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Map your Partner for Enhanced Hypnotic Impact

We all know the value of rapport and that understanding some basic things about your partner in creating a great trance and enjoying a fun hypnotic experience. Hopefully we take time to get to this level when playing with a new partner.

After we have played with someone a few times, or if we have a regular hypnotic partner, we may assume we know all we need to get the effect we are looking for. But what if you had access to information that could help them get there even more easily or create an even more satisfying response? What would it do for your hypnotic sessions if you knew the best way to get their attention, or to calm them, or to excite them?

Using combinations of verbal, tactile and energetic connection we will begin the process of creating a map of your partner. We will alternate between sharing group learning and doing individual and/or partnered exercises to delve more deeply into the specific words, phrases, and subtle cues that they find inherently motivating. Our intent for this workshop is to develop a deeper understanding of what resonates with our partners to help them achieve the maximum response to their hypnotic experience.

This is a perfect workshop to attend with your closest partner, but the exercises are structured to also support participants who attend without a partner.

Modalities

- I. Discovering modalities
 - A. Ask
 1. Many people have an idea of their strongest modalities
 2. Questions such as learning style shed light
 - B. Test
 1. Do a quick script leaving modality as open as possible
 2. Ask them to describe how they experienced it
 - C. Post-induction discussion
- II. Strengthen other modalities
 - A. During hypnosis add suggestions to successfully use additional modalities, such as “as you look at the flower and notice its velvety texture you become aware that you can also smell its sweet aroma”
 - B. Allows sessions to become more rich as more modalities are brought into play

Directive vs. suggestive

- I. Form of suggestion
 - A. Indirect or suggested - often the way women communicate
 - B. Politely requested
 - C. Positive reinforcement training
 - D. Clearly defined
 - E. Given as an order
- II. How to map
 - A. What type of directive does your partner prefer?
 - B. Which type of directive actually gets the best results?
 - C. Do they shut down on a given form of directive
- III. Perceived differently by brain hemispheres and, therefore, by right and left ear

Hearing Perception

- I. Each ear processes information differently
 - A. Dominant (D) vs. non-dominant (ND)
 1. Associated with dominance of brain hemispheres
 2. Typical right-handers
 - a) Left hemisphere and right ear dominant - adult brain
 - b) Right hemisphere and left ear non-dominant - child brain
 3. Optimal suggestion
 - a) D - left ear - permissive statement (It's okay to be good.)
 - b) ND - right ear - authoritarian statement (You are good.)
 - B. Logic vs. emotion
 1. Left ear - sensitivity to emotion
 2. Right ear - ability to hear logic
 - C. Specific words, tones, etc. may vary for different people
 - D. “Better” ear - may habitually listen more carefully with ear with better hearing range

- II. How to map
 - A. Play with testing each ear
 - 1. Does one ear hear better than the other?
 - 2. Is there a difference in perception when the same emotional statement is made into each ear?
 - 3. Is there a difference in perception when the same logical statement is made into each ear?
 - 4. Is there a difference in memory of emotional or logical statements made in one ear vs the other?
 - 5. Play with how different words, tones and intonations impact communication.
 - B. Pay attention to what happens by using this in daily communication.
 - 1. Use their more emotional or more logical ear as appropriate for the purpose of the communication.
 - 2. If something is very important try light-heartedly making a more emotional statement of it into the emotional ear, give it a moment to process, then make a more logical statement of it into the logical ear.
- III. References
 - A. Taylor, E. 2009. Mind Programming. Hay House, Inc.
 - B. <http://www.independent.co.uk/news/science/psst-always-whisper-into-her-left-ear-tom-435947.html>
 - C. <http://theearobicteacher.wordpress.com/2012/10/10/why-the-right-ear-is-the-right-ear/>
 - D. <http://beta.slashdot.org/story/120865>
 - E. <http://misspivot.com/blog/right-ear/>
 - F. <http://www.wired.com/wiredscience/2009/06/earcigarette/>
 - G. [http://www.huffingtonpost.com/2012/02/23/left-brain-right-brain-dominance_n_1297126.html#s226461title=Charles Limb Your](http://www.huffingtonpost.com/2012/02/23/left-brain-right-brain-dominance_n_1297126.html#s226461title=Charles+Limb+Your)
 - H. <http://www.ncbi.nlm.nih.gov/pubmed/15849031>

Disruptive nuances

- I. Constructs that engage the conscious mind or break trance
 - A. Emotional triggers, such as maternal references if relationship with mother was negative
 - B. Fears, phobias and other emotional responses
 - C. Logic breaks
 - 1. Numbers people may be sensitive to skipped numbers or incorrect sequences
 - 2. Very logical thinkers may respond negatively to impossible scenarios such as floating on a feather
 - D. Directional preferences, i.e., up vs. down
- II. Use post-induction debrief to gain new information

Aroma responses

- I. Can be used to enhance setting
- II. Useful for crafting suggestions that include aromas

Human Needs

- I. Six human needs - developed by Tony Robbins and Cloe Madanes
 - A. Certainty
 - B. Uncertainty
 - C. Significance
 - D. Love/connection
 - E. Growth
 - F. Contribution
- II. How to map
 - A. Rank needs in order of importance for both you and your partner
 - B. Explore ways each of you get your needs met
 - C. From this develop a map of how you can meet your partner's needs
- III. Needs assessment tool
 - A. <http://six-human-needs-test.herokuapp.com>
 - B. Email me at beth@bethandpreston.com if you and your partner would like support on how to use your needs results to improve your relationship

Love Languages

- I. Five love languages developed by Gary Chapman
 - A. Words of affirmation
 - B. Physical touch
 - C. Acts of service
 - D. Gifts
 - E. Quality time
- II. How to map
 - A. Rank which languages are most effective with your partner
 - B. Explore more specifically what nuances of that language they are most responsive to
 - C. Develop a map of ways you can best speak your partner's love language
- III. Love Language assessment tool
 - A. <http://www.5lovelanguages.com>
 - B. For a deeper understanding review and discuss the questions in the tool together
 - C. Email me at beth@bethandpreston.com if you and your partner would like support on how to use your love language results to improve your relationship

Flag Page

- I. Four map areas
 - A. Talent Families
 1. People talents
 2. Task talents
 3. Creation talents
 4. Leading Talents
 5. Showman Talents
 - B. Four Country Map - <http://youtu.be/MIXcLU8xEJQ>
 1. Control country
 2. Fun country
 3. Perfect country
 4. Peace country
 - C. Soft Balancing Hard
 - D. Top Motivations
- II. An analysis of what motivates people
 - A. Provides useful insight into intrinsic motivations
 1. Can be a valuable tool for improving understanding and relationship
 2. Not something that is easily derived without access to the assessment tool
- III. Assessment tool
 - A. <http://www.flagpage.com>
 - B. There is a charge to access the assessment tool
 - C. We have no affiliation with the company and derive no income from use of this tool
 - D. Email me at beth@bethandpreston.com if you and your partner would like support on how to use your flag page results to improve your relationship

Attachment Style

- I. From Love Sense by Sue Johnson
 - A. Anxious
 - B. Secure
 - C. Avoidant
- II. How to map
 - A. Get a clearer understanding of your attachment style and how it may have developed
 - B. See your partner's attachment style with more understanding and support
 - C. Work together to move towards a relationship that helps you both feel secure
- III. Resources
 - A. Love Sense by Sue Johnson
 - B. Hold Me Tight by Sue Johnson
- IV. Assessment tools
 - A. <http://www.web-research-design.net/cgi-bin/crq/crq.pl> - allows tracking over time and is more comprehensive

- B. <http://www.yourpersonality.net/cgi-bin/relstructures/relstructures.pl> - has a more detailed explanation
- C. <http://www.personalityassessor.com/relationshipwants/> - gives a less clinical and more fun approach
- D. Email me at beth@bethandpreston.com if you and your partner would like support on how to use your attachment style results to improve your relationship

Fascinations and fetishes map

- I. What fascinates you or your partner that grabs their attention in a child like way
- II. What unusual activities or things are a real turn-on?
 - A. Clothing
 - B. Body fetishes
 - C. Activities and play
 - D. Role play
- III. What puts your partner in a playful mood?
- IV. Resources
 - A. Different Loving by by [William Brame](#) (Author) , [Gloria Brame](#) (Author) , [Jon Jacobs](#) (Author)
 - B. http://www.amazon.com/Different-Loving-Sexual-Dominance-Submission/dp/0679769560#reader_0679769560

Landmines and hotspots map

- I. Land mines
 - A. What causes your partner to blow up in your face unexpectedly.
 - B. How can you use this knowledge to avoid escalation of disagreements and arguments
- II. Hotspots
 - A. Not to be confused with land mines or hot buttons
 - B. What are the things that bring out your partner's most wonderful hotness
 - C. How can you use these to improve interactions with your partner in all areas of your relationship?
- III. Examples
 - A. Words
 - B. Songs
 - C. Smells
 - D. Places
 - E. Situations
- IV. Heightened by stress, feelings and emotions
- V. By understanding land mines and hotspots you can
 - A. Use aspects to enhance your trance
 - B. Minimize scenes going sideways or triggering abreactions

Body Map

- I. How your partner perceives their own body - have you partner draw the canvas
- II. Spend lots of time playing with your partner's body and mapping what you find
 - A. Where are warning signs and rules of the road
 1. No trespassing
 2. No stopping
 3. Go slow
 4. Full stop required
 5. Full speed ahead
 6. Dangerous curves
 - B. Keep hunting for special attractions
 1. Scenic overlooks
 2. Erotic zones
 3. Secret hide-aways
 4. Hidden treasures
 - C. Be aware of changing conditions
 1. Temporary work zone, i.e., hormonal changes
 2. Hazardous road conditions, i.e., mood changes
 3. Rush hour, i.e., high stress levels
 4. Accident ahead, i.e., illness or injury
 5. HOV2, i.e., time of day
 - D. The intent is to develop tools that you can use to improve your relationship by knowing when, where and how to touch for specific purposes
 1. To help your partner relax
 2. To help your partner release stress and/or anger
 3. To help your partner overcome pain
 4. To encourage laughter and lighten the mood
 5. To let you partner know of your sexual interest and encourage them to be able to go there with you
 6. Changing the landscape

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