Checklist for Your Session

Not because you need it, but because it frees your mind for what really matters: the person in front of you.

Beforehand – for you

- [ ] I am rested, sober and calm inside.
- [ ] I have time. No appointment is pressing afterward.
- [ ] My hypnotee is of legal age, sober and emotionally stable. No contraindications.

The Room

- [ ] Warm, rather a little warmer than usual
- [ ] Dimmed light, soft music or silence
- [ ] Seating: side by side, turned slightly toward each other (about 45 degrees), not head-on
- [ ] Comfortable couch or bed, pillows, blanket
- [ ] Water within reach
- [ ] Phone off, doorbell and other disturbances silenced

The Pre-Talk

- [ ] Wishes: What should be experienced? Gentle, playful, dominant, deep?
- [ ] Boundaries and taboos: What won't happen, not even as a hint?
- [ ] Touch: yes or no? If yes, where and how?
- [ ] Physical: pain, sensitivity to cold, comfortable position
- [ ] Climax: wanted, possible or not on the table?
- [ ] Post-hypnotic anchor: yes or no? If yes, which signal, when, for how long?
- [ ] Form of address: name, pet name, role?
- [ ] Stop signal agreed, as a word and as a hand signal
- [ ] My hypnotee knows: they can speak and stop at any time.

During the Hypnosis

- [ ] Speak slowly, leave pauses, go with the breath
- [ ] Observe: breath, face, hands, small reactions
- [ ] Stretch the induction if the trance needs more time
- [ ] In the effect phase: one theme, at most two or three elements
- [ ] Work in waves, amplify what shows itself
- [ ] At warning signs, stabilize instead of deepen
- [ ] Only lead where we agreed to go in the pre-talk

The Emergence

- [ ] Return everything that was changed: sensations, bonds, roles, scenes
- [ ] Clearly name what may remain and what may not
- [ ] Announce it, then count upward
- [ ] Activate the body, open the eyes only at the very end
- [ ] Voice gradually brighter and more awake

Afterward

- [ ] Allow time for the afterglow: water, blanket, a few quiet minutes
- [ ] Grounding if someone is still "out of it"
- [ ] Debrief: How are you? What was nice? What was too much?
- [ ] Share my own impressions
- [ ] Note what I'd like to do differently next time
- [ ] Check in briefly the next day: "How are you feeling today?"

Safety is not the opposite of desire. It is the ground on which desire may grow.