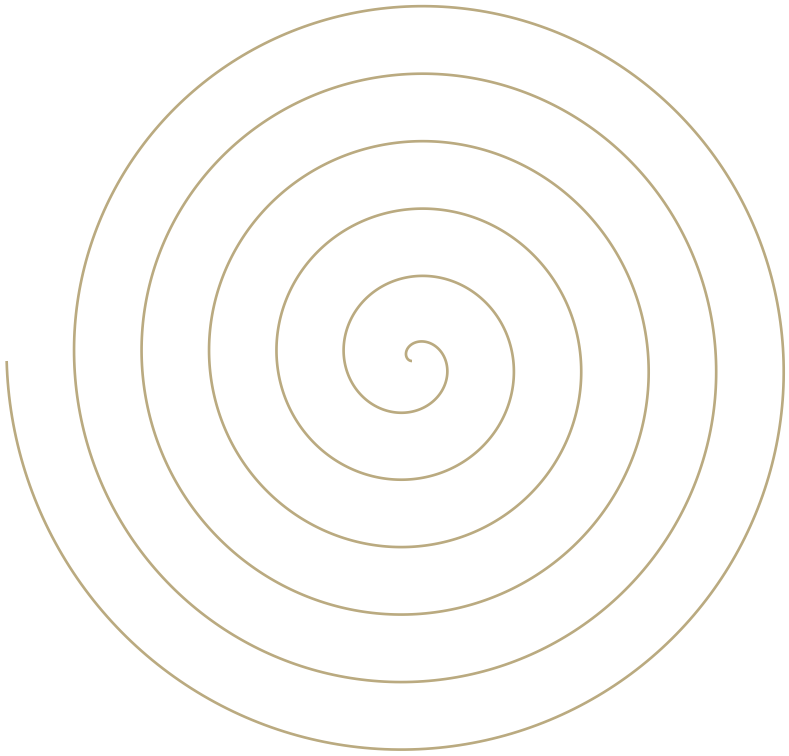
LADY HYPNOTICA

The Art of **Erotic Hypnosis**

Companion Workbook

Notes, exercises and checklist for the book

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How to Use This Workbook

This workbook accompanies the book *The Art of Erotic Hypnosis* chapter by chapter. Here you'll find all the reflection questions, the exercises for writing down, the notes pages and the checklist for your session. The detailed explanations, examples and instructions are in the book.

Filling it in on screen: Download the file and open it in a PDF program that supports forms, for example the free Adobe Acrobat Reader (Windows, Mac, iPhone, iPad, Android) or Preview on a Mac. Typing often works in a browser, but saving doesn't always. Save as you go, ideally under a file name of your own.

Prefer pen and paper? At ladyhypnotica.com/en/books/workbook you'll find the same workbook with writing lines, ready to print.

What you write here is personal. Keep the workbook somewhere only you can access.

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Before You Begin

For the chapter "Why Erotic Hypnosis"

Perhaps you can already sense, quietly, deep inside, what you are looking for.

Hand on heart: what made you open this book? Was it curiosity? Desire? Trust? And what are you hoping to find?

The more clearly you know what you are looking for, the more easily your unconscious can answer.

Foundations

Your notes and thoughts

Take a moment to feel into this. Everything that comes up here belongs to you.

What thoughts, images or feelings has this chapter awakened in you? Was there a sentence or an idea that touched you in particular?

And how does your view of desire change when you understand it not as an action, but as a state?

The Power of the Voice

Reflection on the exercises for your hypnotic voice

The four exercises in the book: The Breath Rhythm · The Three Pitches · The Pauses · Testing Your Voice in Everyday Life

Take a moment to feel into this. Sometimes the greatest change lies in a single sentence you give yourself.

How did you feel during the exercises? Which pitches felt familiar, which unfamiliar?

Were there moments when you noticed that your voice had an effect?

Which of your voices feels most like "leading," which like "inviting," which like "playing"?

What would you like to explore further about your voice, and which exercise do you want to repeat?

Suggestions

Your notes, questions and your own suggestions

Suggestions are the central tool of erotic hypnosis. They deserve attention, practice and your own style. Take your time with the following questions and tasks.

Reflection Questions

Which form of suggestion appeals to you most: descriptive, permissive or direct? And which would you like to try out yourself?

Which words trigger inner images in you? And how does their effect change when you say them out loud?

Your Own Suggestions

Write down your first suggestions of your own here. Start with simple, open sentences. That is enough to begin with.

Descriptive suggestions:

Permissive suggestions:

Direct suggestions:

Your Personal Style

Which qualities of your voice would you like to combine with suggestions, such as calm, clarity, presence or closeness? And which words feel especially “like you” when you say them?

Exercises in Hypnotic Language

The eight exercises for writing down

These exercises are invitations. Give them space and time. They don't have to be perfect. They only have to be felt.

The detailed instructions and examples are in the book. Here is room for your answers.

Exercise 1: Sensory Sprint

For one minute, describe how relaxation feels to you, each time with a different sense: visual, auditory, olfactory, gustatory, kinesthetic, vestibular.

Which sense came most easily to you? Which had the strongest effect?

Exercise 2: Finding and Transforming Metaphors

Choose a feeling you know from your own body. Phrase a simile ("like …") and turn it into a metaphor ("it is …"). Three to five times.

Your similes and metaphors:

How easy was it for you to find a simile? Did you notice how the metaphor works "more deeply"? Which images would you like to keep using?

Exercise 3: One Adjective, One Word, One Effect

Choose a simple base sentence and create three versions, each with a different adjective: soft, dominant, sensual.

Choose a sentence	
Soft version	
Dominant version	
Sensual version	
Your sentence	
Soft version	
Dominant version	
Sensual version	
Your sentence	
Soft version	
Dominant version	
Sensual version	

Your sentence	
Soft version	
Dominant version	
Sensual version	

Reflection Questions

Which of the three versions came most easily to you?

Which one surprised you?

Were there adjectives that felt “wrong,” and if so, why?

Which choice of words made the biggest difference in your own experience?

And which version(s) would you like to use deliberately in future hypnosis sessions, and why?

Exercise 4: Pacing in Two Sentences, Leading in the Third

Choose an activity you are actually doing right now. Two pacing sentences describe what is real. One leading sentence offers a small change. Three times.

Pacing

Pacing

Leading

Pacing

Pacing

Leading

Pacing

Pacing

Leading

Reflection

How did the transition from pacing to leading feel?

Were there phrases that came especially easily?

Which leading sentences felt most natural?

Exercise 5: A “The More” That Chooses Its Own “The More”

Simply let the sentences flow.

The more I read in this book, the more …

The longer I think about it, the more …

Exercise 6: Repetition with Variation

Vary the open sentences three times. Not reinvented, but refined. Not rearranged, but carried further.

“… and you sink a little deeper”

1.
2.
3.

“… and something inside you begins to open”

1.

2.

3.

How did the meaning change as you repeated it?

Did the sentence become softer, stronger, clearer, more sensual, or all of these at once?

Exercise 7: The Open-Ended Sentence

Speak the sentences deliberately slowly and leave the ending open. Pause for 3 to 5 seconds. Only then write down what came up.

“… sometimes there is a moment when the body, as if by itself, …”

“… perhaps there is a place inside you that becomes especially receptive when …”

“… and as I read these sentences, something inside me perhaps already begins …”

Exercise 8: Softeners That Open Spaces

Rephrase the sentences with a softener, for example: “If you like, your breathing may become calmer.”

“Your eyes are getting heavy.”

“Your pelvis twitches.”

“You get goosebumps.”

Closing Reflection

For the chapter "The Art of Hypnotic Language"

Now you may integrate everything that has accumulated. Not analyze. Not judge. Simply look at it and let it work.

What has changed in my language?

Which exercise opened me up or surprised me the most?

Which words, images or phrases are still echoing in me?

Where did I notice that language moved something in me?

Which patterns already flow naturally out of me?

Which techniques would I like to explore more deeply, and why?

Your Growing Style

What makes my hypnotic language unique?

Which inner attitude do I want to cultivate while speaking?

When my words work, it is because …

Preparation and Setting

Your notes and thoughts

Hypnosis succeeds best where room, body and attitude are deliberately chosen. Safe, fitting and trusting.

The Pre-Talk

Your notes and thoughts

Before someone follows you, they need to feel seen by you. The pre-talk is the first step into trance.

The Effect Phase

Your notes and thoughts

The effect phase is an invitation to touch your hypnotee where they are most open, and to hold them safely while you do.

What Remains

Your notes and thoughts

A hypnosis is only over when both of you have arrived back safely.

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.

After the Session

Notes for next time

From the last part of the checklist: note what I'd like to do differently next time. You can fill in this page anew for every session.

Date:

What did we agree on? Wishes, boundaries, stop signal, anchors

What felt good?

What was too much?

My own impressions

What I'd like to do differently next time