**5 POINT REBUTTAL FORMULA**
How every hypnotist/hypnotherapist can handle themselves through the use of rebuttal, in any given situation in or out of the therapy room.
Or even in one of those dinner cocktail parties, when some loud person wants to state that:
*“I don’t believe in hypnosis!”* or *“I’m not sure if I could be hypnotised.”*

T.G.M.A.P. which is an acronym for: **Trance Gives Me A Punch**which is a saying to remind the user of the first words of the instruction in exactly **WHAT** to say and **HOW** to do it)
 **Throw** them off their feet cgghujuuiiiio
*“Fantastic, glad to hear it”*
**Give** a logical Explanation
*“You wouldn’t believe how many times I hear that”*
**Make** a positive statement
*“And I yet I simply watch them slip into hypnosis”*
**Ask** an affirmative question
*“And considering there’s nothing to lose by trying and everything to be gained if successful it makes sense to at least try, and see what happens,... yes?”*
**Punch** Close!
*“Put your hand like this!”* (Swan Protocol)

**DAGA**This can be used when, rather than wish to use a rebuttal I simply want to hypnosis *now*, this very minute, with that person, but I don’t know how to begin.
DAGA is a simple method that proves to be 100% successful.
 **DO** “What do you do?” **AMAZING** “That’s amazing!” **GOAL** “And do you have a specific goal that perhaps you find challenging?” **ASK** “If I could show you a way that might help you achieve that, would that be of interest to you?”