

"THE FINGERS TECHNIQUE"

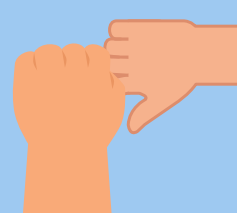
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Use the Two Fingers of Your Support Hand

If you are right handed, then use your left index and middle fingers. If you are left handed, then use the right index and middle finger.

This technique comes from the Japanese healing art - Jin Shin Jyutsu



Loosely Wrap the Strong Hand Around the Other Two Fingers

The picture shows a left handed person wrapping their left hand around the right two fingers.

In a moment you will be squeezing that hand around the fingers, so be sure to leave a gap of 1/4 to 1/2 inch so not to injure the webbing of your fingers.



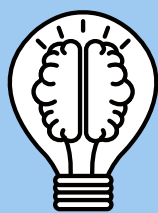
Notice That You are Dissociated

As you think about a recent event where you were feeling anxious or fearful, you can notice that with your hand loosely wrapped around the fingers that you are disconnected from the emotion (anxiety or fear) of the event.



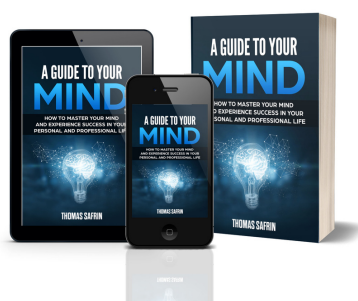
Squeeze the Strong Hand Around Support Fingers

Turn up the volume on the anxiety, fear, or worry. Really try to get in touch with it, but as you do, squeeze firmly with the strong hand around the support fingers. Notice that you continue to be disconnected from the emotion of the event.



What Is Happening?

Using this technique allows you to dissociate from the anxiety, fear, or worry; therefore, allowing you to reenable the analytical processes to problem solve. Consider using breathing techniques, self hypnosis, or practical problem solving techniques to alleviate the source of the anxiety, fear, or worry.



A Guide to Your Mind

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