



Confusion Patterns: A Guide to Influence and Hypnosis



Introduction

Today, we're going to explore what is known as **confusion patterns**. These are language structures that momentarily confuse the listener, making them more open to your influence.



Definition: A *confusion pattern* is a sentence that places the listener in a brief state of confusion, after which they are more likely to accept direction or suggestion.



Why Confusion Patterns Are Useful

Whenever the mind is in confusion, it desperately searches for something that makes sense.

- If you create confusion and then provide a clear, logical statement or instruction, the person will **cling to it like a lifeline**.
- This is why confusion patterns are powerful tools in persuasion and hypnosis.



Example follow-ups:

- "Close your eyes."
 - "You're safe, stay right here."
 - "Pay attention to my words."
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The 30-Second Hypnosis Induction

A classic confusion pattern described in *Mind Control Language Patterns* is:

"I want you to go ahead and remember back to yesterday when you knew that tomorrow you'd be in a trance right now."



Why it Works:

- It scrambles the listener's sense of **time**.
- They must juggle *yesterday*, *tomorrow*, *today*, and *right now* simultaneously.

- This state of mental overload makes them highly receptive.

Next Step: Immediately follow with a simple, grounding instruction (e.g., “You feel good, close your eyes...”).



Confusion Patterns from Jeff Stevens

Here are some classic examples shared by Jeff Stevens:

- “I often wonder what things will be like when we were there.”
- “So, what have you guys been doing for the next two hours?”

Each part of these sentences makes sense individually—but when combined, they create a paradoxical confusion.



How to Build Your Own Confusion Patterns

Constructing confusion patterns is easier than you might think.



Formula:

1. Start with a simple, logical phrase.
 - Example: “I often wonder what things will be like...”
2. Add another logical phrase that doesn't align with the first.
 - Example: “...when we were there.”



Formula 2:

Find two sentences in a book. Combine the first half of one sentence to the last half of the second.

Put them together:



“I often wonder what things will be like when we were there.”



More Examples You Can Use

Here are some original confusion patterns to inspire your own:

- “What will it be like to have the memories you remembered you had lost?”
- “How many times did I tell you to do that once?”
- “I don’t remember how we will be after we’ve been there.”
- “Yesterday is a good time to begin now.”
- “Will you remember looking forward to that moment right now that you forgot?”

By simply saying something out of context can also create confusion:

- “The wall outside my house isn’t five feet tall.”
 - “No one would believe a chariot had three wheels.”
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Practice & Application

- Try writing a few of your own confusion patterns using the formula above.
 - Use them in conversation and notice the reaction—some people may literally freeze for a moment as they try to make sense of what you said.
 - Always follow confusion with clarity.
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What’s Next?

In upcoming videos and discussions, expect:

- New language patterns
 - Practical persuasion techniques
 - Insights into influence and hypnosis
- If you have a topic you’d like covered, post a comment or send an email.
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Final Notes

- Like this video if you found it useful.
 - Share it with your friends—because it’s informative, entertaining (mostly 😊), and because I asked you.
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