

ADD and hypnosis

Once upon a couple minutes ago, I came across this post on X:

Honestly, I think Instagram is meant to give people ADD, social anxiety disorder, and porn addiction; but, thinking about it makes me feel like an old church lady with a tinfoil hat on.

And I have several thoughts.

First, tinfoil hats are a perfectly acceptable fashion accessory. While church isn't the best place to wear one, there's nothing wrong with wearing a tinfoil hat. And given what the world governments and giant corporations are up to, I'm honestly surprised more people aren't in tinfoil hats.

Now, about ADD, or as it's now called ADHD (because adding letters makes the science people feel smarter).

Most hypnotists, including yours tinfoil-y, have an unusual take on ADHD.

Instead of accepting the common take: people with ADHD can't pay attention,

Most hypnotists see it as: people with ADHD are paying TOO MUCH attention. So much attention they're looking at everything that's going on around them. Which is why people think they can't focus. When in reality people with ADHD keep switching focus from one thing to another.

And Instagram trains people to become a LOT more selective (Instagram doesn't cause ADD, that's genetic) with what they pay attention to.

It's why we keep hearing about "attention spans shrinking", which I don't believe in. Ever see one of these "low attention span" people playing Skyrim, Call of Duty, Minecraft, or whatever their favourite game is? Those "low attention span" people end up paying so much attention, they'll play from dawn to dusk and not even notice the time slippin' by.

Interesting thing is. . .

Becoming so absorbed in an experience, that time itself disappears, is hypnosis. Instagram and video games are hypnotising you.

A lot of ADHD people wonder if they can even be hypnotised because they're paying so much attention to everything all the time.

If you've ever been so absorbed in gaming that time faded away, you can be hypnotised. And everyone's had that experience at some point.

The difference between Instagram and me: I show my clients how to hypnotise themselves better. So my clients can release whatever poison Instagram and Skyrim are pumping inside their skulls. And once the poison is gone, everything changes, doesn't it?

If you want to work with me on draining your brain poison, here's the link:

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To Wearing Your Tinfoil Hat With Pride,
Lawrence Bartley,
Tinfoil Hat Wearing Prince of the Labyrinth