have an aftercare routine from BDSM, start there for a hypnosis scene; you may find that it's exactly what you need since a lot of the physical and mental effects are the same. If you don't, as a baseline, consider setting up a gentle physical environment that speaks to you and make sure you set up time to decompress, either alone or with others (such as your scene partner) depending on your preference. This is another area where it's good to be on the same

page about what you both need, or don't know if you'll need, before you begin playing. Water and calories are always a good bet on what your body might need after play.

Trust

When you're working with another person, hypnosis naturally breeds a lot of intimacy. As a result, feelings of dependency on your partner are really common with hypnosis — the subject growing attached to the hypnotist, of course, but also the other way around. It's crucial that you feel you have a partner who acknowledges how you're feeling. This can include:

- Talking about those feelings, in a formal or informal way
- Acknowledging a desire for more play or deeper connection
- Setting expectations for your dynamic, but being open to that evolving
- Leaving open lines of communication outside of scenes

Common Sense

Start slow! Hypnosis can be amazing and overwhelming, but stick with what seems most accessible at first. If it's right, it can feel wonderful and magical no matter how "simple" or short a scene is. In the meantime, you can take time to learn your responses and build up your own safety skills as you go along.

Learn to trust your instincts. If something seems like a bad idea, talk about it, and err on the side of trying something else.

You may hear the term "abreaction" in the hypnokink community to mean anything from an emotional breakthrough to a sudden onset of crying where you have to stop playing. We the authors generally don't find the term useful—sometimes having an intense response means you're having a great time, especially when we're intentionally playing with edgy topics. However, learn to judge if your experience feels right to you. If you're a hypnotist and your subject communicates that something is wrong, you should gently take them out of trance. If you're a subject, you can learn to share this need, or come out of trance quickly and easily yourself.

Take care of yourself, as best as you know how. Hypnosis is also a tool in therapy because it's so efficient at helping us explore our inner selves, and that can include intense feelings. If anything comes up in a hypnosis scene that's intense in a way that you need to process afterwards, know what you usually do to care for yourself, not just in the immediate aftermath of a scene. If you see a therapist, for example, you should feel comfortable sharing what you're going through with them, or open up to a friend you trust.

A note on neurodiversity:

For neurodiverse folks of all shades, it can feel daunting to play directly with mental spaces, and many wonder if conventional guidance on hypnokink applies to them, including matters of safety. We have found that advice that stipulates "People with ADHD should do X, autistic people should do Y, bipolar people should do Z" is counterintuitive. Everyone has different brain chemistry, different associations, etc. that are much bigger than a diagnosis. There is no one way of practicing hypnosis for each type of neurodivergence. Know and be able to articulate what your situation means for you, and use caution and good judgment when figuring out

how it may affect your trance experience, including your ability to navigate it as safely as possible.

Safer Consent Practices

Consent is necessary for intimate interactions—ethically necessary and necessary to achieve real intimacy.

(It should not need to be said, but don't do things to another person without their consent, and if someone is making you uncomfortable please take care to express your agency and consent and remove yourself from the situation.)

Consent is not a commodity—you don't simply "obtain" it. However, each person involved in an intimate interaction has a responsibility to strive for their best at respecting each others' agency and working towards informed consent.

"Informed" consent means that the participants know what they're getting into. That means doing some work to explain a bit about how hypnosis works and what you're interested in doing in a particular interaction. We call

conversations like this “negotiation.”

Here are some tips (for BOTH partners!) for good negotiation:

- **It’s a conversation, not an interview.** It can be tempting to boil negotiation down to a checklist, but the best environment is one where both partners are having an honest and open exchange about their fantasies, desires, and what they want to do together.
- **Negotiate what you want to do, not what you don’t want to do.** It’s easier (and often safer in the beginning) to define some exploratory goals for a scene than it is to say, “My hard limits are xyz” and try to go from there; something that you or your partner didn’t think of could arise unexpectedly!
- **(But also mention topics, themes, and ideas that are definitely a no-go.)** It’s still a good idea to reiterate things that shouldn’t make their way into a scene—hypnosis is such an ambiguous process

that relies a lot on creativity and metaphor, so you should certainly be comfortable stating no-go stuff.

- **It's still a success if you discover this isn't the right time or person.** Part of negotiation is discovering whether or not the scene would be a good fit. Don't feel bad if the process makes you feel like it might not be! That's still a win—the negotiation did its job.
- **Housekeeping: what are the needs for aftercare, safewords, bathroom/food breaks?** Does someone need to pee or get some calories/water in them before they commit to being engaged in play? How is everyone doing today—are there things about your body/brain that need some extra caution, care, or attention? What about expectations for aftercare and safewords?
- **Stick with the “plan”—especially if you're new.** It's recommended that beginners don't negotiate “up” during a scene—that is, don't decide to add things

midway through when your brain is all woogedy. You should always feel comfortable deciding that you DON'T want to do something you previously agreed to, though!

- **(Encourage) checking in periodically.** Whether with plain, coded (safeword), or nonverbal (agreed-upon) language, be compassionate and see how your partner is doing through the scene. Hypnosis can be intense, and it can get more difficult to communicate for some people—so giving someone an opportunity to express themselves creates more confidence and comfort that everyone is having a good time.

This is by no means an exhaustive list—negotiation and consent are super complex topics, and you're encouraged to read more and attend classes on this topic in kink spaces. Negotiation/consent needs will certainly evolve as you gain experience—not linearly, per se, but you'll discover more of what you need (and how that might change in different situations).

One last note is that neither partner in a hypnosis

scene is a “vending machine.” Hypnosis is collaborative—it takes two partners, neither of whom should see the other as a fantasy-fulfillment object (except as a fun, kinky scenario). Maintain an ethos of partnership, respect, compassion—and enjoy discovering what BOTH of you bring to the table.

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Self-hypnosis

Hypnosis, at its core, is about understanding how someone feels and thinks so that you can play with those feelings and thoughts. For this reason, this section contains some hypnotic tools to help you explore your OWN psychology, so that you have a baseline for what that stuff feels like. It's very important to remember that everyone experiences trance (and everything!) differently, with their own nuance, but this is a good starting point.

This isn't a "hypnotic script" in the traditional sense—it's more a set of building blocks and instructions you can use to start playing with your head. Feel free to read it over and experiment with some of the ideas. There's no right or wrong way—you're just looking to observe your own experience a little. And don't worry about whether or not you're "going into trance"—the elements of your psychology that you can feel are more important than that!

Doing self-hypnosis or meditation is a great way to get acquainted with the inner aspects of your head, which will help you think about how to do that with other people (and what they might be experiencing). Consider doing this every so often as a practice, and trying out different things!

Step-by-step:

- Before you start, just know that it's very normal to get distracted and feel your focus drift elsewhere, or if some things don't feel very "vivid"—you're not failing or needing to start over. Just keep experimenting.
- Hypnosis is about changing focus and attention, so one of the things you can do to explore it is very concretely focus on something outside of yourself (like a spot on the wall) and then switch to focusing on what your body is feeling. What sensations are you noticing? The weight of your body, feelings in your muscles, your breath? What else?
- See if anything changes if you go back and

forth between that external focus and internal focus a few times. Notice anything new?

- What happens if you then start to lead yourself into a daydream? Anything you like is fine, or you could use a stereotypical scenario like walking through a forest.
- Experiment with toggling between your different senses of the daydream—the sights, sounds, feelings. Is there a difference between imagining the scene as a whole versus details? Can you make some of them more or less intense by changing your focus?
- You can turn your attention to your thoughts, as well—what are you thinking about, and what does it feel like to think in the way that you're thinking? Can you make your thoughts louder or quieter? Slower or faster? And then how does that change the way you feel? If you refocus on the daydream, how does that affect it?

- You can “wake yourself up” or ground yourself out of the experience by focusing on and interacting with the environment around you in your “usual” way.

There are several other resources for self hypnosis on this site—a very short “zine” with a couple of techniques, and an in-depth guide to creating your own ritualized self trance practice.

How to hypnotize someone

Even once you have a partner who excites you, hypnotizing them for the first time can be daunting. There's the question of how you actually do it, sure, but also what you're going to do in that first session. Maybe you share a distinct fantasy of exactly how it should go, or maybe you just want to make hypnosis happen, but don't know what you should do when you get there. Both are OK, and in the beginning, it's great to just try out hypnosis and see what you both like, and let what sparks guide you through the experience. Nothing has to "happen" beyond you both feeling seen, cared for, and excited for more!

"Pretalk"

Step one of a hypnokink scene—after safety/negotiation talk—is having a conversation with your partner that puts them in the right space to be hypnotized. This is sometimes called a "pretalk," but it is essentially just setting up the

subject for success.

This is the part where you bust misconceptions and give more productive expectations that will help someone have a fulfilling experience. Ideally you should ask your partner what they think about hypnosis and what they're expecting to get an idea of where they are in their thoughts about it, and work off of what they give you. Is your partner expecting to be blank-minded? Gently let them know that that's not necessary or expected. Are they worried they'll lose control? Remind them that they still have agency and they'll be aware of what's happening!

This is something that a lot of hypnotists will “rehearse” to some degree—not the exact words, but really having an understanding themselves of what to communicate. The misconceptions listed here are a great place to start; how would you phrase them?

Here are some summarized points you may want to hit upon:

- Hypnosis isn't mind control
- Hypnosis is a subtle experience that is also

unique, so approach it with curiosity

- A person is generally aware of what's happening in hypnosis
- Being relaxed isn't necessary for hypnosis
- They don't have to worry about "getting it right" because you're working with their natural responses

Later on, we'll discuss some more in-depth things you can do and communicate to really set someone up for success.

Induction

As for that first "induction"—that first time actually leading someone into trance—we urge you to improvise. While there are "scripts" you can find online, memorizing or reciting isn't a great way to actually go about it! It may seem daunting to completely improvise your hypnosis from the start, but you'll be setting *yourself* up for success by immediately trying the kind of hypnosis that engenders greater intimacy and focus on another person. There are so many different ways to hypnotize a person, and luckily, we can share one of these easy guidelines for improvising:

This method is called “Three Truths, One Suggestion,” and it’s exactly what it says on the tin: You say three-ish things that are true about your partner’s experience, and then you say one-ish thing that you WANT to be true.

Here’s an example:

Truth: “You’re sitting in a chair...”

Truth: “...feeling the temperature of the air around you...”

Truth: “...and I know that you’re listening to my voice.”

Suggestion: “Now, you’re beginning to go into trance.”

This is also called “pacing and leading”—you “pace” someone with truths about their experience, and then you “lead” them to experience something new. It’s not only an induction technique on its own—it’s a core part of hypnosis, and you can structure your entire hypnosis scene over this loose concept.

How does this work?

- Hypnotic context

Setting up a situation in which a person expects to be hypnotized gets you pretty far in doing actual hypnosis! This is also called “framing.” Your pretalk—and the fact that you and your partner are agreeing to do a hypnosis scene—is what creates this context and expectation.

- “Mind reading”

A person being hypnotized wants to feel like the hypnotist knows their experience. (Of course they do! Would you feel confident going into hypnosis if you thought the hypnotist didn’t understand what you were feeling?) If they’re confident that the hypnotist can describe what they’re feeling, they’re more naturally going to accept suggestions—a subject being hypnotized in this way might feel something like, “Yeah, that’s right, I do feel that... Yes, and that... Yes, that too; these are things that are happening to me... OK, I guess I AM going into trance...”

Basically, we want to say things to someone that

are things they can agree with—naturally leading them to feel that we say true things. We also want to prove to our partners that we are paying attention to them, and we are able to notice things that they may not be paying attention to! That gives us a bit of authority over their experience.

- Focus/attention

Additionally, telling people what they're experiencing has the nature of making them think about the things we're describing. So you can get someone to move their attention from "how they're sitting" to "your voice," and that changing attention can be really useful as a fixation for trance! Both a strong internal focus and/or a strong external focus are naturally hypnotic, especially if you go back and forth between the two.

How do you know what to say?

We always know things about what our partners are doing, feeling, and thinking—even if we can't see them, like in a scene over text. We just need to know what ingredients are available for us to

talk about, which we'll talk about in more detail in the next few sections. For now, we can think about stuff like:

- What their physical body is doing/feeling
 - Sitting? Laying down? Reading?
Breathing? Eyes open or closed?
Gravity? Temperature? Texture?
- What emotions they might be having
 - Excited? Nervous? Turned on?
Anticipating? Focused?
- What their attention is focused on
 - You? Your words? Their own
thoughts? Their body? Something
specific you just mentioned?

Put on your observation goggles and see what you can observe about your partner from their environment, body language, and expressions! You can practice this by imagining what it would be like to be looking at someone who is ready to go into trance for you. What kinds of remarks could you make about them? How would you keep it going?

Hypnosis is both a physical and psychological experience—someone going into trance may experience changes in their emotions, thoughts, attention, and bodily feelings. It stands to reason that if you direct someone's attention to one of these places, that's going to change the experience—often leading to an ability to notice more of those subtle shifts! This is one essential basis for inducing trance: noticing trance feelings = more trance experience!

You might feel the desire to fill space and make sure you don't stop talking, but pausing is actually a great tool! Don't be afraid to let your words hang in the air and give a little time for your partner to process. Tempo is a big part of hypnosis, and variation is your friend.

Respond to their response

When you say your first “truth,” give space for them to respond. Remember that when you say something to someone, you're changing their experience! If you tell someone, “You're sitting in a chair,” naturally, they will start to think about how they're sitting, for example.

Ideally, you can use each statement as a springboard to jump off of. If you can see your partner, you can look for cues that they're responding—a slightly deeper breath, a relaxing or tensing of the body or face muscles, any twitching or stillness, microexpressions, etc. Even if you're working through text, you can assume that a person is responding in some way!

When you see any change in their response like that, you can say the magic response acknowledgement words, and they'll feel very much like they're doing the right thing—and that you're noticing:

- “That’s right”
- “Very good”
- “Mm-hmm”
- “Yes”
- “There you go”
- Any other way you would naturally affirm something

Additionally, you can then make that one of your “truths”:

- “Now, you’re taking a breath because

you're responding to my words"

- "I'm noticing your face relaxing"
- "You're paying attention a little more carefully, now, aren't you?"

See what happens when they respond to your response to their response!

How do I make a suggestion?

Saying truths or pacing is all well and good, but how do you know what suggestion to make, and how to say it? Surely you can't just say whatever you want, willy-nilly?

That's true to a point, and crafting good suggestions is an art form that people spend their whole journey as hypnotists improving at and perfecting. But we can look at some guidelines that can get us started in the right direction.

The content

Usually, early on in a hypnotic session is when you might be interested in making suggestions having to do with—well, trance! So this is a good place to start. Later, we'll discuss other ideas (but

honestly, trance doesn't really get boring!).

We know that experiencing trance feels like a number of things—there's physical, sensory changes, as well as emotional, psychological changes. Here are some aspects of trance that you can suggest:

- Focus
- Relaxation/limpness
- Tension/stiffness/excitement
- Fuzziness in head/vision/body
- Tingling
- Heaviness
- Lightness
- Thoughts slowing, quickening, wandering
- Vision darkening/brightening

The flow

A good rule of thumb is to flow in an incremental and logical way.

For example, if you're saying truths about someone's body, we know that they're focused on and receptive to sensory stuff. So we might say

something like, “You’re lying comfortably in your bed, and now you can start to feel your body relaxing.”

On the flipside, another example might be: “You’re paying attention to the words I’m saying, and now you can feel them beginning to affect you deep inside your mind.”

Notice that for these introductory sorts of suggestions (which are a pair of one pace and one lead), we’re making pretty small changes to someone’s experience! We’re using words like “you can *start to*” and “*beginning to*,” and the content of the suggestion is stuff that’s pretty easy to use as building blocks. We’re not necessarily jumping to, “Now you’re in deep trance!” or “Now you’re fully under my control!” We’re giving the subject time to let their feelings grow in a natural way.

OK, now what?

You’ve said your three truths and one suggestion... Your partner might even be in trance! So... do you just stop there?

Keep going! You can repeat this pattern, and change it up! Try two truths and one suggestion, one truth and two suggestions... As the trance progresses, your partner will naturally become more responsive to you, and you'll start to learn how to notice when your partner is more and more accepting.

It's always good to throw in some "truths" even when someone is deep in trance—it helps maintain a strong sense that you're both on the same page about how your partner is feeling, which is an important part of them feeling confident in responding to suggestions. It also can make them feel like you're reading their mind, which is great for hypnosis!

Neither a certain "depth" of trance nor a "level" of responsiveness is the goal in hypnosis. The simple goal is that both partners are satisfied and feel good. Sometimes, a person is in trance when you give them their first "truth." Sometimes, you may need to talk at them for a while before they visibly show signs of trance.

But! Even when they are in trance, that's not the end of the hypnosis. Enjoy, explore, and deepen those feelings together. Don't feel rushed to move

on to more “different” suggestions.

Communication flow

Part of becoming more comfortable as a hypnotist is simply getting comfortable with this process of making a communication to your partner, allowing them to respond, and then making another communication to them. You can think of hypnosis (or any kink scene) as a conversation with verbal and nonverbal elements.

You want to be able to talk naturally, “listen” and observe what your partner has to say, and then respond. We look at this “three truths, one suggestion” model as simply a guideline to learn pacing and leading. There is no hard and fast rule for how many truths or suggestions to make at any point during trance.

As you progress, you’ll feel better about exiting from structure and simply saying the things that you think will affect your partner. Please, experiment!

Wake-up

Eventually, you'll be ready for the scene to end. A "wake-up" in hypnosis is a suggestion that gives the person a foothold to come back to baseline.

Here's a couple tips:

- Left alone, someone in hypnosis will eventually come out of trance (but that can be less fun, because they have to do a little "work" themselves and may feel a lack of attention).
- Someone coming out of trance is most of the time going to feel a little fuzzy afterwards. That's perfectly normal and it will fade over time—give them a little care if you can and encourage them to take it easy until they feel more with-it.

Wake-ups can be short and sweet, or long and involved. Here's a couple of examples:

- "When I snap my fingers, you're going to wake up."

- “I’m going to count from one to three, and on the count of three, you’ll be out of trance. One... beginning to feel yourself stirring. Two... Noticing your body more and getting ready to fully awaken. And, three: up, up, up!”

As a general rule of thumb, it can be more comfortable for a person who’s been very engaged in trance (whether in intensity or time) to have a slightly longer wake-up, because they need a little time to reorient themselves. Notice that there are some suggestions about how the subject is incrementally feeling more awake and in touch with their body that can be useful.

You may see suggestions about telling your subject that they’ll feel “alert” and “wide awake” when they come back. While giving these suggestions can sometimes affect a person’s experience, sometimes it can be a little jarring for someone to be told that they’re supposed to be “alert” when they wake up feeling fuzzy. Over time, you can work with your partner to have quicker, more awakening wake-up capabilities, but at first, here’s some alternative phrasings and ideas you can think about:

- “I’m going to count to three, and you can take that time to allow yourself to come back up in whatever way feels natural.”
- “I’m going to snap my fingers, and your mind can take that as a sign to shift back awake.”
- “You can begin to wake up now in the way that feels most right.”

These phrasings—especially when we emphasize that a suggestion will be carried out “on their own terms,” “in a way that feels right/natural” are what we might call “permissive,” and they can be really helpful for all sorts of suggestions!

LEARN HYPNOKINK

How do you know if they're in trance?

It's very common for hypnotists and subjects who are new to hypnosis to worry a lot about whether someone is actually "in trance." We know that it's much more important to emphasize a person's responses than it is to fret about trance being a box that you're inside or outside of, but there are some common signs that you can look for that will tell you a person is feeling it.

There's a lot of variation in hypnotic response even from moment to moment in an individual, so *the MOST important sign is that they are having a reaction that is somehow different from their baseline.* If someone was blinking normally and now they're staring; if someone was relaxed and now they're tense. A change in their outward body language or the like corresponds with them inwardly feeling something different, even if it's subtle.

All of that being said, here's some signs you can look for:

- Eyes closing fully or partially
- Eyes widening
- Blinking more, less, or eyelids fluttering
- Eyes rolling/moving around, or becoming very still (whether closed or open eyelids)
- Glassiness or teariness of the eyes
- Redness of the whites of the eyes
- Dilated pupils
- Relaxation or tension of facial muscles
- Relaxation or tension in the body
- Muscle twitches or rocking of the body
- Stillness/stiffness or limpness in limbs or body
- Breathing faster or slower

Acknowledge

One of the best and easiest “tricks” you can do when hypnotizing someone is: When you see something, say something!

Any time that you notice a change in the way your partner is responding, feed it back to them.

“That’s right, your eyes are starting to close...” “I can see your muscles engaging...”

Like we’ve said before, acknowledging someone’s response to trance is hypnotic! It “ratifies” (encourages and brings to light) that the person is experiencing a sign of hypnosis, and it lets them know that you are attentive to what they’re feeling. The things that you see externally mean that they’re experiencing something, and they want to know that they’re doing it right! Feeling more confident that they’re being responsive to hypnosis = actually being more responsive to hypnosis.

LEARN HYPNOKINK

Suggestion style intro

Suggestions are the driving force for hypnosis. Even the “truths” we talk about in our inductions are suggestive—they change the way a person thinks and pays attention. As we learned, even something as simple as suggesting someone pays attention to their body can be effective for inducing hypnosis!

But it doesn't stop there. If suggestions are intended to draw or change someone's focus, then their purpose is to do that *in order to make certain things more accessible*. We suggest bodily focus in order to make someone more aware of the subtle sensations in their body because that makes trance feelings easier to feel. But we might also be able to use that bodily focus—maybe on a specific body part—in order to get someone to feel, for example, a tingly or aroused feeling.

This is the basis for hypnosis: suggestions that lead to focus that in turn leads to openness to more suggestions. A more available, intense

awareness of subtle “stuff” in the body and mind is what creates the opportunity for experiential transformation.

Like we talked about before, making really good suggestions is the core of hypnosis, and a skill that takes practice and learning. It can be overwhelming at first to sift through all sorts of material about things like “neuro-linguistic programming” and “Ericksonian suggestions.” While digging into all sorts of these concepts is an extremely rewarding process as a hypnotist, we can start off at a great place with some simple ideas.

Direct/indirect vs explicit/ambiguous

There are two big principles to understand about suggestions at the start: how “direct” a suggestion is, and how “explicit” a suggestion is.

The “directness” of a suggestion is about the delivery or the “packaging.”

A “direct” suggestion sounds something like this:

- “You will feel x”
- “You are feeling x”
- “Now, you feel x”
- “Feel x now”
- “You’re going to feel x”

An “indirect” suggestion sounds something like this:

- “Perhaps you feel x”
- “Can you imagine feeling x”
- “You can feel x”
- “I wonder if you might feel x”

Think of it this way: If the suggestion feels like it is pass/fail—as though either it works or it doesn’t—it’s more direct. If the suggestion feels like there is some “wiggle room,” it’s more indirect.

On the other hand, the “explicitness” of a suggestion is about the content.

An “explicit” suggestion sounds something like this:

- “...feel my hands stroking you.”
- “...notice my control over you.”
- “...your eyes close now.”
- “...imagine ropes binding you.”

An “ambiguous” suggestion sounds something like this:

- “...what are you feeling between your legs?”
- “...notice your thoughts shifting under my words.”
- “...there’s a change in the way your eyes feel.”
- “...imagine a stillness slowly sinking into your body.”

If it feels very clear what the suggestion is about, it’s more explicit. If it feels like there isn’t a singular, obvious result from the suggestion, it’s more ambiguous.

When do I use each one?

This is at least partially a matter of style, but here are some thoughts:

- Indirect and/or ambiguous suggestions (generally) tend to be more effective, and especially before/at the beginning of a trance (and/or: when someone is still trying to suss out exactly what they're feeling and how they're responding).
- Direct and/or explicit suggestions can create a really strong sense/tone of power and control, but when the subject feels like they don't work "as expected," it can be very disappointing and give the sense that something about the trance isn't working.
- A mix is ideal—you can try starting with an indirect/ambiguous suggestion, and then when your partner responds, say something really direct/explicit! See if you can make indirect/explicit suggestions, and direct/ambiguous suggestions too!

Here are some examples of mixing these styles:

- "Now, imagine that you're staring deep into my eyes... I wonder what that makes you feel?"

- “Can you notice that shift in the muscles of your eyelids? They’re starting to close now...”
- “Focus your attention on my words and notice the way your mind starts tingling as you listen.”

One of the most important parts of becoming a hypnotist is to talk in a way that feels both hypnotic and natural for you! All of the example words and phrases are simply examples—see how you might be able to say the same thing but in your own words!

Utilization and cold reading

It's now that we introduce one of the most important concepts in hypnosis: "utilization." Utilization refers to the principle that we want to "use" what's available to us in order to hypnotize someone—that could be talking about what we know our partner is thinking or feeling, or using a memory that we share together as part of the trance. Who is your partner? What do they like? How do they think? The whole of a person and their environment are the ingredients available to us.

If this sounds familiar—like saying "truths" or pacing our partner as part of hypnotizing them—you've got it! But philosophically, it's an essential idea.

The more you make hypnosis feel personal, the more intimate it is, and the more that your partner is going to feel vulnerable or open to you

in a positive way. Hypnosis absolutely thrives on personal touches—you're playing with someone's mind!

If you know your partner has certain tastes or feelings about hypnosis, try talking about them as part of the trance. This goes especially well with calling back to previous trance experiences you've shared together, or making comparisons to other things in their life. Here are some examples:

- You know your partner likes their neck kissed, so you talk about what it would be like to hypnotize them with your lips right against them (or you actually do it!)
- The last time you and your partner played, they reacted really well when you said a certain word, so you use the word again and let them know you know how it makes them feel
- You know your partner feels like they have a very active mind, so you give suggestions that that “activeness” is going to make their brain work extra diligently to push them deeper into trance

The name of the game in hypnosis is engagement

or immersion of attention—so when you think about the things you know about your partner, ask yourself: How could I use this idea to hypnotize them? How could I use this idea to fixate their attention. And: What could this idea lead to?

Playing intimately with someone is a constant learning experience—you are learning who they are and what they like. When you're hypnotizing someone, think about all the information you're getting, and use that all in your trance.

Utilization importantly refers to the philosophy that we are not “putting someone into hypnosis” so much as we are using all of their available mental processes and psychology. Hypnosis is not a magical external force—it's just making use of the way a person thinks and what's already in their head. Keep this in mind as you move forward with hypnosis! This will become even more apparent in the next sections, where we talk about making suggestions around some of the ways that a person's brain operates.

Cold reading

It may seem intimidating to try to figure out truths about a person's experience or come up with good suggestions—but the reality is that there are things that you can say that will almost always hit.

We want to say things that are both accurate and personal about a subject, and we use these truths as springboards to make more suggestions. The best way to do this is to get to know your partner and talk about their own personal experiences, as we've said.

But, in addition to this, you can draw upon some near-universal aspects of the hypnokink experience. We might call this akin to “cold reading,” where a mentalist makes generalized, highly-relatable statements to get the people around them to feel like their minds are being read.

At the same time as learning these “tricks,” you'll be learning about important parts of hypnosis!

- **“Barnum Statements” (Things that are usually true)**

In cold reading, there’s a type of phrase called a “Barnum statement” that simply refers to things you can say that most people will relate to. For example, a mentalist might say to someone, “I know that you struggle with insecurity sometimes.” This feels like mind reading, but the reality is that that’s true for almost everyone!

When we apply this to hypnosis, we find statements and concepts that are simply generally true for most people. We’re going to look at two aspects of a subject’s experience: 1) Their desires, and 2) what they might psychologically experience in hypnosis.

- **General desires**

Talking about someone’s desires is one of the best ways to make them feel “seen.” It’s an incredibly intimate thing to talk about—or to feel like your desires are known—especially in hypnokink. It can really help to create feelings of trust between people.

- *Complexity of desire*

Sexuality in general is often a complicated beast for people. Especially considering hypnosis as a kink or fetish, fringe sexuality can be even more so. We can feel fairly confident telling our partners that we understand that their desires in being hypnotized or controlled aren't simplistic, even if we don't necessarily know exactly why. Acknowledging this can add intimacy and heat to a scene as well as potentially put our partners at ease!

Examples:

- “I know that you have your own personal feelings about this.”
- “It's OK to have a lot of different thoughts about your desires.”
- *Desire for trance/play*

If someone has expressed an interest in playing with you in a kinky context, you can safely assume that there's some desire behind those words. There is a lot of power in telling someone that they want something, especially alongside

the concept that they are getting it at that moment, or that they're motivated. Sometimes, this desire is more of a curiosity—use what you know about your partner's motivations!

Example statements:

- “You want to go deep for me, don’t you?”
- “You’re going into trance, it’s happening right now, and you can let your curiosity about that grow stronger...”
- *Desire to feel good*

People want to feel good! Even though we can feel complex or even embarrassed about our drives for (sexual or nonsexual) pleasure, those drives exist, and it’s often part of our motivation for play in the first place. It can often feel very pinning to call someone out on what is ostensibly a base need—potentially part of an exchange of power.

Example statements:

- “It feels good, and very simply, you like

feeling good.”

- “Your desire for pleasure makes it easier for me to hypnotize you.”
- *Desire to do it right*

Most subjects do or have at some point felt like they want to “do the right thing” in trance. Whether this is in a power exchange context such as wanting to obey well, or it’s in a general context where they simply want to “get it right” to go into trance, many people, especially those new to hypnosis, worry about their performance. We as hypnotists want to allay this fear, and acknowledging it out loud allows us to explain that there is no “wrong” here.

Example statements:

- “I know you’re worried about doing the right thing, and it’s OK to feel that, but your responses are your own, so there’s no way to get it wrong.”
- “Maybe you think about what you need to do better to go into trance, but you can notice that you feel parts of hypnosis even when you’re not trying.”

- **Psychological experiences**

These are some examples of things that a person's brain does—things you can talk about to utilize someone's actual mental processes!

- *Change*

Hypnosis involves changes in experience and perception. These moments of change can be subtle or overt, but part of the intensity is in how we notice them, so talking about a change can make it feel bigger. There are shifts in the way that someone pays attention, like the moment you enter into a scene, the way they feel through the words you say, or when they focus on different parts of their experience. There is also change inherent in trance; the actual feelings of hypnosis are fluid, and they're "changed" from being awake. Talking to someone about them experiencing a change is one way that we can reliably "mind read" someone, and especially when we take body language cues—as we've said before, if someone has an external reaction to something, it's reasonable to think that internally, something has changed a little!

Example statements:

- “I know that you’re going to go through some changes in the way that you’re feeling right now as you listen to my words.”
- “Your thoughts are different now than they were when I first started talking to you.”
- *Attention shifting*

More specific than general change, we can understand that as you speak to a person, their thoughts will naturally follow your words. If you talk to your partner about your voice, they will think about your voice. If you talk to your partner about their physical experience, they will think about what they feel. Though this experience of attention can change, we can effectively mind read by pointing out these simple things—telling someone very explicitly, “You’re thinking what I tell you right now.”

Example statements:

- “As I say things to you, your mind processes my words, and I am controlling what it thinks just by talking.”
- “Did you notice how when I talked about your legs relaxing, you focused more on your body?”
- “*Hallucination*”

Hallucinations in hypnosis—seeing, feeling, or hearing something that isn’t actually there—have the context of being very grand, but the reality is that we can think of all sorts of feelings and imaginative experiences as hallucinatory.

Recalling a memory has sensory aspects, and so does imagining/visualizing a scenario or suggestions. We can pay attention to what kinds of language we’re using to read the sorts of sense-experiences a person might be having.

Example statements:

- “As I tell you how I’m going to fuck you, your body is imagining what that’s going to feel like...”
- “What parts are you most focused on when you remember your trances?”

- *Associations*

One of the primary ways that hypnosis works is through the associations of thoughts and concepts. People are relating, comparing, and connecting our words to their experiences all the time. For example, we can acknowledge that many existing hypnotic concepts are all associated with desires and past experiences. We can also understand that when any two things are happening at the same time, a connection can be made, like a trigger, or just a general relationship between (for example) your words and their pleasure.

Example statements:

- “Are you feeling the link form between the sound of my voice and your trance getting deeper and deeper?”
- “Your mind is like a big web of connections and memories—I wonder what kinds of responses it’ll make when I tell you [x]...”

Some suggestion ideas and how to do them

Now—outside of just inducing trance with your partner, what kinds of shenanigans can you get up to in hypnosis? In this section, we'll give some examples of suggestion topics you can play with.

Stay simple

The ideas we're talking about aren't too complex, and there's a few reasons for that. Firstly, working with simple suggestions is great for partners who are new to hypnosis, because they're easy to understand and talk about, which makes negotiation and informed consent a lot easier.

Secondly, “simpler” suggestions in general make it easier for the subject to achieve a satisfying, intense experience. We can sort of intuitively understand that it feels more realistic to guide someone into feeling frozen or stuck than it is,

for example, to totally wipe away a person's memory. It's good to get a sense of why that is, and what makes suggestions "easier" as a general rule. (Of course, there is so much variation in different people about what they feel is "easy" that this isn't hard and fast!)

For the most part, things that a subject can easily imagine or experience in their normal "waking" life is going to be easier to feel in hypnosis. A "freeze" suggestion, for example, is essentially just someone not moving, and we all are familiar with times when our bodies feel stuck—maybe we're really tired, or really engrossed in something—and so we know what that feels like!

Additionally, we want our subjects to be able to simply believe that a suggestion is plausible. For both of these reasons, it's great to work in increments—not just immediately suggesting, "Now you're a playful puppy!" but giving someone the time and context to ease into a) the confidence and feeling of responding to suggestions, and b) the actual suggestion itself.

As we go through these ideas, we'll break down some elements and concepts to work with in this vein! Each idea will contain little sections of

elements to think about—some of them will apply to all sorts of different ideas, not just the ones they're listed under, so give that some thought!

- **Freezing/catalepsy**

Making someone “freeze” or be stuck is one of the best places to start when you're giving suggestions. You can give someone the feeling that they're totally helpless or bound, or you can make parts of their body stiff and unresponsive when they try to move them! This can be exciting for teasing someone, and also it can just generally be a powerful, convincing feeling of control.

One of the best things about this is that sometimes, subjects will naturally go very still and stiff in hypnosis—this is called “catalepsy,” and it can happen to their whole body or just part of it.

We know that the “direction” of someone's focus is an element to how we make our suggestions—so for stilling the body, we want to draw someone's attention to the body as part of our hypnotizing. (But—can you imagine a creative scenario where you do the opposite, and “freeze”

a part of someone's mind?)

Metaphors

When giving this or any suggestion, our goal is to be persuasive and “help” our partners be able to experience it. So one option is to use some metaphors (comparisons—we know this isn’t the technical definition of “metaphor” in a literary sense) to give context, such as:

- “As though you’re being tightly bound by straps/ropes/etc...”
- “Like your body is turning into a statue/doll...”
- “Like you’re so exhausted, you just can’t move...”
- “It feels like your body is being glued down...”
- “Like you’re disconnected from the impulse of moving...”

Detail

Another option is to simply give detail about the sensation itself—taking a little time to “flesh it out” either with a metaphor or without one. It

makes sense that we want to give our partners some good content to be able to imagine and feel the suggestion, especially because it gives the effect of an incremental change, such as:

- “Feeling that stuck feeling spreading through your body”
- “Stillness creeping from your head all the way down”
- “Such a small sensation at first, gradually overwhelming your body”
- “Noticing the way it feels to not be able to move, getting stronger”

Ratifying

Additionally, especially the first time that someone is going to experience a hypnotic phenomenon, we want to give them a chance to really feel it after we’re “done” suggesting it.

Sometimes this is about giving someone the chance to “test” the suggestion—either when they’re awake or when they’re still in trance. In a case like this, it helps to think about how you present or “frame” this testing. You mostly want to avoid implying that it’s possible for your

partner to get out of the suggestion. Here are some examples of ways to do that:

- “Give yourself a chance to enjoy struggling against being stuck”
- “Can you feel how when you try to move, you notice being frozen more?”
- “It feels good to let go into stillness”

Ways to play

Freeze play can be a lot of fun in many different situations, especially if you make it into a “trigger” where you can freeze and unfreeze someone with a word. We’ll go over more specifics on how to make triggers in another section, but let’s look at some ideas:

- Freezing/unfreezing someone to interrupt them when they talk
- Freezing someone in order to tease their body
- Freezing someone and then hypnotizing them so they “can’t resist”
- Freezing someone and taking them through a guided fantasy where they are bound

Safety tip

With any play that renders someone incapable of speech or action—even with hypnosis itself—it’s very important that you give them a way to communicate if something is wrong. With freezing specifically, giving them a way to adjust their body if they are uncomfortable is necessary. We’ll go over this kind of safety in more detail later, but here are some ways you can do this:

- “Your body will automatically adjust if it needs to”
- “You can feel confident that you’ll communicate if you need to”
- Checking in with your partner
- **Guided fantasy**

Another exciting thing we can do with hypnosis is walk our partners through a scenario that we tell them, almost like erotic storytelling—but more immersive! This is especially great if you’re already inclined to be creative—like a writer, or a TTRPG GM. It’s fun to experiment with, and it benefits from a lack of feeling “pass or fail.”

Detail

What makes fantasies immersive is the way you describe them and the kinds of details you add. Some things you can think about in a given scenario are:

- The sensory experiences (feeling, seeing, hearing, smelling, tasting)
- The mental experiences (thinking, feeling emotionally)
- The environment

Sound familiar? Those are all the things we might ask someone to focus on when we are hypnotizing them—and the same idea applies: if you ask someone to focus in a given direction, they'll be more inclined to notice the “modalities” of what they're focused on!

Don't get hung up on whether your partner is experiencing everything you describe in a fantasy perfectly—in fact, tell them explicitly that all they have to do is follow along and imagine in whatever way feels right. This takes a lot of pressure off of both of you, and you can be

confident that they're still immersed! Here are some examples of how you can express this:

- “All you have to do is follow along in a way that feels right”
- “It’s like a daydream—not quite real, but still affecting you”
- “You can imagine this the way you might imagine things when you’re masturbating”
- “You can let yourself be immersed or distracted in whatever way feels natural”

This idea of telling someone that they should experience something in “their own way” is VERY important in a lot of aspects of hypnosis. We want our partner to feel like they don’t have to “try” to get it right—and besides, their brain is going to do whatever is most familiar to it, and we should utilize that! See how you can incorporate this kind of language in other parts of trance!

Content

You truly are limited only by your own imagination here in guided fantasies. This is definitely a topic where you need to look inside

your and your partner's desires for inspiration—what turns you both on? Is there a hot fantasy they've described to you, or one that really gets you off? Maybe a scenario or fetish that you could envision playing out in the theater of your minds? Here are some potential fantasy ideas to get you thinking:

- Bound to a technologically advanced “brainwashing chair”
- Meeting a cunning, attractive stranger at a bar
- Falling asleep and being visited by a succubus/incubus
- Masturbating and getting hypnotized by the act of it
- Listening to the radio and suddenly hearing subliminal or erotic words
- Being a superhero who gets bested by the villain

Safety tip

As with any suggestion, and especially ones that are immersive or transformative, we want to make sure our partner knows that they can express themselves if they need to—especially if

they need to communicate any kind of discomfort.

- **Transformation**

A fun way to use hypnosis is to make someone feel as though they've been changed—physically or mentally, into a different person, gender, or even creature. Transformation can be the point of a scene, or it can lead to more play with the “role” the person is enacting.

Detail

Transformation is not unlike guided fantasy in some ways, because to make a transformation feel immersive, you need to describe how it happens! You can do it as a guided fantasy if you want to—describing a fantasy scenario in which your partner is transformed.

Think about what parts of the person are being transformed, and what that would feel like. Even a physical transformation will affect the mind, and a mental transformation will make someone feel sensation responses—but which one are you emphasizing? Does one lead to another? And

remember: make this a process that is gradual enough for your partner to experience it, but not so gradual or repetitive that they get bored! It doesn't take too long to let someone's attention get engaged in the change you're describing! Here are some ways you can talk about transformation language:

- “Feeling it spread through all the parts of your body, one by one, from your head moving down”
- “Like a magic spell is overcoming you, feeling the tingly feeling get more intense”
- “Watching your mind transform, almost watching your thoughts change”
- “Waves of it going over you, subtle at first and then getting stronger, wave after wave”
- “Like watching yourself in a mirror, slowly changing and shifting”
- “I wonder which part of you is going to feel it first, and how intensely?”

Ways to play

There are so many possibilities for transformations—anything that changes a

person's perceptions of their brain or body. There are some common “tropes” that people tend to enjoy playing with, but feel free to experiment! Ideas like:

- Dollification (objectified and meant to be played with, like a porcelain, clockwork, or ragdoll)
- Dronification (part of a hivemind, automated thoughts and sleek body)
- Bimbification (dumber, sluttier, and potentially more exaggeratedly feminine—you can of course do other gendered versions!)
- Pet play (a puppy, kitten, bunny, someone who acts only on animal instincts and wants petting and attention)
- Personality play (a character from a series, or someone who is more dominant/submissive, innocent, lewd, nerdy, confident)
- Gender transformation (becoming more masculine, feminine, or androgynous in body, mind, or mannerisms)

Safety tip

Transformation is infinitely customizable! Even one idea can have a ton of different nuances to it. This is one area that's especially good to talk in-depth with your partner about if you don't know each other very well and don't know what they might expect from a given transformation goal—you don't need to hammer out every single detail if neither of you want to, but some baseline understanding will help guide the scene to be the most enjoyable it can be.

- **Obedience play**

One of the sexiest draws of hypnokink for some people is the fantasy of power exchange and control—making someone feel submissive and obedient to you. We can say this is an extension of “D/s”—domination and submission—and besides being suited well for it thematically, hypnosis is functionally great for creating these kinds of feelings and scenes.

Submission is both a nuanced emotional feeling as well as something with concrete behavioral effects. This means that you have various options

in how you might suggest it—do you suggest the kinds of subtle mental feelings, or do you suggest the behaviors? This is a “chicken and egg” situation, and you’re encouraged to experiment, but remember that they go hand and hand—you are ultimately doing both!

Context

As we know, giving metaphors or context for a suggestion can make it feel more real. This is a great opportunity to be introspective about your and your partner’s fantasies about obedience and submission as a whole. Think about where those fantasies come from—is there an attraction to “servant” style submission like maids? What about making someone submissive in a slow and seductive way?

In essence, ask yourself: “What drives this feeling of submission?” Here are some possibilities:

- Being obedient feels good; a drive for pleasure
- Being obedient feels right; a drive for self-fulfillment
- Being obedient feels transgressive; a drive

for sexual taboo

- Being obedient feels liberating; a drive for sexual freedom/expression
- Being obedient is a long-held fantasy; a drive for getting what you both want

You can very easily combine this with guided fantasy or transformation—what kinds of fantasy transformations could make someone feel more submissive and obedient? What kind of fantasy scenarios would lead someone to feel that?

Detail

A lot of what we've talked about already could be said to be about the mental or emotional aspects of submission—or why someone would be attracted to being obedient. But once you've created the context, it's time to think about what the feelings actually are so that you can give your partner more detail.

Psychologically, feeling obedient might feel like:

- Paying closer attention to your words
- Feeling “ready” to obey
- Subtle feelings of pleasure inside

someone's head

- Hearing your voice or words echoing
- Wanting to please you and make you happy
- Thinking of you as important, dominant, and/or attractive
- Feeling like their inner voice is more “quiet” or subdued

We also have to think about what obedience might physically feel like—feelings we have emotionally have physical components too! Sometimes these seem subtle to us because we associate them with the emotion—like the pit in your stomach when you're disappointed. Here are some potential ideas:

- Sexual arousal
- Physical excitement or tension
- An easing of muscle tension (like relief)
- Feeling like the body is acting more automatically

Ratifying

Especially with this kind of suggestion, you want your partner to really be able to feel obedient! In

fact, ratifying this suggestion is often just part of the play. It makes sense that after we make someone feel submissive that we want them to—well, obey!

The trick here (and with a lot of other things we ratify) is to keep suggesting feelings when we “test out” the suggestion itself. Basically, we say, “Here, go ahead and try out and see how it feels—doesn’t it feel so x?”

In the next section, we’ll talk about some fun activities that you can do with an obedient partner both as play and as ratifying, but here are some ways that you can make these suggestions.

- “The more you obey, the more you can feel your sense of submission growing”
- “Now when you do what I want, you can think about how it feels different”
- “Obeying feels more intense than your everyday experience, doesn’t it?”

Ways to Play

Making a scene have more D/s can be a way to set the stage for more, or it can be fulfilling in and of

itself. But what are some concrete activities that you can have your partner do to take advantage of or reinforce their feelings of submission? Here are a few:

- Sitting in more submissive positions like kneeling or fixing posture to sit up straight
- Saying mantras or repeating sexy words like “I obey” over and over, perhaps as “call and response”
- Calling you by an honorific
- Service acts like helping you with a task, making you food, or creating writing/art for you
- Writing lines
- Sexual activities like masturbating or giving you sexual attention

Sensory play

Hypnosis gives us the exciting possibility that we can simply suggest something to our partner and they experience it—things like intense visualizations or suggestions of feeling pleasure and arousal. This is especially great for playing at a distance, but don’t knock it for in-person play

as well!

Hypnotic suggestions mostly don't feel 1:1 with reality—that is, most people are not going to exactly feel your caress or completely hallucinate a spiral in front of them. But that doesn't mean that they can't be immersive and intense experiences—especially if we acknowledge this principle and work with it to make them so!

Framing

Tell your partner up front that you don't expect them to 100% believe and experience the sensory stuff you suggest—at least, not in the same way they would experience something in their “waking” reality. You don't need to say “It's not going to feel real”—you can use metaphors and framings that tell a more helpful story, such as:

- “The suggestions I give you might feel like a weird kind of dream”
- “Your brain is going to imagine this in intense detail”
- “It's almost like an immersive daydream, like an illusion”
- “You can accept that the things you see

and feel are created by your mind”

Detail

With sensory suggestions, giving more detail often leads to more immersion (and intensity of sensory stuff). This is sort of like when you're reading a book and the author describes something in more detail so you can imagine it more fully.

Think about how you'd describe a sensation, a vision, a sound, a taste or a smell. How would you communicate the qualities of it like color, intensity, vividness, pressure, temperature, or other details?

Additionally, one of the best ways to make a sensory suggestion feel more real is to think about the other sensory aspects of the thing. If you're describing a physical feeling, what would that make someone feel emotionally, and is there a sight or sound that might come up as well? For example, describing a touch might also involve feelings of excitement, or being able to picture the touch itself.

(Some sources on hypnosis use a model for the five senses that asserts everyone has one “primary” sense—we the authors find this approach limiting/outdated in current science, and encourage you to see how each sense connects to the others!)

One of the most interesting ways to play with this for many people is with physical pleasure, and this is an opportunity for you to really think about all of the qualities of physical pleasure and arousal. What outside of trance makes someone feel pleased or aroused? How many subtleties can you identify about an experience of pleasure? How would you describe pleasure, whether more abstract or through a specific physical act?

Ways to Play

Ideas like these will help you (and overlap) with things like guided fantasies and transformations. Here are some potential ideas that you can suggest someone to experience in a sensory way:

- The familiar way that you smell
- A tingling and growing sensation of arousal from a magic spell or

masturbation

- Staring at a screen feeding subliminal messages
- Vividly seeing themselves kneeling or doing something submissive
- The sensation of being immersed in warm water
- Feeling encased by latex
- Feeling a body part grow or shrink

LEARN HYPNOKINK

Cleaning up safely

One of the most important parts of hypnosis play is abiding by “campground rules”: taking good care of your partner and leaving them “better than you found them.” For the most part, until you are working with someone with whom you’re in a long-term relationship and you both have some solid experience and knowledge under your belt, this means “cleaning up” the suggestions and play you do when the scene is finishing.

When we engage in any intimacy or kink—or any experience—we can’t really “erase” the effect that that experience has on us or the other person. For this reason, it’s not as simple as waving our hands and saying, “Now, magically, you’re free from any long-term effects!” (It never is! Psychology is very complicated!)

A good place to start—especially with more “involved” suggestions like in-depth fantasies or transformation—is suggesting a reversal or a return to baseline. Like a wake-up but for that

specific suggestion—perhaps transforming someone back to their usual self, or waking someone up out of the fantasy.

Here are some more ingredients that you can use for a healthy ethos around this topic:

Boundaries

It's often a great idea when you are suggesting something that you set some boundaries on the suggestion, especially if it's something that has the potential to extend past the scene. This means including phrases like:

- “Just for this scene...”
- “Just while we play...”
- “Just with me...”
- “Just in this chair/bed/couch...”

...Or whatever you want the boundaries on the suggestion to be.

Hypnosis isn't magic (mostly...), so including boundaries doesn't magically mean that some effects will never ever spill over. Hypnosis makes changes to a person's memories and associations!

But this is a great place to start, and one really important effect it does have is making sure you and your partner are on the same page about when to really expect effects to be, well, effective!

Cooperation/agreement

When you're beginning to clean up your suggestions at the end of a scene, one of the first things you can do is enlist some cooperation from your partner! Express that it's a mutual desire, and that you're attentive to their needs as a subject. This means using some language like:

- “We’re going to clean up now so that you’re in a good place after the scene”
- “We don’t want these suggestions to affect you outside of trance, so...”

No need to mourn

The end of a really exciting intimate time can be sad or disappointing—sometimes in a small way and sometimes in a big way. This feeling or other feelings of not wanting a scene to end can lead to a little desire to “hang on” to parts of suggestions. We just generally want to make this

a pleasant process (which will help our suggestions in turn) so some reassurance that the subject doesn't have to feel like they're missing out, such as:

- “If you had fun with this, we can always do it again”
- “This isn't the end, just a break until next time”
- “Even though we're cleaning up, these suggestions will be part of you and more accessible for the next time you experience something”

Replace/reframe

Saying “Don't respond to this suggestion outside of trance” is a little bit like saying “Don't think about pink elephants.” Once an association has been made inside of a person's head (like the kinds of associations we make in hypnosis), simply removing it is really hard!

Instead, we can transform the suggestions into something that is less likely to be disruptive outside of trance. One of the best ways to do this is to “reframe” their experience into a memory.

It's true that the experience DID become a memory! And we function totally fine with having nice memories all the time. You could say things like:

- “And now, you feel this suggestion turning into a simple memory with only as much power over you as any other memory”
- “As we clean up, this experience becomes just a normal memory, not affecting you out of trance”

Ratify

The last piece you can include is a chance for your partner to feel how the suggestions won't affect them out of trance. You can do this by “testing it out” when they're awake (calling back to the suggestion and reinforcing that they're not affected by it), and/or you can “future pace” them while you're doing clean up.

“Future pacing” is a fancy term for when you make a suggestion that makes someone imagine what will happen in the future. It's a really useful technique in a lot of hypnosis, but one of its most useful places to be is in cleanup—having your

partner imagine being awake and not responding to the suggestions you're cleaning up. Giving them the opportunity to imagine what that'll feel like reinforces the clean up suggestions! You could say something like:

- “You can imagine going about your day, unaffected by these suggestions”
- “You can imagine being awake and just smiling to yourself instead of responding to these suggestions”
- “Can you see yourself just remembering this scene fondly?”

Useful and fun tech

There's a lot more to hypnosis than just suggestions and trance. In this section, we're going to go over some core concepts and techniques that inform the way that hypnosis works!

Fractionation

In hypnosis, when someone is going between two “states” or experiences (such as “awake” and “in trance”), this contrast tends to emphasize one, the other, or both. For example, a subject that goes into trance, is woken up, and then is dropped into trance again will generally feel like they're going deeper or more intensely into hypnosis. This is called “fractionation.”

This makes sense—there are a lot of times when a short break from something can make it feel more achievable, fulfilling, or noticeable (like tease and denial, or having your mood change over the day).

This is really useful to us in hypnosis! It's a great technique to use to "break up" a hypnokink scene—waking someone up and dropping them back down instead of powering through a long trance—and it is a great technique to "deepen" feelings of hypnosis. You can do it fast, slow, or somewhere in the middle—and even someone who's been out of trance for 15-30 minutes or more can experience some of this intensifying effect.

It's useful for more than just trance sensations too; think about what other "poles" you could apply this to: frozen and limp? Aroused and not aroused? Smart and dumb? Focused inside and outside?

There aren't hard and fast rules about which state gets "more" emphasized, but it has some to do with how much you linger on or emphasize one or the other with your words. It's a little bit like riding an invisible wave—what part of the "wave" are you on when you decide to switch?

Triggers

One of the most exciting and well-known parts of hypnosis for many people is the idea of a “trigger”: When the hypnotist says a word or snaps their fingers, and the subject responds with some sort of pre-programmed suggestion.

Triggers are essentially just associations between any two things (a stimulus and a response). Here are some examples:

Triggers:

- Something the hypnotist does (finger snap, clap, wink, saying a word or phrase, touching the subject somewhere)
- Something the subject does (closing eyes, clenching fist, gasping, saying a word or phrase, thinking about or remembering something)
- Something environmental (hearing a certain sound or song, seeing an image)

Responses:

- A sensory experience (a wave of pleasure, a feeling of being spanked, visualizing a body part, imagining/hearing the sound of a vibrator)
- A thought (thinking compulsively about the concept of submission, a word or phrase, an exciting memory, an emotion)
- An action (saying a word or phrase, touching a body part, making a cat noise)
- A hypnotic response (feeling frozen, going limp, feeling a persona shift, going into trance)

Triggers work on the basis of a psychological concept called “classical conditioning.” Classical conditioning is familiar to us in concepts like Pavlov’s dogs. Pavlov trained these dogs to salivate at a sound by playing that sound right before giving them food. The dogs would then naturally drool in the presence of a meal, so by associating the sound with food, a “conditioned response” was created.

Association is a huge part of how all animals process—and especially us humans, who make all sorts of mental connections all the time. When you remember a sexy encounter you had and get turned on, that’s one of those associations, too.

Hypnotic triggers work on this principle. Intentionally creating an association isn't hard—there are essentially two things you should keep in mind: 1) how to suggest the association, and 2) giving your subject enough “footholds” to make the response feel accessible.

There are tons of ways you could suggest an association. Here are some examples:

- “When I do x, you'll do y”
- “I want you to think about how it feels to do y—think really hard about it, and then feel the connection being formed when I do x”
- “Now, you're doing y, and notice how I've attached that to x”

For a couple specific examples:

- “You're deeply hypnotized, and I want you to know that you can return to this state whenever I touch you on the forehead”
- “Isn't it fun to be dumb? Whenever I say the word ‘dumber,’ you can feel more of your intelligence leaking away”

Ratifying or reinforcing triggers is pretty important—it helps make the association stronger. You can do this simply by testing the trigger, but remember that ratifying suggestions works best when you give it a little extra “push” and suggest it more as you test it. Keep this in mind, especially if you use a trigger that hasn’t been used in a while. (It’s natural that triggers will fade after a period without use, and for some people it can be very fast.) Here are some ideas for this:

- Have your partner imagine what it’ll feel like to respond to the trigger in the future while they’re still in trance
- Repeat the trigger several times in a row, suggesting that the response will get stronger every time
- Do the trigger and repeat the suggestion

This is something you can start playing with when you have a partner who wants to play with more ongoing elements of hypnosis—having triggers that persist after the scene. But you can also keep trigger play contained within the scene itself—you can use triggers when the subject is

still in trance, or play with them after they've woken up.

Safety tip: put boundaries on the triggers you leave with your partner! Telling them that the trigger should only work for you and/or when it's safe and appropriate for them to respond is important.

“Waking” or responsive trance

It's a common misconception that hypnotized subjects are unresponsive in trance. While it's true that many people respond naturally to hypnosis by becoming less outwardly responsive, this isn't true for everyone (and has a lot to do with the person's preconceived notions of hypnosis, how you frame hypnosis to them, and how the trance itself is and feels).

It's a great skill for subjects to learn how to be more active in trance—whether they're moving or talking. For some people, it can feel difficult to muster up the “strength” to do this, or it may feel like they're “breaking” trance when they do. But this is something you can help them with. Here are some ways to do that:

- Give permission: “You can talk and be active in trance, and it can even enhance your experience”
- Encourage: “You can stay so deep in trance with your eyes wide open”
- Link responses with trance: “You can find that when/after you speak, you feel yourself drifting deeper”
- Ratify: “That’s right, you’re getting more hypnotized now, aren’t you?”
- Dissociate the feeling: “When you talk or move, it’s almost like watching your body do it without you necessarily putting much effort in”
- Condition after they talk: “Now you’re dropping deeper” (after they do something active—associating responding with trance)

Playing with a more “active” trance can be fun simply because the way someone thinks and talks can be different from their “normal” and it can be really interesting. It also affords you opportunities to play more actively, for example:

- Being able to keep their eyes open and

type to you for text hypnosis

- Being able to say mantras or other sexy things while in trance
- “Active” sexual (or other physical) interaction while in trance (like giving oral sex)
- More immersive transformations or guided fantasies where they can verbally respond to you while they’re still in trance, or you don’t have to wake them up to “complete” a transformation or role-enactment

LEARN HYPNOKINK

Setting up for success

This section of the guide contains a variety of tips and tricks that will be useful for: teaching your partner how to expect trance in a productive way, “troubleshooting” (or heading off) things that might get in the way, and just generally some good techniques and practices to make someone more able to experience a fulfilling (and safer) trance.

“Checking”

It’s not uncommon for people who are new to being hypnotized to feel that sometimes, their head is getting in the way. Some people say they feel like they’re overthinking or analyzing, or that they’re having a hard time feeling like they’re in trance. There are a ton of techniques to handle situations like this, but one of the most effective is understanding something about the hypnotic experience as a whole and “using it against them!”

Almost everyone, when they're being hypnotized, is doing a sort of little "check" inside their head. They're asking themselves, "Am I hypnotized yet? What about now?" This is totally normal and expected! But it can feel like it's getting in the way, especially when they feel like they aren't finding things to make the answer to those questions "yes."

Because we know this happens, we can twist it to be more useful to us! Here are some examples of things we can say:

- "When you wonder to yourself if you're hypnotized, you can find that there are little sensations of trance that you maybe didn't notice before"
- "When you wonder if you're hypnotized, you can hear a little voice echoing in your head in a hypnotized voice, saying 'yes'"
- "You might find part of your mind asking if you're hypnotized, but as you listen to me you can feel that part of you sinking deep into trance, too"
- "There are signs of hypnosis that take some time to recognize, so if you find yourself looking inwards and wondering, be curious about what you might find"

This is great reinforcement for most subjects—not just those who express some difficulty trancing. It can make hypnosis feel more fluid and intense!

“You don’t have to do anything”

Something that can be really effective for facilitating an intense hypnotic experience is giving someone the sense that they don’t have to exert effort in order to respond to hypnosis. While hypnosis is a collaborative activity and subjects can really positively affect their experience themselves, it can feel awesome when it feels like they’re not “working” to respond.

This also can help allay insecurities about “getting it right” that some subjects have. You ideally want your partner to be confident that they can respond as naturally as they like! That’s where the real magic tends to happen. Here are some example suggestions you can use:

- “You don’t need to put in effort to respond the way you respond to hypnosis”
- “You don’t need to do anything particular

to go deeper”

- “Your mind is going to do things without you even trying”

“You have agency”

We very much want our partners to be able to a) express if they feel uncomfortable, b) “reject” or not follow suggestions they don't want to (including going into trance), and c) trust that they have the capacity to do these things.

People retain awareness in trance—plus agency over what happens to them—but expressing and acting on that agency is a skill! You can think of it in the same way it might be uncomfortable to say “no” to something even when you’re awake. For some, it’s easy, and for others less so.

Saying this in plain language as part of your pretalk—particularly giving someone “permission” (letting them know) that they can express agency in trance can go a long way. But it’s also helpful to reinforce this when your partner is in trance, as well. You can use some of the strategies we talked about for “responsive” trance, particularly to help people express

potential discomfort verbally. Here are some more ways you might do this:

- “If there’s anything you need to tell me, understand that your brain can make it happen”
- “Let yourself know that you can comfortably reject suggestions that you don’t want to follow”
- “You can take control of your own experience at any time”

You can also turn someone’s safeword into a trigger—if they feel uncomfortable or there’s something they need to communicate, they can say the word (or do a nonverbal signal). This might be easier for some people than making a full, expressive communication.

Something else you can do is give your partner the space to “practice” rejecting suggestions! This can be especially helpful for new subjects. Agree up front what you’d like to do (such as giving a trance trigger or hypnotic language) with the intent that they don’t follow through on it.

If someone does express to you that there's something they need to say or they're uncomfortable, the best practice is to gently take them out of trance and then have the conversation. And remember: taking steps like these doesn't guarantee that someone will be able to follow through with them in all circumstances—you can't predict everything. If you don't know your partner very well or you're new to doing hypnosis together, it's still a good idea to check in with them periodically.

Putting it all together

We've looked over a lot of information about hypnosis so far! At this point, let's look at an example scene—something that combines what we've covered so far so that you can see how something like this might flow between two partners.

As you read this, think about what we've talked about and see if you can link what you're reading to the concepts you've learned!

This is an imaginary scene done over a video chat.

Negotiation

Hypnotist: "I'm so glad you were interested in talking about maybe having a scene! How are you doing today?"

Subject: "I'm good! I'm excited too. What did you have in mind? I know that I mentioned

bimbofication in my introduction—is that something that you’re into?”

H: “Definitely, I love bimbofication. What kinds of things do you like about it?”

S: “Personally, I really love the idea of getting dumber, and like—sluttier too... I’m not as much into the gendered stuff, though. What do you find exciting about it, yourself?”

H: “Really similar to you. I like the feminization aspects, but we don’t have to do that. I just really like the idea of taking someone and making them less capable, you know?”

S: “Yeah, that is... really hot. Is there anything else you might want to try in the scene?”

H: “I also enjoy doing stuff like freezeplay, and I think bimbofication, for me, tends to include stuff like arousal and pleasure. I’d rather not get TOO specifically sexual with it, but like pleasure on its own.”

S: “Sounds great to me.”

H: “Is there anything that I really shouldn’t touch on in the scene?”

S: “I don’t think it’ll come up, but I don’t really like ‘drone’ kinds of language and stuff—and like, ‘ownership’ language and titles. Anything I should know about you?”

H: “Just like I said—specific sexual stuff isn’t really my jam. I guess that means, like, I’m OK if you’re feeling driven to be fucked and you say something, but mostly I don’t like specific language for ‘the bits.’ It’s a gender thing for me. When you say ‘ownership,’ do you mean any kind of stuff around feeling submissive or controlled?”

S: “Totally get that. And—no, I guess I just mean implying that I submit only to you, or that you own me or whatever. I like feeling controlled...”

H: “Noted! What would you like your safeword to be for the scene? Just in case you need to communicate something in shorthand—I’ll definitely listen to you if you tell me ‘no’ or ‘stop’ in plain language.”

S: “I’ll use ‘red.’”

H: “OK—if you say ‘red’ I’ll bring you out of trance and stop the scene.”

S: “Awesome. You can tell me if you’re uncomfortable, too!”

H: “Thank you! Do you know what you might need for aftercare?”

S: “Well, this is my first scene with another person, so I’m not sure. But I think I’d like it if we can talk a little afterwards?”

H: “Sure, I like that too. Definitely get yourself some water and a snack afterwards!”

S: “OK!”

H: “Do you need to use the bathroom or anything before we start? Have you had enough food and water today? And is there anything I need to know about how you’re feeling?”

S: “I’m all set—I’m doing fine today! I’m maybe a little nervous because I’ve only been hypnotized

by recordings before.”

H: “Awesome! Well, we can talk a little bit about what to expect—it’s definitely a little different live.”

Pretalk

H: “So you mentioned you’ve listened to hypnosis files before. What has that been like for you?”

S: “Honestly... a mixed bag. I feel like I have a hard time letting go most of the time. Like I can’t relax.”

H: “Gotcha. Just so you know—hypnosis doesn’t have to involve relaxation, and we don’t have to do it in this trance. It’s actually more about focus—but it’s not necessarily like you’ll be blank-minded, or that your mind won’t wander sometimes. That’s all normal.”

S: “Ah, I see.”

H: “Also it’s worth mentioning that you’ll almost certainly be aware of what’s happening—even

when I transform you into a bimbo, there might be a little part of you that's sort of observing, or understanding that it's hypnotic. All the suggestions and stuff might feel closer to a really intense daydream, or something else like that. Hypnosis is really individualized, so you can just be curious about what's happening. No matter how you respond to what I say, that's YOUR response—that's what matters."

S: "Thanks, that helps!"

H: "Also, just to reiterate—you can communicate with me if you need to, even if you're in trance. I'll also help you with that, hypnotically."

S: "OK!"

Hypnosis

H: "Alright. Now I know you're feeling a little nervous, but you're sitting comfortably and listening to me, so in a moment you're going to start to go into trance."

H: "Maybe you're focusing on my voice, or starting to focus on your body, but there are

some subtle changes that you're beginning to notice."

H: "You can let yourself take that breath—let the excitement set in a little. Noticing the way your body is starting to respond as you focus and begin slipping into trance."

H: "As you sink down a little more, I can see the muscle tone of your face changing, and your shoulders slumping. I'm sure if you pay attention, you can notice more feelings like that."

H: "You can feel your attention changing, too, getting more fixated on things. There's a part of you that's probably sort of wondering, 'Is this trance? Am I hypnotized?' Just like it's supposed to. But as I keep talking and as you keep dropping, you can almost hear a little echo of, 'yes,' as your brain finds more and more signs and feelings that you ARE hypnotized."

H: "Like the way that your eyes are starting to flutter, or the way your head is dipping and the way that that feels. Even things you don't immediately notice. You don't have to do anything in particular to go into trance. You can

let yourself respond and go deeper naturally.”

H: “That’s right, just like that. Getting more immersed in your body and in my words, even going back and forth.”

H: “And maybe now you can notice that my words have a special power—a special transformative power as you sink further. They’re starting to suck away your intelligence as you listen more and more. The more you pay attention, the more you can feel your mind getting dimmer, and dumber.”

H: “And that feels really good, doesn’t it? Letting that feeling spread out inside your head, sucking and draining things away. It feels really good, and you can even let yourself get distracted by how good that feels in your body.”

H: “Feeling better and better, and also getting dumber and dumber, thinking more and more differently. Maybe smaller words, or slower thoughts as you feel the pleasure of it tingling in your body.”

H: “Maybe my voice is transforming your body

too—spreading through you and making you better at feeling that pleasure. You like feeling pleasure, right? You can feel your brain and body making small adjustments to get better at feeling it.”

H: “You might not know it yet, but your voice is going to be changed too. In a moment, I’m going to ask you to say, ‘yes,’ and you’ll get to hear your sexy little bimbo voice, and it’s going to feel really good.”

H: “You can talk easily when you’re in trance, you know. Your body still knows how to move your lips and make your throat work, even when you’re deep in trance and dumb. It does it all by itself.”

H: “Now, sinking even deeper into that sexy dumb feeling. You’re all nice and dumb, aren’t you? Say, ‘yes.’”

S: “Yes...”

H: “That felt good, right? You really sound like a bimbo now; your voice is all high-pitched. How are you feeling, silly?”

S: (giggling) “Good...”

H: “That’s right. You like feeling good, don’t you?”

S: “Yes...”

H: “That’s right! And hearing your voice just reinforces the way you’re seeing yourself as a bimbo right now.”

H: “Now with your sexy bimbo voice, why don’t you tell me how much of a dumb little slut you are?”

S: “...Um, um...”

H: “What’s up? You can tell me anything you need.”

S: “I’m sorry, um. That word...”

H: “You don’t like it?”

S: (nods)

H: “Thank you so much for telling me. You don’t have to say that at all if it doesn’t feel right. I want you to feel good, right?”

S: (nods)

H: “That’s right. Do you want to keep going?”

S: “Yeah...”

H: “Excellent. So you can let yourself go quiet a little and sink back into the good, sexy feelings in your body, really focusing all that intelligence into the pleasure.”

H: “And maybe because you’re so focused on the pleasure in your body, your brain is starting to lose its ability to control your body. If your body needs to adjust to get comfortable or you need to say something, your body will still do that because it wants to feel better and better. But it’s like your silly brain isn’t remembering how to move anymore, feeling that sense of being stuck spreading all the way down.”

H: “Just like that. That’s right, your body moves its neck a little so you can settle in better to being frozen. Limp. Dumb. Unable to move.”

H: “And a bimbo like you just gets more excited when you’re helpless, right? Like all those hot, tingly, pleasurable feelings are getting stronger because you can’t squirm or do anything about it.”

H: “Now watch your body automatically respond—say, ‘yes.’”

S: “Yes...”

H: “And that felt extra good because you didn’t even really do that yourself! More and more helpless, more and more pleasure, more and more dumb.”

H: “I’m going to tell you to melt in a moment, and your body won’t be stuck anymore, but it’s going to feel so heavy and liquid. Melt.”

H: “That’s right, sinking even deeper. Really feeling controlled now, how much I’ve messed with your intelligence and your pleasure. My

voice really can transform you, right?”

H: “It’s exciting to think about some things that you want right now, ways that it could control you more.”

H: “But for now, I’m going to turn you back into your old self and wake you up.”

H: “We can always play with these things again, so you can let yourself start to gain back your mind, little by little. Regaining all the motion in your body and letting this all become a sexy memory we can play with again, if you want. Getting smarter and smarter, feeling your body slowly returning to normal.”

H: “And waking up on the count of three—one, two, three.”

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What's next?

Congrats, you made it through—this is the end of what we might think of as 101-level hypnosis! There is SO MUCH more to explore and do, and so much more you can achieve.

Some possibilities you might want to learn about and explore for future play:

- Dollification/dronification/bimbofication
- Pet play
- Pleasure/orgasm suggestions
- Persona play
- Amnesia play
- Deep trance exploration
- Brainwashing play

Some beyond-the-basics concepts to seek outside of this guide:

- Ericksonian hypnosis
- Neuro-linguistic programming (“NLP”)

ideas

- Other common methods of induction such as kinesthetic (touch-based), confusion, “instant” (such as “butterfly”), Elman-style
- General kink play such as humiliation, bondage, sadomasochism, power exchange

Hypnosis is an incredibly rich and deep topic, and one that can sometimes feel very complex. Just as we understand that a beginner artist needs time and study to make masterful work, we can have confidence that becoming an amazing hypnotist will happen with patience and drive to learn.

We promise: It is worth what you put in. There are things you and your partner can experience with hypnosis that are unlike anything else; it is one of the most fulfilling acts of intimacy that anyone can participate in. It feels like magic.

This site also contains some other stand-alone articles as well as book recommendations of where to go next! Feel free to hop around. Consider supporting the site, as well!

Thank you for reading, and we wish you the absolute best as you go forward.

- sleepinggirl & GleefulAbandon

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Further reading recs

The Brainwashing Book + Kinky NLP by sleepinggirl

- *The Brainwashing Book* is about the role of operant and classical conditioning in all hypnosis, plus effective and ethical “brainwashing.” *Kinky NLP* is a distillation of neuro-linguistic programming for intimate hypnosis — a philosophy and grab-bag of cool tech (a great “level-up”).

Hypnotic Realities by Erickson, Rossi, & Rossi

- A direct look at Ericksonian hypnosis — one of the absolute best books on hypnosis as a whole that teaches an extremely effective model and techniques for trancing.

Monsters and Magical Sticks by Stephen Heller

- Though a little “lost in the sauce” of NLP, this book makes the argument that both everything and nothing is hypnosis — and supports that (important) argument well.

Archeology of Personalities by Georg Barkas

- A book about the philosophy of rope bondage, but an absolute must-read — Barkas presents a wonderful model for any kind of intimate connection based on linguistics and the idea of a “conversation.”

Sleight of Mouth by Robert Dilts

- A fairly grounded look at the “structures” of belief and how people can change them—NLP, but very interesting.

More resources available on-site at
learnhypnokink.com

About the authors

sleepinggirl (they/she) is the primary author of this guide and the creator of the site.

She is a hypnokink educator, author, and jack-of-all-trades with 13 years of IRL hypnosis experience as both a hypnotist and subject. She's published two books on erotic hypnosis (The Brainwashing Book and Kinky NLP), hosts a hypnokink podcast (Two Hyp Chicks), makes hypnotic games, teaches classes, and more! Voraciously interested in the eroticism of mind control and hypnosis from a young age, she's developed a conversational, Ericksonian style and adores everything in the cognitive power exchange space. <https://sleepinggirl.carrd.co/>

GleefulAbandon (she/her) helped co-author parts of this guide and edited.

She is a queer, submissive hypnofetishist. She joined the BDSM/Hypnokink Scene in 2012, and teaches and writes; she is currently working on a history of the eroticization of hypnosis. <https://gleefulabandon.carrd.co/>