

# Hypnosis Contract

To

## Lose Weight

**THIS AGREEMENT** made this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_

**Between:** "Me" \_\_\_\_\_  
residing at \_\_\_\_\_

**And:** "Myself" My Conscious Mind which constantly makes decisions  
residing within me

**And:** "I" My Subconscious Mind where ultimate control prevails  
residing deeply with me

**WHEREAS,** I am not the weight I want to be, and truly desire to shed pounds; and

**WHEREAS,** I know that there are many issues related to weight management; and

**WHEREAS,** I know that my health improves immediately upon shedding pounds; and

**WHEREAS,** I want to shed pounds for myself.

### IT IS THEREFORE AGREED AND UNDERSTOOD THAT

1. **Freedom of Choice:** It is my free choice to shed pounds and to maintain proper weight because it is excellent for my health and my appearance.

2. **Reasons:** I now eat properly for the following reasons:  
(Check the reasons that apply to you)

- I constantly and continuously improve my health in every fashion
- I look good in my clothes as I shed poundage
- I must shed pounds as my clothes do not fit me properly
- It is expensive to continue buying larger size clothes
- Slenderizing helps me improve my energy and to enjoy leisure activities to a greater level
- People cannot comment that I am overweight and that feels good
- The slender me feels better physically and psychologically
- I am smart and know what is good for me
- I am living a long healthy life & continue to live a long, healthy life
- I have unchained and continue to unchain myself from overeating
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Triggers:** I recognize these triggers and handle them properly, as I am aware that triggers cause cravings which had compelled me to eat improperly:  
(Check the triggers that apply to you)

- Anger
- Being near the refrigerator or food closets
- Seeing my favorite foods and snacks displayed
- Smells of foods
- TV commercials
- Being near certain restaurants
- Watching TV
- Going to the movies
- Arguments
- Work issues
- Family issues
- Boredom
- Sleep issues
- Emotional issues
- Health issues
- Failure
- Alcohol consumption
- Drug consumption
- Discontent with present state of my life
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

4. **Commencement:** Immediately as it has already begun. I acknowledge that I refer to every term and statement in this Contract as being in the “present” as if it has happened already, for such consideration about “time” is an essential part of the hypnotic programming: The concept that everything has happened and has been accomplished already leaves no margin for error or doubt. Everything begins right now.

5. **Performance by me:** To the best of my ability, experience and talent, and with the hypnosis that I am about to experience, faithfully perform the duties of a person in control of body weight and to maintain a good weight forever. My personal services for weight management, eating well balanced meals, and for avoiding snacking in between meals or eating late at night are rendered at any and all times and places, and my conscious and subconscious mind competently perform their duties to accomplish and maintain my weight goals. I practice self-hypnosis as I have been taught, avoid and process triggers, eliminate cravings, visit my safe and secret place often, repeat my Affirmations to myself, and relax. I drink the amounts of water daily that are healthy for me, and exercise daily, both in strict compliance with my doctor’s medical advice. I do follow proper medical advice. I know that my subconscious mind is so powerful, and as it has been positively programmed for proper weight management, that it works for me all the time, while awake and while sleeping, automatically and effortlessly. I know that my subconscious mind helps me shed pounds effortlessly.

6.a **Performance by my Conscious Mind:** I, the conscious mind, promise to obey all healthful information, insights, images and messages sent to me by the sub-

conscious mind. I promise to think before I act, and to act for the benefit of our being. I fully participate in the great victory of proper eating and enjoy new self-confidence.

6.b **Performance by my Subconscious Mind:** I, the subconscious mind, promise to send information, insights, images and messages to the conscious mind so that proper eating habits are attained easily and quickly. I hereby participate in shedding pounds, eating well balanced meals, avoiding snacks or late night eating, and in the weight management which is the subject matter of this contract, and continuously work automatically and subconsciously to attain and maintain the goals herein. Victory is ours

7. **Term:** This Contract commences now and continues throughout my life.

8. **Health Benefits:** The valuable consideration flowing “from me to me” is an integral and binding term of this Agreement, namely that when I develop proper eating habits: **(Check all of the benefits that do or may apply to you and write a few of your own)**

- My heart performs its duties easier as I am lighter and thinner
- My blood pressure maintains an excellent level
- There is less pressure on my back and all of my organs
- My digestive system works smoothly and better and better
- My circulation improves constantly
- My clothes fit great and my wardrobe is easier to manage
- People look at me differently as my appearance improves now
- I feel good about myself and my looks
- My self-confidence and self-esteem get higher and higher
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

9. **Additional Benefits:** It now is easier for me to mingle with people, and to be comfortable in certain places, because I am looking better and better, and I am taking care of myself. I am calm and relaxed. I have “un-slaved” myself from overeating, from snacking in between meals, and from late night eating. I have rid myself of the shackles of improper eating habits, of the chains that bound me, and I am free, free, free.

10. **Salary/Consideration:** A longer happier life; acceptance; more money in my pocket, greater health and energy, greater self-confidence and self-esteem.

11. **Vacation:** Freedom from being overweight is a permanent vacation.

12. **Reimbursement:** I reimburse myself for all of the money that I spent on clothes for different sizes by using the money that I save to do the things that I could have done with those extra dollars. I am happy to spend these dollars on good stuff.

13. **Loyalty:** I hereby unqualifiedly pledge my loyalty to myself, and do hereby swear to follow, and do follow the letter and spirit of the terms of this contract.

14. **Non-Compete:** I refuse to compete with my own best interests for all of my life. All of my parts are now integrated and work well in my weight management.

15. **Modification:** No waiver or modification of this agreement, or any covenant, condition, or limitation herein contained shall ever be valid. Furthermore, no evidence or any waiver or modification shall be offered or received in evidence in any proceeding, arbitration, or litigation, between the parties arising out of or affecting this agreement, or the rights or obligations hereunder. The terms of this paragraph may never be waived. This demonstrates the solemnity of our within Weight Contract .
16. **Assignment:** This Agreement may not ever be assigned, never-never.
17. **Completeness:** This Agreement constitutes the complete understanding between the parties, and the mind, both conscious and subconscious.
18. **Extensions:** Are not necessary as this contract is for life.
19. **Binding:** This agreement shall be binding on and inure to the benefit of the respective parties hereto, their respective heirs, legal representatives, executors, successors, and assigns. All parties agree that it is an extremely fair Contract.
20. **Jurisdiction and Validity:** The laws of the State in which we reside govern the interpretation of these terms and conditions and enforcement of any legal rights of any party. The parties hereto agree to submit to the jurisdiction of the courts of the State in which we reside for any and all resolution of disputes arising out of the interpretation and/or enforcement of the provisions of this Agreement. If any term or condition is held to be contrary to the laws of the State in which we reside or any United States Federal Law, then that law shall be construed to capture the true intentions of the parties. All of the terms and conditions hereof are severable and any contrary interpretation or illegality adjudicated by a court of competent jurisdiction shall not affect the remaining terms and conditions.

**IN WITNESS WHEREOF THE PARTIES HERETO HAVE SET THEIR HANDS AND SEAL ON THE DATE ABOVE WRITTEN.**

\_\_\_\_\_  
 Weight Manager Client (LS) Legal Seal  
 President, CEO

\_\_\_\_\_  
 Conscious Mind (LS) Legal Seal

\_\_\_\_\_  
 Subconscious Mind (LS) Legal Seal

\_\_\_\_\_  
 Witness

Copyright © 2003

**Anthony F. De Marco, LL.B., Ph.D.**  
 1358 Burnet Avenue, Union, NJ 07083  
 tel 908 964 4417 email nickeby@aol.com

This Contract is a serious hypnotic tool and is not intended to replace medical advice. Consult your medical doctor on any health issue, and avail yourself of the best sources to promote physical & mental well-being. No part of this Contract may be reproduced in any fashion without the express written consent of the author

