

Lions & Tigers & Bears...Oh Shit!

2018 ICBCH Virtual Hypnosis Convention

Your session is going great! Your client has released their presenting problem, but now what? Left to their own devices, the new behavior they put into that place will be based on what's familiar...old choices, old habits...in other words, the same stuff that caused the old problem in the first place.

That's where *Lions & Tigers & Bears* comes in. It's a process for conditioning for playfulness, a resource state that encourages exploration and experimentation, allowing your client to be more resourceful and flexible in their responses to life.

The more flexible a person is, the more opportunities they have to get what they want. The more opportunities someone has to get what they want, the more likely they are to be happy. And the more we're able to be happy, the better the world is for all of us.

Here is an example of how you can use this process with your client, once the presenting problem is cleared using the technique of your choice (regression to cause, spinning, fast phobia cure, etc.):

...and change happens all the time. I was at the grocery store the other day and thought back to when I was a little kid, and my mom would take me grocery shopping. The stores were so much smaller then and there was a lot less variety of items to choose from.

Of course, being a kid, the part of the store I paid the most attention to was the cookie aisle. These days you can buy almost any kind of cookie you can imagine, but back then, where we shopped, there were maybe a dozen choices at most.

My favorite cookies were the animal crackers. They came in a box that looked sort of like an old-time train car, the kind that years ago circuses used to transport their animals from city to city and town to town. And of course, once the train arrived at its destination, they had to get all of the people and equipment and animals from the train yard to the fairgrounds or field where they would set up. And some smart person decided that, instead of this being a boring and business-like operation, they could turn it into something fun that also promoted the circus.

And so they'd have a parade. The performers would get into their costumes, all colorful and sparkling, and they'd walk from the train yard to where they were going to set up, and they'd bring the tents and equipment and the animals! All sorts of animals, most of which the people in the town had never seen except maybe in books. Remember, this was a long time ago, before the internet, even before TV.

And you'd have lions and tiger and bears, oh my! And giraffes with their long necks...I wonder what it's like when a giraffe gets a sore throat? And monkeys, oh yes, there would be monkeys and monkeys are cute but they do whatever they feel like doing, and a monkey's favorite thing to do is to throw poop. So you have lions and tigers and bears, oh my! and giraffes with their long necks and you hope they don't have a sore throat and you have monkeys throwing poop and all the while the steam organ is playing (hum a few bars of the [circus march](#)) and it's fun and it's funny and it's OK to laugh if that's something that you want to do.

And of course as you're having a good time watching the lions and the tigers and the bears and the giraffes with the sore throats and the monkeys throwing poop while the music is playing (hum the circus march again) and you're laughing and relaxed and having a good time, of course this is not something you want to be thinking about when you're (in whatever situation that used to be problematic for the client). No, you should try, try very hard, try in vain not to think about lions and tigers and bears, oh shit!, and giraffes with long necks and sore throats and monkeys throwing poop because this is serious stuff and you don't want to be relaxed and playful and having a good time at a time like this...do you? I don't know, and it doesn't really matter (add more suggestions an emerge).



Jeffrey Richards has been in practice since 2000 and specializes in athletic and academic performance enhancement. He has offices in Columbus and Gambier, Ohio. In addition to private and group sessions, Jeff offers training in hypnosis and NLP.
Phone: 614-580-2661 • Email: jrichards@ohiohypnosiscenter.com

Peak Performance
HYPNOSIS
www.PeakPerformanceHypnosis.com