

DARK SIDE HYPNOSIS



Alright, so now I want to talk to you about confusion techniques and self defence, and as I said earlier, this was a request for content from one of our Inner Circle members "Mark".

And again guys, if any of you want some content in particular then just let me know...

Ok, so the way a confusion technique works is it sends your target into a state of confusion and then basically what that does is it ties up their critical factor and that leaves them open to suggestion.

So after you use a confusion technique, if you follow up with a suggestion then your target will act on it because it will be a relief from that confused state.

Alright, so to do a confusion technique, you need to have relaxed body language, and you need to have a friendly look on your face when you're doing it, assuming you're doing the confusion technique face to face, because of course you could actually do a confusion technique over the phone.

The reason why you need relaxed body language is because when you do the confusion technique, your target is going to be looking for what to do next, so everything you subcommunicate to him is important.

Alright, and the next step is to say something which totally makes sense, but it's out of context.

And as I said, this sends your target into a confused state, and the idea is you want to keep them in that confused state for as long as you can.

Then you want to give them the suggestion and they will follow it because it's a relief from the confusion.

It's like someone coming up to you in the street and saying "it's not 20 to four" for a minute your brain is going what? What? And so then your brain desperately trying to grab onto something that makes sense.

It's all about bending and pushing a situation without making it seem like you're doing anything at all.

And it's these weird states of mind where we become massively suggestible.

So as an example, for a confusion technique you could say... "I wanted to paint my door green, but I only had blue paint."

Alright, so that's one example of a confusion technique by saying something that makes complete sense in itself, but when you say it out of context then it becomes confusing.

So as I said, you can use confusion techniques for getting yourself out of situations you don't want to be in and even for self defence, and I'll actually give you an example of this when I teach you the Vortex.

But essentially the way it works is if someone comes up to you with a huge amount of adrenaline and force, anything he says to you is designed to put him squarely in the position of the aggressor.

So no direct answer to his question is going to change that.

But when you do a confusion technique your target has no idea what you're talking about and this sends them into a confused state, and then that makes them lose their control over the situation, and they'll experience an adrenaline dump which leaves them useless and highly suggestible.

This kind of technique is used by powerful persuaders all the time, for example, if you've ever seen a politician firing a set of statistics to listeners and then finishing with a summing up then you've seen them used a confusion technique.

These politicians know that in when they deliver information like this then you're far more likely to believe the concluding statement.

Alright, so back to the confusion technique...

After you use one then you can give them a direct suggestion and their mind will accept it.

So you could use a confusion technique and then say, " I don't know if you'll notice yet whether it was your right or left foot that stuck hard to the ground first, but you'll certainly be relieved after a couple of minutes of trying so hard in vain to unstick your feet to find that they eventually come unstuck..."

So if you were to say something like that then the layers of presupposition that your targets feet would stick to the floor would be lapped up as a relief from the confusion state they're in.

So in terms of using confusion techniques for self defence, the bottom line is whatever you do, just don't respond to your aggressors questions directly because then you lose all control of the situation.

So if they say to you "What are you looking at", or "Give me your wallet..." then you can keep control of the frame by using a confusion technique.

You could say "My Dad taught me to tie my shoes when I was younger... He drew around my shoe on a piece of cardboard, cut around the shape of the shoe, made some holes and then threaded a shoelace through the holes just like it was a real shoe."

So think about it for a second...

If someone comes up to you and asks for your wallet and then you launch into a story about learning to tie your shoes, then they're not likely to say "That's nice but give me your wallet..."

Instead, they're not going to have a clue what to say. And if you're ever in this kind of situation and you use my example of tying the shoes but you feel like it's still not enough, then you could say "and now whenever I tie my shoes I like to sing about it..." and then launch into a song after and start singing out loud...

Now I know this sounds strange, but imagine how confused you would be if you went up to someone that you don't know in an aggressive way and then they start talking about learning to tie their shoes and then start singing about it.

Alright, now another way to do a confusion technique is by making what you're saying so hard to follow because there's what you know, there's what you know you know, and there's you know, but you don't know you know. So when the things you know but don't know you know, become the things you know you know, you can just **PAY ATTENTION NOW**, you know?

Ok, so that was an example of saying something that's so hard to follow to send someone into a confused state.

And one more way to do a confusion technique is to layer double meanings.

So when you think about the right way to use confusion techniques, what's left over is that it's not right for you to turn left at a right turn. So you should wait until it's your right turn to turn left, because it's not right that the left turn is right over there. Because it might be the only one left but it's not the right way to take, alright?

Ok, so that was an example of using right and left and layering double meanings as a confusion technique.

Now I've given you few examples for confusion techniques and you can use the examples if you want, but really they're most powerful if you can come up with your own ones.

But just remember, for a confusion technique, say something which is makes sense in itself but it's out of context, or say something that is so hard to follow they go into a confused state, or layer double meanings.

That's all you need to remember and you will be using confusion techniques in no time.