

# Ericksonian Conversational Hypnosis

## Trance-Deepening Questions

These questions invite the client to explore **internal experience**, gently shifting the mind from thinking *about* the problem to *experiencing* the moment.

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## Body Awareness Questions

These move the client from story into **somatic awareness**.

Where do you notice that feeling in your body?

What happens in your breathing when that thought appears?

What do you notice in your shoulders as you talk about this?

If you pause for a moment... what is happening in your body right now?

Does that feeling move... or stay in one place?

Is it strong... or subtle?

What happens if you simply observe it?

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## Sensory Questions

These deepen internal imagery and sensory engagement.

When you remember that moment, what do you notice first?

Is there a sound or feeling that stands out?

What colors or images come to mind?

Does that memory feel close or distant?

If that feeling had a temperature, what would it be?

Does it move slowly or quickly?

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## Curiosity Questions

These stimulate unconscious exploration.

I'm curious... what happens when you simply watch that feeling?

What do you think that feeling is trying to communicate?

If that part of you could speak, what might it say?

What do you notice changing as you talk about this?

What happens if you give it a moment of space?

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## Change-Oriented Questions

These introduce the possibility of transformation.

What would it feel like if that began to soften?

What might change first if the mind became calmer?

What would your body feel like if this problem were lighter?

If something inside you already knew the solution, where would you notice it first?

What small shift would make the biggest difference?

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## Time-Shift Questions

These help the mind move toward the future.

Can you imagine a time when this feels easier?

What might your future self understand about this?

If this resolved naturally, what would be different?

How would you know the change had begun?

What would your body feel like then?

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## **Ericksonian Observational Questions**

These often produce trance quickly because they invite **present awareness**.

What do you notice happening in your breathing right now?

What happens when you watch your thoughts for a moment?

Can you notice the quiet spaces between thoughts?

What changes when you simply observe?

What happens when you let that experience be exactly as it is?

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## **Deepening Awareness Questions**

These move attention into **subtle experience**.

What is happening in the space around that feeling?

Is there a place in your body that feels calm?

What happens if you focus there?

Does that calm area begin to grow?

What do you notice now?

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## **Erickson-Style Gentle Lead Questions**

What would it be like if your mind became just a little quieter?

What would happen if your body allowed that feeling to soften?

What might you begin to notice over the next few moments?

What happens when you allow that change to begin?

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## A Powerful Ericksonian Question Pattern

A simple structure:

**Notice → Observe → Allow → Change**

Example in session:

Notice

“What do you notice in your body right now?”

Observe

“What happens when you watch that feeling?”

Allow

“What happens if you let it be there?”

Change

“What begins to shift?”

This sequence alone can produce a **natural trance state**.

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## A Helpful Reminder

**Curiosity deepens trance.**

Instead of telling the client what to feel, Erickson often asked questions that caused the mind to **discover the experience itself**.

As he often demonstrated in his work:

“The unconscious mind responds beautifully to curiosity.”