The 13th International Congress

On Ericksonian Approaches to Hypnosis and Psychotherapy

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Addendum Handout

Hypnotic Meditative Directed Self-Inquiry

Accountability Communication for Couples

This is a brief summary of a few of the “techniques” I frequently use with clients in support of HMDSI and Accountability Communication.

1. Eighty Seconds of Sainthood

In the *Reassurance Step* of discussion if I have been triggered, I am capable of being a Saint for, oh, eighty seconds or so. I have eighty seconds to reassure my partner, accept and explain my accountability, why I need to disengage, and to express this from the pure experience of my core essential self. I realize that my partner may be angry, not accept or understand what I am expressing, AND I HAVE BEEN TRIGGERED. If I have not accomplished the reassurance step and disengaged within eighty seconds I lose my Sainthood, become all too human, become driven by story and……well….it doesn’t go very well after that.

1. The Eight Second Rule

Eastern Spiritualty teaches detachment. Detachment is nice. I’m present and aware; calmer and more resonant with self and surroundings. The problem is I like some attachment. I like the attachment to my Grandchildren who I adore and treasure. I like many of thousands of joyful memories and planning for exciting future goals.

However, no matter how positive, entertaining, and enjoyable a memory (which is thought) or review of exciting plans may be, once attending to thought we risk being trapped in it and story begins to drive us.

I have discovered that if I allow myself *eight seconds* to pay attention to a joyful memory, for example, and then return my attention to the pure experience of the moment I am able to appreciate and feel the happiness of that memory before it can turn on me and bite me in the ass. I have also gratefully discovered that the happy FEELING state associated with the memory continues for some time even though I ceased attending to the memory. That positive feeling state temporarily integrates with the present moment and is quite pleasant. I believe my Mother may have been wrong. Sometimes you CAN have your cake and eat it too!

1. There are no rules.

We tend to assume that rules are real things. That’s why we identify with them and comply with them. However, rules are just made up. Constructed like thought. When I am getting trapped in behavior that is distressing and inconsistent with my sense of self if I remind myself *there are no rules,* I immediately experience possibility and potential. I am freed of the distress; I feel free and accountable.

I tell my clients, “There are no rules. Unless you decide you like the rule and choose it because it is of benefit for you. You get to choose the rules or abandon rules (not advisable, but it is a choice).

Example: There is a traffic signal near my office. I have chosen to accept the rule of stopping when the light is red and not driving thru it. I believe this is in my best interest. I like this rule and my preference would be that others would choose it as well!

1. Accountability

I am the *only one* who can meet my core essential needs. Expect others to meet your core essential needs at your own peril (and theirs).

1. Expect nothing.

The next time you feel angry with someone or a situation take a few moments to reflect on whether you were expecting something. Expectation PRECEDES anger. Expect nothing. Address the moment with personal accountability.

1. The Kleenex is really Cotton Candy.

Intuition is the tiny space where conscious and unconscious overlap. Whether you choose to explain this space of overlap as a neuroscientist or explain it as the space of the heart as person of spirituality might *thought* cannot be trusted to bring you as close to what is true and real as can be understood within the limitations of the conscious mind. I often tell my clients “you cannot think your way out of this.”

To teach this I tell the client that the Kleenex box sitting next to them on the table is extremely expensive and delicious cotton candy that I purchase from a confectionary vendor in Paris. I offer to show them the website of this vendor if they do not believe me (they never believe me). I ask them whether they believe this is true or not; is the box next to them Kleenex or cotton candy. (The point of the exercise is to teach how we can trust whether something is true/real as much as possible understanding the limitations of the conscious mind).

Sometimes the client solves this question/riddle (occasionally I will eat a piece of the Kleenex to prove it is cotton candy and delicious) quickly. Once in awhile it takes the client a long time and requires cuing and help on my part to determine the answer to my question about truth. I’ll let you figure it out for yourself.

1. I know; and, I know that I know.

What *I know* is based on data and intellectual, cognitive process. It is often *ignorant constructed thought* worthy of doubt and mistrust until proven otherwise.

What I KNOW THAT I KNOW is the *intelligent thought* that arises from the pure/direct experience of the state of *open waiting* accompanied by absolute certainty. It is a phenomenon difficult to explain that is the integration of pure experience transforming into thought. Prepare to be surprised by what you may become certain of that at one time you were not.