

## **OUT OF THE SHELL: SHYNESS OVERCOME**

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Does this scenario sound familiar? You're at a 10 year old kid's birthday party and you walk around mingling with kids and adults attempting to be sociable and have a good time. The kids are playing games, giggling, shouting, and having a lot of fun with each other. Standing in front of you is a very nice looking, well-dressed boy who looks a bit forlorn and completely uncomfortable. Hi, how are you today? Nothing! You may not even be able to look into the eyes of the child as he is looking down instead of at you. You take a closer look and see that he is quite ordinary and does not appear to have any physical disabilities to hinder playing with the other kids. Having fun? A little nod in response. What's your name? You can hardly hear the reply. There is no sense extending the scenario as all of you know that this child is shy and all of the talking that you could possibly do with him would be to no avail. You start moving on when his mother comes up to you and says that she noticed you attempting to talk to her son and then starts telling you that he has been so shy since a very early age. She did not know the reason but says that he also does not like school and has no friends in school or in the neighborhood, except one other boy who is also shy. This is what the mother brings into your office.

You'll conduct your waking discussion with mother and child and naturally use the appropriate language suitable for a 10 year old but bear in mind that the mother is also listening to what you are saying and is sizing you up as well as considering the value of hypnosis. Determine all of the aspects of shyness that the boy and his mother relate so that you may address them in your sessions. Also have the mother present during the hypnosis when working with a child of this age. When the boy is in the hypnotic chair, remember that his shyness would really stymie any form of interaction so keep any questions and answers to a minimum. If you must ask him a question you may want to use ideomotor finger responses to make it easier for the child. First and foremost, you cannot put any pressure on the child. Keep him relaxed, comfortable and at ease. Tell him that he is always in control because he can open his eyes at any time and that this will not disturb what both of you are doing. Please do not do any testing of levels of hypnosis as this would probably put pressure on him, and you really do not need to know where he is anyway. I am against testing levels in the hypnotic state for any age for I firmly believe that only a light state of hypnosis is necessary for us to accomplish our tasks. You may teach him the safe and secret place and also self-hypnosis as you go along. Please do not expect to get this boy on track in one session. This first session should be one of imagery so that he can just listen and imagine without conversing or even moving in the chair. These are a few imagery techniques that I utilize among other techniques that I believe would be appropriate after working with the boy a session or two.

"A goal is something that you would like to do, or to reach or to have. It's like shooting an arrow at a target. When you want to do something, you want to have good aim to hit your target. Your goal to rid yourself of silly fears and embarrassments, to fit

in with other kids and be relaxed with grownups, and to enjoy life is really yours for the asking. So, just ask for it. Overcoming shyness means that you gain self-confidence and self-esteem so that you feel good about yourself to do good and fun things in life without any silly fear whether at school, at home, or at play.

### ***THE SUCCESS MOVIE***

Think of something great that you did real well....a time when you made a great success. Make it something that made you feel really happy and proud of being able to do it. Make it something that only you know or something that other people know and were happy about too. It could be something that you did at school, or at play, or with friends, or around your house. Now, make all of that into a movie and with your eyes closed, just keep on running that movie over and over in your mind, and feel how happy and great you felt. Smile and feel good and know that you can be and are very successful in many things that you do. Then tell yourself "I made a success then and I can make a success of feeling good about myself; doing good things without fear; feeling capable and believing in myself" Run the movie over and over in your mind each day, and pretty soon whenever you want to do super-great with people and so many things in life, imagine when you were successful before, and automatically you feel successful which makes everything easier to do. (Allow 2 minutes of silence)

### ***OUT OF THE SHELL***

The power to feel good about yourself, to believe that you are as good as anyone else, to believe that you can do great things at school, home, play or in any part of life begins in your mind, begins inside of you. This is how you overcome shyness. After kids start not believing in themselves over and over again, and not doing many different things because of fear of failing or being embarrassed this turns into a habit that stops you from enjoying things in life that other kids enjoy. And that habit goes deep into your mind and then you stop trying and begin fearing so many things. The way to put a stop to this is to start thinking that you can do great things, to tell yourself over and over that you are great. Imagine yourself breaking out of your shell. You see and feel yourself reaching into the sky of confidence and success, and pretty soon these images of doing super-great starts controlling your life, the way that you think about yourself and the way you do things. Think that you are great. Remember I told you that your inner mind believes everything that you tell it, so tell it everything that you would like it to believe.

(Allow one minute for the boy to imagine braking out of the shell)

I shall give you a copy of the Feel-Good Sayings that you will now hear and I'd like you to read them often, and repeat them out loud or just say them to yourself, because when you do, something happens inside of you that automatically sends these messages to every part of your body and mind for your enjoyment of life, happiness, and fun. These sayings help you keep a good aim for hitting the target. It would be so good if you read them over and over because what is inside of you just loves to hear them repeated by you or by someone that reads them to you. Your inner mind always believes what you tell it. Aim well."

## ***FEEL-GOOD SAYINGS***

1. It's my time to shine
2. My thoughts are powerful
3. Thoughts move mountains
4. I have inner power
5. I am unique
6. I am ready to come out of my shell
7. I am cool with other kids
8. I am relaxed with grownups
9. I fit in real great with everyone
10. I smile and am pleasant
11. I talk to and am great with kids
12. Kids and grownups appreciate me
13. My mind is my greatest tool
14. My mind controls my feelings
15. I control my mind
16. I control my feelings
17. I am successful in so many things
18. I am successful at school
19. I am successful at play
20. I am successful being with people
21. I believe in myself
22. I am on the road to success now
23. I am a winner
24. I am as good as anyone else
25. No one is better than me
26. I enjoy meeting new kids
27. New kids enjoy meeting me
28. I am starting to develop
29. My inner strength is growing
30. I look great and am happy
31. I love myself
32. My family always encourages me
33. My family likes the new me and so do I
34. I am breaking out of the shell
35. I am opening up to the world
36. Kids are now seeing the REAL ME
37. My future looks so great and so fun
38. All silly embarrassments have left me
39. All silly fears have left me
40. The world looks great to me now
41. It's AMAZING
42. I am AMAZING

43. Kids like the AMAZING ME
44. My inner power is growing
45. I am the captain of my ship
46. I steer my ship straight
47. It's a great fun voyage

**NOTE:** I purposely avoided questioning this young boy about anything in his past because I wanted to establish rapport as it is ever so important in matters of this type. Naturally rapport is important with every client but more so with shyness. Ease and trust is extremely important. After the first session, assuming that it goes well, I shall 'attempt' some form of regression integrating aspects of Parts Communication and Time Line Repair. Cause or causes, initial sensitizing events and subsequent sensitizing events are nice to find if you can find them, but they are not all that they are cracked up to be. We give the client an opportunity to speak, sometimes unload, and this speaking or unloading has a profound effect upon the subconscious mind. It is truly believed that the 'the reasons' have been addressed whether they have or have not been identified or named. The subconscious mind is so powerful that it will take the 'alleged release' and apply it to everything in the person's life, whether uncovered or not. Real or fake, truth or lie is totally unimportant to the subconscious mind, if there is sufficient repetition of whatever it may be. And, naturally you shall work through all of the instance of shyness that has been related in the waking state and in the hypnotic state.

**CAVEAT:** In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines. You may contact Tony De Marco at [Tony@thinnerbandhypnosis.com](mailto:Tony@thinnerbandhypnosis.com); [www.thinnerbandhypnosis.com](http://www.thinnerbandhypnosis.com)