



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

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A FAST TURNAROUND

While looking online for an answer to the issue that had plagued his son for almost a year, Mr. Johnson discovered Hypno-Health. He watched my video about sports hypnosis and began to feel hopeful that hypnosis might be the answer. As we talked about his son, Travis' baseball struggles, I suggested we get started right away since tryouts would start the following week. We scheduled sessions on three successive days, ending on a Friday, hoping to help Travis be ready for his Junior-year, spring baseball season.

Travis had been very successful at playing baseball (and hockey) from an early age. He displayed good coordination and mechanics from Little League through eighth grade. He was a great hitter and a solid defensive shortstop with a strong throwing arm. He also was a number one pitcher with pin-point accuracy. During his Freshman year, he hit over .500, made strong throws to all bases, helped with the pitching and showed he was ready for the next level.

All through the one-month of tryouts his Sophomore year, Travis showcased his talents and was the only Sophomore to make the Varsity team (Sophomores usually play Junior Varsity ball). Then his troubles began. His throws from second base became weak and erratic and seldom on target or hard enough to get batters out. As his pin-point accuracy disappeared, his frustration skyrocketed and his confidence dwindled. Travis' bat was so important to the team that the coaches tried everything they could think of to help, but no one had an answer. (Travis' performance was all the more perplexing because he had been selected to the 1st Team All Conference Hockey Squad only a few weeks earlier and appeared primed for a good baseball season.) Travis remained on the varsity and batted .380 (!), but his throwing woes continued.

As Travis and I explored his situation in hypnosis, he became aware of three reasons that had contributed to his throwing problems. First, he felt pressure at the varsity level about someone possibly taking his job and having to be perfect all the time to keep his starting role. Some people (not the coaches) said he shouldn't be on the varsity and that bothered him. Second, teammates from hockey and J.V. baseball said he was not good enough to play Varsity ball and Travis developed self doubts. Third, his declining confidence levels exacerbated his poor throws.

Travis imagined completely releasing all aspects of the "reasons" responsible for his throwing issue and replaced them with positive feelings, perceptions and images. His affirmation "success" represented and would powerfully reinforce all the positive aspects of his being free of failure. Travis saw himself being happy, comfortable, relaxed, confident, and successful and completely integrated those feelings throughout his entire mind and body. He saw himself throwing easily and effortlessly with complete confidence at all times, with each throw being hard and accurate enough to get the runner by multiple steps. He felt free of all doubts and totally confident, comfortable, and relaxed about himself and his abilities. He would enjoy showing people he deserved to be, and could be successful, at the varsity level. He also gathered up all the successes he had achieved through the years of playing baseball and hockey and bolstered himself with them by re- incorporating them within his entire being.

A week later, I called Travis to check on his progress. He said he was doing better and "getting closer, but not quite there yet." He was more confident throwing but still had a few miscues. I reminded him to keep doing his reinforcement work and listening to his CD. When I called the next week, he had been doing much better! He had felt more comfortable all week and was just throwing without thinking. At a scrimmage earlier that afternoon, his throws were "on a line and right at the first baseman's chest". I suggested he continue to do the reinforcement for the final three weeks of the month and he said: "I plan to do it right to the end of the baseball season"

Two weeks later I watched one of Travis' regular season games. I was surprised to see him playing shortstop, rather than second base (he hadn't mentioned that). I realized his velocity and accuracy had enabled him to play a position farther away from first base. He also had three hits in that game!

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*