

Ericksonian Hypnotic Language Patterns

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Pattern 23. Cause and Effect

(Note: This pattern also falls into the category of "Single Binds" in that you are linking one cause to one effect as the only possibility.)

In these variations:

A. (X) causes (Y)

"Listening to my voice **causes** you to go into trance."

B. The more you (X), the more you (Y).

"**The more** you listen to my voice, the **deeper** you will go into trance."

C. The less you (X), the less you'll (Y).

"The **less** you listen, the **less** you'll learn."

D. The more you (X) the less you'll (Y).

"The **more** you talk, the **less** you'll hear."

E. The less you (X) the more you'll (Y).

"The **less** you talk, the **more** you'll learn."

And you can chain them...

"The more you **review these patterns**, the more **they make sense** to you. If **they make sense** to you, then **you'll be more effective** as a communicator. Being a more effective communicator causes you to **become wealthier** as a person."

And the more you write out your own examples, the more deeply you integrate your ability to use them in real life.

Have Fun. See you next week.