

A person with long curly hair, wearing a dark jacket and purple leggings, stands on the peak of a rugged mountain. Their arms are outstretched horizontally, and they are looking out over a vast landscape under a sunset sky with soft, colorful clouds. The overall mood is one of triumph and freedom.

# BREAK THE CYCLE

Harnessing the Power of Hypnosis for  
Healing, Growth, and Positivity

[BREAK-THE-CYCLE.NET](https://break-the-cycle.net)

AN E-BOOK  
DIGITAL DOWNLOAD  
BY JACKIE CORLEY

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DISCLAIMER:

THIS BOOK IS NOT  
INTENDED TO BE  
MEDICAL ADVICE.  
HYPNOSIS SHOULD NOT  
BE USED TO CURE,  
TREAT, OR PREVENT  
DISEASE.



# JACKIE CORLEY

**OWNER OF BREAK THE CYCLE HYPNOSIS LLC**

Welcome to your e-book! I'm Jackie. I'm a certified hypnotist and NLP Practitioner. I help people release negativity, heal from traumas, and overcome their self-imposed limitations, so they can step into the best version of themselves.

This e-book will help you determine how hypnosis can help you on your healing journey.

I also run Better Life Hypnosis & Meditations on Youtube with my partner, Jared. We live in the Tampa Bay area with our two dogs.

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# 1

CHAPTER

## UNDERSTANDING HYPNOSIS

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# CHAPTER 1

## UNDERSTANDING HYPNOSIS

### What is hypnosis?

Hypnosis is a natural state of focused attention and heightened suggestibility. It is a cooperative interaction between a hypnotist and a willing participant, where the participant enters a trance-like state. In this state, the conscious mind becomes more relaxed and less critical, allowing access to the unconscious mind.

### Dispelling myths and misconceptions

Hypnosis is often surrounded by misconceptions. It is important to dispel some of these myths to gain a clearer understanding of what hypnosis truly is. For example, hypnosis is not mind control, and individuals cannot be forced to do anything against their will. Instead, hypnosis empowers individuals to tap into their own inner resources and make positive changes.

### How does hypnosis work?

Hypnosis works by bypassing the critical faculty of the conscious mind and accessing the unconscious mind directly. The unconscious mind is where our beliefs, memories, emotions, and habits reside. By accessing the unconscious, hypnosis can help identify and transform negative patterns, create new empowering beliefs, and facilitate healing and growth.

### The role of the unconscious mind

The unconscious mind plays a crucial role in shaping our thoughts, emotions, and behaviors. It is responsible for storing our experiences, beliefs, and memories, even those we may not consciously recall. Hypnosis helps us access the unconscious mind, enabling us to address and reprogram deeply ingrained patterns, beliefs, and behaviors that may be holding us back.

In summary, hypnosis is a natural state that allows individuals to tap into the power of their unconscious mind. By bypassing the critical conscious mind, hypnosis can help uncover and transform limiting beliefs, heal from past trauma, and facilitate personal growth and positive change.

# CHAPTER 2

## HEALING FROM TRAUMA WITH HYPNOSIS

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# **CHAPTER 2**

## **HEALING FROM TRAUMA WITH HYPNOSIS**

### **The impact of trauma on our lives**

Trauma can have a profound impact on our emotional, mental, and physical well-being. It can leave lasting imprints that affect our thoughts, emotions, relationships, and overall quality of life. Hypnosis is a powerful tool for addressing and healing the wounds of trauma.

### **How trauma affects the mind and body**

Trauma can disrupt the normal functioning of the mind and body. It can lead to symptoms such as anxiety, depression, flashbacks, nightmares, and a sense of detachment. The body may also experience physical symptoms, such as tension, chronic pain, and somatic complaints. Hypnosis can help address these symptoms by accessing and releasing the stored trauma from the unconscious mind.

### **Hypnosis as a therapeutic tool for trauma**

Hypnosis has proven to be an effective therapeutic tool for trauma recovery. By entering a relaxed state of hypnosis, individuals can safely explore and process traumatic memories and emotions. Hypnosis techniques like regression therapy, guided imagery, and ego strengthening can assist in releasing trauma, reframing negative experiences, and promoting emotional healing.

### **Releasing and reframing traumatic memories**

Through hypnosis, individuals can gain access to deeply buried traumatic memories and emotions. Hypnotic techniques can facilitate the release of these memories in a safe and controlled manner, allowing for emotional processing and healing. Additionally, hypnosis can help reframe and reinterpret traumatic experiences, fostering a sense of empowerment, resilience, and self-compassion.



# 3

CHAPTER

## OVERCOMING LIMITATIONS

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# **CHAPTER 3**

## **OVERCOMING LIMITATIONS**

### **Recognizing self-imposed limitations**

Self-imposed limitations are beliefs and perceptions that hold us back from reaching our full potential. These limitations can stem from past experiences, societal conditioning, or negative self-talk. Hypnosis helps us become aware of these limitations and resolve their impact on our lives.

### **Exploring the subconscious programming**

Many self-imposed limitations reside in the unconscious mind, influencing our thoughts, emotions, and behaviors. Hypnosis allows us to delve into the depths of the unconscious, uncovering the root causes of these limitations. By identifying and understanding the unconscious programming, we can begin the process of overcoming them.

### **Reprogramming limiting beliefs through hypnosis**

Hypnosis enables us to reprogram our unconscious mind by replacing limiting beliefs with empowering ones. By accessing a relaxed state of hypnosis, we can bypass the critical conscious mind and communicate directly with the unconscious. Through positive suggestions, visualizations, and affirmations, we can overwrite old, limiting beliefs with new, empowering ones.

### **Building self-confidence and self-belief**

Self-confidence and self-belief are essential for overcoming limitations. Hypnosis can boost self-confidence by reinforcing positive self-perceptions, enhancing self-worth, and instilling a deep belief in one's abilities. By accessing the unconscious mind, hypnosis helps align our thoughts, emotions, and behaviors with a strong sense of self-confidence and self-belief.

## Embracing new possibilities and expanding your potential

Hypnosis opens the door to new possibilities and expands our potential by challenging and transforming limiting beliefs. By reprogramming the unconscious mind, we can create a mindset that embraces growth, resilience, and unlimited potential. Hypnosis empowers us to envision new paths, set ambitious goals, and take inspired action towards personal and professional success.

In summary, hypnosis offers a powerful avenue for overcoming self-imposed limitations. By exploring the unconscious mind, reprogramming limiting beliefs, and building self-confidence, hypnosis can help us break free from the shackles of our own perceptions. Through hypnosis, we can embrace new possibilities, expand our potential, and create a life filled with empowerment and fulfillment.



# CHAPTER 4

## BREAKING FREE FROM NEGATIVITY

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# **CHAPTER 4**

## **BREAKING FREE FROM NEGATIVITY**

### **The cycle of negativity and its impact**

Negativity can create a self-perpetuating cycle that affects various aspects of our lives. Negative thoughts, emotions, and behaviors can lead to decreased self-esteem, strained relationships, and limited opportunities. Breaking free from this cycle is crucial for personal growth and well-being.

### **Identifying negative patterns and thought processes**

Hypnosis can help individuals become aware of their negative patterns and thought processes. By accessing the unconscious mind, hypnosis can uncover deep-rooted beliefs and thought patterns that contribute to negativity. This awareness is the first step towards breaking free from negative cycles.

### **Cultivating positive thoughts and emotions through hypnosis**

Hypnosis offers techniques for cultivating positive thoughts and emotions. Through suggestion and visualization, individuals can enhance feelings of positivity, self-worth, and gratitude. Hypnosis can help reframe negative experiences, foster a positive mindset, and promote emotional well-being.

### **Developing a positive mindset and self-talk**

Hypnosis can assist in developing a positive mindset and self-talk. By rewiring the unconscious mind, individuals can replace self-defeating thoughts and negative self-talk with empowering and positive affirmations. This shift in mindset can lead to increased self-confidence, resilience, and a more optimistic outlook on life.

## Creating a lasting shift towards optimism and joy

With regular practice, hypnosis can create a lasting shift towards optimism and joy. By consistently reinforcing positive suggestions and engaging in self-hypnosis or guided hypnosis sessions, individuals can rewire their subconscious mind and establish new neural pathways that support positive thinking, emotional well-being, and a joyful approach to life.

In conclusion, hypnosis can help individuals break free from negativity by identifying negative patterns, cultivating positive thoughts and emotions, and developing a positive mindset and self-talk. Through consistent practice, hypnosis can create a lasting shift towards optimism, joy, and a more fulfilling life.



# 5

CHAPTER

QUIZ: IS HYPNOSIS A  
GOOD FIT FOR ME?

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# CHAPTER 5

## IS HYPNOSIS A GOOD FIT FOR ME?

Instructions: Answer the following questions honestly to assess if you are a good fit for hypnosis based on the content of the e-book.

**Do you often experience a persistent inner critic, where negative thoughts and self-doubt dominate your mind?**

- a) Yes, frequently.
- b) Sometimes, but not consistently.
- c) Rarely or never.

**Are you open to exploring alternative therapeutic approaches, such as hypnosis, to address personal challenges and promote personal growth?**

- a) Absolutely, I am open to trying new approaches.
- b) I'm open but have some reservations or questions.
- c) No, I prefer traditional therapies and methods.

**Have you experienced trauma in your life, such as abuse, accidents, or other distressing events?**

- a) Yes, I have experienced trauma and it continues to affect me.
- b) I have experienced some challenging events, but I'm not sure if it qualifies as trauma.
- c) No, I haven't experienced significant trauma.

**Are you motivated and committed to making positive changes in your life?**

- a) Yes, I am highly motivated and committed to personal growth.
- b) I am somewhat motivated but might need support along the way.
- c) I am unsure about my level of commitment at this time.



## **Are you willing to explore and challenge your limiting beliefs and negative patterns of thinking?**

- a) Absolutely, I am ready to delve deep into my subconscious and make positive changes.
- b) I am willing to explore but might feel hesitant or resistant at times.
- c) No, I am comfortable with my current beliefs and thought patterns.

## **Are you open to the idea of using hypnosis as a tool to access your subconscious mind and facilitate healing and personal transformation?**

- a) Yes, I am excited about the potential benefits of hypnosis.
- b) I am curious but have some concerns or reservations.
- c) No, I am skeptical or unsure about the effectiveness of hypnosis.

### **Scoring:**

Give yourself 2 points for every "a" response.  
Give yourself 1 point for every "b" response.  
Give yourself 0 points for every "c" response.

#### Interpretation:

10-12 points: You demonstrate a strong alignment with the concepts discussed in the e-book, and hypnosis could be highly beneficial for you.

6-9 points: You show some openness and potential for benefiting from hypnosis, but you may have a few reservations or concerns to address.

0-5 points: Your current mindset and preferences may not be the best fit for hypnosis. Traditional therapy methods or approaches that align more closely with your beliefs may be more suitable for you.



## WHAT'S NEXT?

If you scored 6 or above on the quiz, book a free 10-minute call here to learn more about how Jackie can help you with hypnosis.

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