

Fork in The Road

Versatile Metaphor

First.... find out what they want to change.
Negatives of remaining in the habit...
Benefits of making the change...
Guide client into hypnosis...

.....

Now today, you've come to a fork in the road. It's time to decide when NOW is the time to make a change for the better.
But here we are, at the fork in the road.
That road on the left...it's an easy downhill road of just doing things the same old way you've been doing things. That slow road is so easy you can just coast....
But it also carries with it all the problems associated with staying right where you are now.
The road on the right is a little more uphill.... the road on the right is bright and full of what you want. The road on the right is your high road to success.
Let's explore your options and discover your most successful path...
In a moment, I'm going to count from 3 down to 1 and you'll be on that road to the left one year from today...one year from now doing the same old thing.
3-2-1...
There you are...it's one year down the road and you're still carrying around that old habit or behavior.
As you look around you, you can see that things have slowly.... and steadily gotten worse...look around you and see all the effects of just staying in that same old pattern for another full year.

(Include some negatives here)

There's a mirror there...look into it and ask yourself, "Do I look better? Do I feel better for holding on to the same old patterns for another year? Do I look smarter? Do I feel better?"

Now, I'm going to count from 3 down to 1 and we'll coast down that slow easy road to 5 years on that downward road...

3-2-1...

There you are...5 more years on that same old road....

(Negatives)

There's a mirror there...

*****Same patter for 10 years down the road...**

OK...this may have been an easy road.... but it's a hard trip to nowhere.

I'm going to count from 1-5 and we're going to go all the way back up to the fork in the road...

1-2-3-4-5...

Here we are back at the fork in the road. Whew! None of that has happened yet and it doesn't have to.

Let's check out that uphill road to success on the right...

It does mean making some changes.... but it also means getting everything you want.

I'll count from 1 to 3 and we'll go up to the one-year point of you making the change you deeply want to make.

1-2-3....

There you are. It's one year later and you've done it! You've made the change that gives you freedom and success and happiness...and peace of mind.

Here you are one-year up the road on the right...notice what's different for you.

(Name some of their benefits)

Notice how you feel.... the look on your face. Maybe you even hear from the people closest to you about how well you have done...go on, tell them how good you feel.

There's a mirror there...look into. Ask yourself, *"Do I look smarter for having made the changes so important to me? Do I feel smarter? Do I look healthier-- feel happier?"*

Now, I'll count from 1-3 and we'll go up to the 5-year point of successfully making the changes.

1-2-3...

How do you feel now...5 years on this successful road to the right.

(Benefits)

There's a mirror...

*****Same patter for 10 years up the road.**

Pat yourself on the back because you've done it.... and notice how great you feel and look! Maybe that's pride welling up in your chest. Take a moment to look back down that road and notice that old thing is just nostalgia...something you used to do.

And now, it's time to go all the way back to that fork in the road so you can begin to enjoy doing those things that you really want to do... Easily and naturally making those changes that you have decided to make!

5-4-3-2-1.

Here we are...back at that fork in the road.

And it's time for you to make the decision. Now, I don't know which decision is RIGHT for you. But you know. And I know you'll make the right choice...Because you know what you want.... and you've experienced how it makes you feel.... and you have already taken the hardest and most important step. You can move forward easily and automatically now because **you've decided to make a change for good.**