

# Covert Hypnosis

*Easily Sneak your Ideas into Their Minds*

**George Hutton**

**[mindpersuasion.com](http://mindpersuasion.com)**

Contents	
Introduction	4
How to Use This Guide	7
Part One – Milton Model Patterns	10
Mind Reading 1	1
Lost Performative	15
Cause and Effect	18
Complex Equivalent	21
Universal Qualifiers	24
Modal Operators	26
Nominalizations	29
Unspecified Verbs	33
Tag Questions	37
Lack of Referential Index	40
Comparative Deletion	43
Pacing Current Experience	45
Double Binds	48
Conversational Postulate	52
Extended Quotes	55
Selection Restriction	59
Embedded Commands	62
Embedded Questions	65
Covering All Ranges of Possibilities	68
Utilization	71
Truisms about Sensations and Time	74
Single Binds	77
I'm Not Going to Tell You	80
Compound Suggestions	82
Part Two - Linguistic Presuppositions	84
Quantifiers	87
Generic Noun Phrases	90
Relative Clauses	92
Subordinate Clause of Time	96
Cleft Sentences	99
Complex Adjectives	102
Ordinal Numbers	105
Comparative As	108
Comparatives	111
Change of Time	115
Change of State	118
Factive Verbs and Adjectives	121
Repetitive Cue Words	124
Contrary to Expectation	127
Selection Restriction	129
Questions	132
Negative Questions	134
Rhetorical Questions	137
Part Three - Practice Module	140

Putting It All Together  
More Information

157  
159

# **Introduction**

## **Covert and Conversational Hypnosis**

Greetings, and thanks for getting this guide. These tools will prove to be the foundation of irresistibly persuasive communication, verbally, non-verbally, spoken and written.

Whether you're talking to your friends, romantic or business partners, these language patterns will allow you to easily and covertly slip your ideas into their mind so they think they are their own.

These language patterns were largely reverse engineered from Dr. Milton Erickson, and bear his name, "The Milton Model."

Dr. Erickson was a hypnotherapist, as well as a physician. However, he noticed that even when people came into his office knowing they were going to be hypnotized, they still had a lot of conscious resistance.

One thing about people is that we don't like giving up our freedom, even if it means overcoming a lifelong problem such as smoking, drinking, or overeating.

Because of this, Dr. Erickson developed, through many years of trial and error, an incredibly powerful set of linguistic tools that he used to help people solve their problems in as little as one or two sessions.

Keep in mind that then, as now, people were accustomed to visit a therapist for many weeks, months, or even years to "talk" out their problems in hopes of getting some

resolution.

Dr. Erickson became famous for his "brief" therapy that cured patients of a host of problems through comfortable, relaxed conversation.

Consider this. These patterns that you are about to learn have been used to "persuade" people to forever release their fears, overcome their phobias and develop incredible self-confidence and self-assurance.

Do you think you could use these same skills in a way, that's helpful, for you?

Of course you can!

One of the reasons these patterns are so incredibly effective is they are "artfully vague." Meaning that when you leave a bit of vagueness in the communication, in specific places, the listener or reader will "fill in the blanks" with their own information.

This means not only will you be able to quickly and easily develop some incredibly deep levels of rapport with these patterns, but you'll also get little, if no, resistance.

Why?

Because as they "fill in the blanks" with their own information, they'll be supporting "your" ideas with their own "content," so they'll believe it's them coming up with the ideas, and not you who is suggesting it.

Imagine a car salesman. Most are pushy, and don't know

when to quit.

Most salesmen are taught to recite an endless list of features and benefits, hoping to hit a couple of hot buttons on the poor customer.

This is very disrespectful, manipulative and rude. It's no wonder people head for the hills when they are approached by a salesman. Even people who walk onto a car lot with a pocket full of cash and a solid intention of buying a car quickly cringe when they see a salesman approach.

On other hand, when you use these patterns, it seems like you are just "shooting the breeze."

And while you are "shooting the breeze," the car customer will suddenly get the idea that they'd like to buy a car.

From their perspective, you, the salesperson, were talking about your friend from college (or something, they can't quite remember!) when they suddenly had a strong urge to buy a car!

This is the power of these patterns.

## **How to Use This Guide**

This is a training manual unlike any other. It's not meant to be read once or twice. Each and every pattern needs to be programmed into your brain, on a deep level, so you'll be able to use them effortlessly and elegantly.

It's kind of like learning to play the piano. If you try and consciously think where to place each finger, and with how much pressure, it will be clumsy and frustrating.

But if you practice enough, you'll soon be playing a beautiful song without much conscious thought.

It's also like learning a foreign language. It's one thing to memorize vocabulary and verb conjugations, but using them conversationally takes a lot of practice as well.

Give yourself plenty of time. Go through the course once, to get an understanding. Then go through the patterns one at a time.

Think of learning these as you would a martial art. You don't just go to a training seminar and become a black belt. Not only does it take plenty of practice to get there, but it takes plenty of practice to stay there.

Now, this might seem a bit too much to swallow at first. But just imagine what you'll be achieving when you become skilled with these patterns.

Instead of talking to people and "hoping" that they take your ideas to heart, you'll be able to talk to anybody, socially, in business situations, in presentations, and

KNOW that they'll take your ideas to heart.

In order to help you create and maintain sufficient motivation to learn, practice, and get really good with these patterns, consider the following questions:

**When you think of using conversation hypnosis effectively, what areas of life come to mind?**

---

---

---

**Considering those areas of life, what kinds of things will you be able to accomplish?**

---

---

---

**When you accomplish those things you wrote above, what will that get you?**

---

---

---

Ready to get started?

# **Part One – Milton Model Patterns**

## **Mind Reading**

This first particular language "pattern" is called, aptly enough, "Mind Reading." It's not a "pattern" like some of the other ones, as it doesn't have a specific structure from a linguistic standpoint, but it does lead itself to clearly being an "engineered" skill or technique that will give you quick and powerful rapport with your audience.

It's fairly simple, and seems quite obvious from the inside out, but people have been using this pattern for hundreds, if not thousands, of years, to trick people and claim some supernatural powers to gain influence and bilk people out of their hard earned finances.

So it goes without saying not to go too far with this pattern, and only to use it when you truly are after a "win – win" scenario.

It works like this:

Think of some things that must be true about the person you are speaking with, either about the situation, or about life in general.

For example, most people in life have goals. They may be small, they may be large, but most people have them. And among people's goals, some seem easier than others to reach. Some may be short term, like going to McDonalds for lunch; some may be long term, like finishing a Master's Degree. By simply being human, most people will have a set of goals, with some being easier to reach than others.

When you plug that basic information into this pattern, it may sound like this:

*You seem like somebody that has some goals in life. Somebody that has a fairly clear idea of where they want to go. And you also seem like somebody that has more than one goal. You probably have many goals. And while some of those goals may seem easy to reach, some may seem a bit difficult, and you may be wondering, as you think about those goals, now, if there isn't an easier way to achieve them. A way that would almost guarantee your success.*

Now if you were somebody that sold self-improvement products, you would be sounding like you really knew what you were talking about, and your particular "target," would be much likelier to express some kind of interest in your product. (I suppose you see now how this pattern an easily be abused!)

Another example.

Let's say you are talking to your friend, and he or she is thinking about making a big, perhaps life changing decision.

What do we know about decisions?

Everybody has made them. Everybody has made hard decisions, and easy decisions. Everybody has made decisions that they later regretted, and everybody has made decisions that they were proud of making, as they worked out quite well.

And everybody can remember feeling anxious before

making a big decision.

Assuming that you think making this decision in question would have a positive effect on your friend's life, you may say something like this:

*Now, I know you pretty well. I know you've made some pretty big decisions in your life. And you're the kind of person who can tell the difference between a decision that didn't work out so well, and the one's that did. I can also tell you that you can remember feeling anxious before most major decisions, right? Which is exactly how you are feeling now. Anxious. But when you recall all those times that you felt nervous before, and made the decisions anyway that turned out to be pretty good, it kind of makes that anxious feeling go away, doesn't it? Because I know you can remember those anxious feelings you felt before you made those really good decisions, I think you'll agree that this decision that you are thinking about now will likely have a pretty good outcome.*

Or how about you are a guy, and you see a cute girl you'd like to get to know better, and you want to ask for her number. What do most girls think when some stranger asks for their number, and what are most girls experiences with dating guys?

Feelings of nervousness, memories of dates that worked out, and dates that didn't work out. Dates where she liked him, but he didn't like her, and dates where he liked her, but she didn't like him. And dates where they liked each other fairly well. Pretty common across all people that have been on a few dates in their life.

So you might say something like:

*Look, I know you don't know me, and you're probably thinking that I may be some psycho that won't leave you alone. I'm sure you've had your share of dates that didn't work out so well. Maybe some guy liked you a lot, but you didn't really feel the same, or maybe it was the other way around. But I bet you did have some good experiences in the past. And I'll bet you were just as nervous meeting them for the first time as you probably are now. I'm nervous too. But don't we owe it to ourselves to see if this could turn out to be one of those good experiences? In fact, I'll bet you had some pretty good dates where before you weren't so sure. Some you were even thinking of not going on, but you were glad that you did.*

A great way to practice this is just to go out people watching, and imagine things that have a high probability of being true regarding the people you are watching, based on the situation, their age, and gender, kind of clothes they are wearing, their brands, etc., if they are reading something, or talking to somebody, or appear cold or hot, or whatever else you can observe. And when you get good at coming up with three or four things relatively quickly, you can move on to trying this with your friends, both old friends and friends you haven't met yet.

## **More Information**

If you enjoyed reading so far, please purchase the full version on Kindle for only \$2.99

[Buy on Amazon](#)

For other Mind Persuasion Kindle Books, Please Visit Our Kindle Page:

[Mind Persuasion Kindle Books](#)

For Powerful Subliminal Programing To Help Accelerate Your Covert Hypnosis Skills, Please Visit:

[Natural Influence](#)

To Join Our Email List, Please Visit Here:

<http://mindpersuasion.com>

To discuss these patterns, their uses, and any other ideas regarding human development and communication, please visit our forum:

<http://mindpersuasion.net>