

# incorporating client and therapist concerns

potential external distractions	examples	for you to play with
traffic noises	solutions rumbling, you can be transported	
phone ringing	that can ring a bell for you, the solution has your number or can connect with you	
door opening	this experience can open doors for your discovery	
outside conversations	you can pay attention to anything relevant and ignore anything else	
<b>potential client distractions</b>		
is this hypnosis?	hypnosis is different for each individual, and there is no right way to go into trance	
am I doing the right thing?	you can do anything that is useful for you, in your own way and in your own time	
should I close my eyes?	some people like to close their eyes while others prefer to keep them open. It really doesn't matter.	
am I supposed to remember what is said?	you can recall anything that will be useful for you and let anything else just disappear	
is this going to be helpful?	you don't need to know yet just how this is going to be helpful for you	

<b>therapist self consciousness</b>		
I don't know what to say	What I say is way more unimportant than the way that you can make your own understanding.	
I feel lost	I can't know what's best for you, but you know deep in your own awareness where it is going to be useful for you to go	
am I talking enough or too much?	You can translate anything I say or anything I don't say into whatever can be useful for you	
am I experienced enough?	I am the least important person here. You have way more experience with your life than I can ever know.	