## The Well-Formed Pre-Talk

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The science of a well formulated pre-talk has four simple steps:

- 1. Overview of what hypnosis is and how it works.
  - a. Minds influence over ideomotor responses (creating the buy in)
- 2. Client bill of rights
  - a. Blueprint for your business relationship with your client
- 3. Defined positive outcome, what do they do want?
  - a. The science of concentrated thought and imagined experience
- 4. Commitment
  - a. Activation of the subconscious response to Commitment/Consistency

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