

Chapter's name - Autosuggestion – A helpful therapeutic technique

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Abstract: Autosuggestion is the term or a psychological method used to describe suggestions we give ourselves. What we say to ourselves generates a placebo effect and can be positive and nutritious for our achievement and wellness or very damaging. Autosuggestion can be positive and negative and it can either enhance skill to nurture personal and professional life or help destroy it. Techniques of autosuggestions can be classified in type A (A1, A2, A3), type B (B1, B2) and type C (C1 and C2). Autosuggestions can be used in various areas like to get rid of a bad habit, changing lifestyle in a healthy one, flourishing in career and other areas of life. A placebo is a fake treatment that in some cases can yield a very real response. The expectations of the patient play a significant role in the placebo effect; the more a person expects the treatment to work, the more likely they are to exhibit a placebo response. Autosuggestions help to remove the negative thoughts of our minds, so that inappropriate responses due to personality imperfections are not repeated. They directly address the negative imitations at their origin and change them to positive. In this way, our behaviour automatically changes for the better.

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I. AUTOSUGGESTION – A HELPFUL THERAPEUTIC TECHNIQUE

To understand the concept of autosuggestions we first need to know what is suggestion. Suggestion is an act of imposing an idea on the brains of others. Autosuggestion is the term or a psychological method used to describe suggestions we give ourselves. What we say to ourselves generates a placebo effect and can be positive and nutritious for our achievement and wellness or very damaging. The placebo effect is defined as a phenomenon in which some people experience an advantage after the administration of an inactive constituent or sham treatment. A placebo is a fake treatment that in some cases can yield a very real response. Why do people experience physical changes as a result of fake treatments? The expectations of the patient play a significant role in the placebo effect; the more a person expects the treatment to work, the more likely they are to exhibit a placebo response. A placebo is a fake treatment that in some cases can produce a very real response. Why do people experience real changes as a result of fake treatments? The expectations of the patient play a significant role in the placebo effect; the more a person expects the treatment to work, the more likely they are to exhibit a placebo response. Thus, if a sick person is made to think that her trouble is getting better, it will disappear. If a claustrophobic person is made to think continuously that he is not scared of closed places, he'll be comfortable in a lift or a store.

Examples of Autosuggestion

Autosuggestion can be positive and negative and it can either enhance skill to nurture personal and professional life or help destroy it.

Positive Autosuggestion examples – the suggestions we want to be using on ourselves – include: Self talk like: “I am Good; I am happy to be around;”.

Negative Autosuggestions examples – the suggestions we should look out for include: Self-talk like: “I can't do that; I will never be able to do that; I am always in trouble; I am always depressed”. This kind of self - talk and personal explanation only goes to harm your sense of self in a slow way.

Autosuggestions remove personality defect process by providing solutions to the negative thoughts or reactions of our minds. Our minds tend to keep us in loops of negativity or incorrect thoughts. Autosuggestions help to remove the negative thoughts of our minds, so that inappropriate responses due to personality imperfections are not repeated. They directly address the negative imitations at their origin and change them to positive. In this way, our behaviour automatically changes for the better.

Techniques of Autosuggestion

A Type Autosuggestions

A1 type: Psycho feedback technique – It generates an awareness of all incorrect actions, thoughts and emotions and enables the person to control them by giving psychological feedback to the mind about how it should be thinking, behaving and acting. It is useful to overcome a wrong action.

A2 type: Response substitution technique- It is used to overcome an incorrect reaction caused by a short-lived event that lasts for less than 1 to 2 minutes. The length of the reaction is not important. This technique tells the mind to substitute the incorrect response with an appropriate response when we have reactions towards a certain incident or towards a person. Autosuggestions replace our incorrect reactions with impressions of virtues, so that our personality becomes much more positive.

A3 type: Hypnotic desensitization technique – This technique helps an individual to overcome an incorrect reaction caused by a long (lasting for more than 1 to 2 minutes) incident causing stress. In this, the person imagines that he is able to face a difficult situation successfully while chanting. Since the mind rehearses how to face the incident, so that when the incident actually takes place the person does not feel stress.

B Type Autosuggestions

B1 type: This technique is used when we experience stress due to others mistakes (children or subordinates) and something can be done to overcome the personality defects in others or change the situation. This technique, guide children or subordinates to act in a correct manner. Even though this technique is used when others are mainly responsible for the mistake, the focus still remains on changing ourselves. It helps us to remain calm when correcting others, we are able to help our children or subordinates better.

B2 type: The B2 technique is used when nothing can be done to overcome defects in others or to overcome the situation. For example, we may be unable to correct the behaviour of our elders or our superiors at work or anyone who is not receptive to listening to constructive suggestions or corrections and making changes. Also, there may be nothing we can do to alter tragic conditions such as extreme poverty, a very painful or rare illness, an accident, famine, etc. In such situations, keeping a philosophical attitude is the only way to remain positive.

C Type Autosuggestions

C1 type: Incantation technique – It's also called chanting technique which helps to prevent negative thoughts or emotions from entering our minds. Various impressions of personality defects are lively in our minds and they send impulses to the conscious mind in the form of different thoughts throughout day. So the mind is spent needlessly in those thoughts. This technique helps to keep the mind engrossed in chanting God's Name and conserving its energy.

C2 type: Punishment (Aversion) technique –In this technique first A and B type autosuggestion techniques are used to correct the personality defects but if no change is observed for about 3-4 weeks, then C2 technique, or the punishment method is used. In case no technique is effective, then this technique is used.

Although these techniques are different but Autosuggestions can be formulated by combining different techniques.

There are no hard and fast rules to follow while creating your auto-suggestions, but some criteria should be considered:

- * The autosuggestion should be as precise as possible with feeling.
- * It should be consistent with your aim.
- * It needs to test you, but should not be impossible to attain.

To achieve much by autosuggestion, we must give it our complete consideration at specified intermissions and continue each effort for at least twenty or thirty minutes to one hour each day in cases where the conditions require instant changes. Any of our mental aptitudes, memories, personal magnetism can be improved by autosuggestions. and a person can make himself brave and courageous; gain perfect control over tastes, appetites and passions, and undeniably achieve business and professional success in any area.

Applications of Autosuggestions

Autosuggestions can be used in various areas like –

Conditioning

To get rid of a bad habit one should know that the habit is bad. To start, simply write down the ideas to overcome the bad habits. Note down why these habits are bad and what harm it brings emotionally, mentally, physically and financially. Create an auto-suggestion to begin to tell to the subconscious mind about that bad habit and begin to change the entire perception.

Examples of auto-suggestions:

- “I'll never consume alcohol because I don't need them.”
- “I am not scared of spiders because they can't harm me.”
- “I won't quit my job because I need it.”

These autosuggestions should be chanted or meditated as often as one can so that it may condition one's behavior.

Healthy Lifestyle

If a person begins to think positively, secretion of positive hormones increases, positivity increases and the cells begins to become healthy. It does not matter what type of pain or health concern one has, but one can speak to it through auto-suggestion and change for positivity.

Examples of auto-suggestions:

“My body is very strong and there is no disease in it.”

“My heart is very healthy and I always do cardiac exercises to prevent any harm to it.”

“My digestive system is very good and there is no appetite loss, I feel hungry.”

Career Improvement

Often there is a feeling that one can't do something. It is simple, what one thinks to achieve, what one says one can do, he can. If flourishing in career is needed, then auto-suggestion is needed to completely change the way of thinking. When the perception changes, the reality follows the change.

Examples of auto-suggestions:

“I am hardworking and can easily do my work with all my energy.”

“I can easily perform with perfection in my projects.”

“There is a lot of growth in my career.”

II. CONCLUSION

Apart from the other problems autosuggestions also help in solving other problems like getting rid of Phobias, emotion control, stress etc. All one needs is strong meditation, repetition of chanting or autosuggestions and positive feelings towards oneself. These autosuggestions can change all negative things to positive and bring positive changes in life.

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