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Induction Scripts

Awareness Induction – Terrence Watts

Note to Practitioner: This technique works very well with the analytically-minded individual or the Hypervigilant as it will give them something to focus on. Following this induction, use a deepener if necessary, preferably one which actively features the client.

Just make yourself comfortable now. If you want to close your eyes, that's a good idea, but if you don't, that's fine too. Now you can just listen quietly to the sound of my voice and of course you'll be aware of all those other sounds, too sounds inside the building, sounds from outside. These won't disturb you. In fact they are going to help to relax you, because the only sound you need to think about is the sound of my voice and while you're listening to the sound of my voice you can just simply allow yourself to be as lazy as you could ever want to be. Just allow yourself to be as lazy as you could ever want to be.

Good. Now, while you're relaxing there in the chair, you can just be aware of your body, aware of your hands where they rest on the arms of the chair. Perhaps noticing the angle of your elbows, and maybe sensing the weight of your head against the chair back And, you know, that weight might seem to just gently increase as you allow yourself to relax more and more just being aware of your ankles and feet now, on the footrest, and wondering if they will start to feel heavy too. As you relax thinking about your breathing for a few moments. Noticing that your breathing is becoming slower and steadier as you relax more and more. Slower and steadier - breathing so steadily and evenly just as though you were pretending to be sound asleep. Breathing so evenly, so steadily you almost wouldn't disturb a feather placed immediately in front of you. Breathing so easily and slowly, so gently, that you almost wouldn't disturb even a single strand of a feather placed right in front of you.

And as you allow yourself to relax even more now, I wonder if you can perhaps sense the beating of your own heart. Sensing the beat of your own heart and just seeing whether you can use the power of your mind to slow that heartbeat down; just a touch, just seeing whether you can use the power of your mind to slow that heartbeat down just a little, so that you can then feel your whole body slowing down. Becoming lazier and lazier because you've got absolutely nothing whatsoever to do except to relax now. Nobody wanting anything, nobody expecting anything, so you can allow your whole body to continue to relax and become steadier and easier until it's just ticking over like a well-maintained machine of some sort or another. Just ticking over smoothly, easily, quietly, comfortably, so that you can become gradually more aware of your whole self.

Aware of your hands and arms - just sensing how they are now. Aware of your legs and feet too, again just sensing how relaxed they might be and wondering if it's possible to relax them even more to be so in touch with yourself that you can actually get your whole body, perhaps, to relax even more. Yet remaining totally alert and noticing now how even your face muscles can begin to really relax - relaxing and letting go of the tensions that were there, almost, but not quite, completely unnoticed just being vaguely aware of the skin and the muscles of your face settling smoothing out a good feeling wondering just how long all that tightness had been there where it all came from in the first place and then realizing that you simply couldn't care less because you can feel it draining away from you now and that feels good.

And as you continue to sense the beating of your heart and the absolute steadiness of your body's rhythm you wonder at the fact that you are so absolutely relaxed and comfortable that you simply can't be bothered to even try to move even one single muscle. Even though you know you easily could if you wanted to - I know that you easily could if you wanted to - but you simply can't be bothered to even try allowing yourself to just be relaxed. And relaxing even more now - as lazy and relaxed as anyone could ever wish to be. And I wonder if you can now manage to relax even more even though you are already as relaxed as it is possible for most people to ever be just finding the last tiny traces of tightness in your body and simply letting them go with each easy, gentle, breath you breathe, allowing every muscle, every fiber, every cell of your entire body to be as beautifully relaxed as anyone could ever wish to be. "

Note to Practitioner: Now use a deepener if necessary, preferably one which actively features the client.

Confusional Technique – Terrance Watts

Note to Hypnotherapist: This induction script employs a technique that works very well with the analytically-minded individual. At first they will attempt to make sense of what you are saying, but they will soon give up the struggle! Emotionals may dislike this script. but it will still be effective for them.

Just close your eyelids and let your mind drift where it will. You are aware of everything, and yet you are not aware. You are listening with your sub-conscious mind, while your conscious mind is far away, and not listening. Your conscious mind is far away, and not listening. Your sub-conscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your sub-conscious mind is taking charge, and when this happens, you close your eyes and let your sub-conscious do all the listening. Your sub-conscious mind knows, and because your sub-conscious mind knows, your conscious mind does not need to know and can stay asleep, and not mind while your sub-conscious mind stays wide awake.

You have much potential in your sub-conscious mind which you don't have in your conscious mind. You can remember everything that has happened with your sub-conscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget; you need not remember what you can forget. Your sub-conscious mind remembers everything that you need to know and you can let your sub-conscious mind listen and remember while your conscious mind sleeps and forgets. Keep your eyes closed, and listen with your sub-conscious mind, and when you're listening very, very carefully, your conscious mind will not mind what it forgets, because your sub-conscious mind will remember what it has forgotten. As you continue to listen to me, with your sub-conscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your sub-conscious mind listen to me.

Repeat, beginning at paragraph two.

The Dave Elman Induction (adapted by Brian Wallace)

Note to Practitioner: Induction script.

Do you agree to follow my instructions, nothing more, nothing less?

There is a small amount of touch involved with this induction, my hand will be on your right shoulder. I may lift and drop your right hand gently and I may tap you gently on the right hand. Is that OK with you?

Are you ready to begin?

Take a long deep breath, fill up your lungs and hold it for a second. Now when you exhale, close your eyes down and just let yourself relax.

Let yourself become aware of all the sounds around you – sounds coming from inside the room and sounds coming from outside the room – you will always be aware of all of these sounds but none of these sounds will disturb you or distract you in any way, they will just remind you that you are not sleeping, you are just relaxing and they will also serve to remind you to focus on the sound of my voice – and just let the sound of my voice make it easier for you to become even deeper relaxed.

As you comfortably ignore the outside world, let your awareness easily; almost lazily drift to your breathing – breathing in oxygen, releasing carbon dioxide. It's part of a natural, normal rhythm that happens all day long, every day. And the wonderful thing that happens when you think about your breathing is that you are always thinking about the breathing that you are doing right now. You are not thinking about the breathing that you did yesterday or the day before or even the day before that, you are thinking about the breathing that you are doing right now. And that has the wonderful effect of getting your mind into the moment, into the present and into the now.

Now let your awareness drift to your eyelids. Create a feeling of relaxation so deep in those tiny muscles of your eyelids that as long as you choose not to remove that relaxation, those eyelids just won't work. And when you know that you've done that, hold on to that relaxation, give them a good test; make sure they won't work. Test them hard, it's OK. (pause) That's good! Stop testing and let yourself relax much more.

That quality of relaxation you are allowing in your eyes is the quality of relaxation I'd like you let yourself have throughout your entire body. So take that same quality, bring it up to the top of your head. And send it down through your body from the top of your head to the tip of your toes. Let go of every muscle. Let go of every nerve. Let go of every fiber and let yourself drift much, deeper, relaxed. You got it.

Now there are two ways that a person can relax, you can relax physically and you can relax mentally, so let's just start with the physical relaxation. In a moment I'll ask you to open and close your eyes. When you close your eyes, send a wave of relaxation through your body, so very deeply, you'll allow this physical part of you to relax. Ten times deeper. Just want it and you can have it. Let your eyes become open. Close your eyes And really Let go. Feel your body relax, much more. You're doing fine.

In a moment I'll ask you to open and close your eyes again. This time when you close your eyes, double this physical relaxation. Really let it grow twice as deep. Let your eyes become open. Way down. Deeper. Deeper. Relaxed. You got it, you are doing well.

In a moment we'll do it one more time. And notice how well it comes in this time as you learn, how simple it is At least double it. All right let your eyes become open. Way down...really let it go. Now if you have been following these instructions we have all the physical relaxation that we need to proceed, but, just to be sure, I am going to check. In a moment I'm going to lift your right arm and drop it. Don't help me lift that arm, let me do all the lifting, let me do all the work and just notice how relaxed that arm really is. And when it drops down, just notice how much more, your body can very easily relax. (perform arm drop)

Perfect. Way down. Great.

Now the body's relaxed so let's get the mind relaxed, that's the part that really feels good. In a moment I'll ask you to slowly begin counting out loud, backwards, slowly, starting with the number 87. After each number, simply say the words, deeper relaxed. And here's the secret to mental relaxation, after each number simply double your mental relaxation, let your mind grow twice as calm and quiet.

Now if you do this, you'll discover by the time you just say a couple numbers, doesn't take long, you've relaxed your mind so beautifully and so completely, you've actually relaxed all the rest of the numbers out. Want that and you can have it quickly.

Slowly begin counting out loud, backwards, starting with the number 87. Saying the words, deeper relaxed. And relax those numbers right out of your mind. (87 deeper relaxed.) That's good, now double that mental relaxation. (86 deeper relaxed.) That's fine, just start to feel those numbers fade and drift away (85 deeper relaxed.) Now you can let those numbers grow dim and distant, they're not important. (84 deeper relaxed.) And when you're ready just push them out (83 deeper relaxed.) Now push them on out, just tell them to leave and they will go. Just let them go. And let them be gone Numbers all gone? (Wait for 'yes' answer from client.)

The body is relaxed and the mind is relaxed and the body and mind relax much more with every gentle breath that you exhale – not because I say so, it's just the nature of the human mind and body to enjoy the deeper levels of relaxation that you can get with hypnosis.

And we can take this much deeper; I would like to show you how to do that. So in a moment, I am going to count from 10 DOWN to 1, with EVERY number I say, allow you mind and body to work together as a team, as they were always meant to do, to take you deeper and deeper into this calm and quiet you have created, so that by the time I get to 1, you can relax so deeply, right down to that perfect basement of relaxation for you today. 10 down to 1, deepening (numbers said at the exhale.)

Elman Induction – Short Version

Note to Practitioner: This induction ends with a Test for Amnesia.

When you know that your eyelids are so relaxed, so completely limp and heavy that you know that you couldn't possibly open them- give it a try. I don't have any power over your muscles, only you do. Of course you could open them, but in order to do that, you'd have to let go of that relaxation, that wonderful feeling of calm that's come over you. Etc.

Now let yourself go even more... Take that calm feeling all the way down from the top of your head down down to the tip of your toes.

In a moment, I'm going to ask you to open and close your eyes. If you've been following my instructions, each time you close them you'll double your relaxation.

Hold hand down at belly level, ask them to open their eyes and look at your hand, Move hand up past eyes, saying:

Open your eyes and follow my hand.

Drop hand down past their eyes saying:

And now close them down.

Repeat for a total of three times.

Do Arm Drop technique to deepen.

Test for Anesthesia or Amnesia (100 down count for disappearing numbers, or objects, or a pinch test.)

Erickson Double Bind

Note to Practitioner: This induction requires you to establish eye roll, or eye fixation. Voice inflection is very important.

Part 1

I'm going to count from 5 down to 1. All you have to know about this is, WHEN YOUR EYES CLOSE, you will go into a deep state of body sleep/hypnosis. You cannot close your eyes until I say the number one. EVEN THOUGH you may FEEL like closing them just continue to stare at [ring, flashlight, etc., to establish for eye fixation.

Five: Your eyes are starting to feel a little heavy. Your body is becoming calmer and calmer. When your eyes close you will go into a deep state of body sleep/hypnosis.

Four: Resist the feeling to close your eyes; eyelids becoming Heavier and Heavier, becoming a bit droopy, still resisting the feeling to close them.

Three: Your shoulders are slumping/sagging, your eyelids are becoming heavier and heavier. When your eyes close, you will go into a deep state of body sleep/hypnosis. But you cannot close them until I say the last number.

Two: Every breath takes you deeper into the calmness. It would feel so good to close your eyes, they really want to close, but you can't just yet.

One: Go peacefully and calmly into a deep sound hypnotic rest.

Touch back of neck to test for tension.

DEEPER AND DEEPER, calming every muscle, every nerve and tendon in the body.

If eyes don't close, lower the fixation object, to allow the client's eyes to follow it down and so infer that the eyes are closing.

Test arm for limpness - if the client is in hypnosis, the arm would stay wherever it landed. If they are not in, they will bring the arm back to their lap when it is dropped.

Eye Fixation

Note to Practitioner: An eye fixation induction is good for children and anyone who is a Physical suggestible. It can be used for others, but the time spent focusing the eyes should be less for them. Have a predetermined spot on your ceiling or wall where the client, in a resting state, will have to raise their eyes to slight eye strain to focus on it, but not so high they have to move their head. If you plan to do an eye fixation, then show them where the spot to look will be when you ask them to look at it later.

When you open your eyes I am going to have you look directly at (that spot) which is (describe where it is)

Go ahead now, please open your eyes and focus on that spot. As you watch that spot, notice that your eyes may be getting heavy. They want to close, and just know that when you close your eyes you will move into a lovely state of hypnosis. Heavier and heavier, when they are ready to close, you can just let them close. Heavier and heavier, harder to keep open.

How long this goes on will depend on your client. You may have to speak very quickly to get your set up statement in before they close their eyes. For others this may take a few seconds.

The moment their eyes close, snap your fingers and say a firm power word such as “Deep” or “sleep” or “Deeper into the calmness”, or “now”. The word is not as important as the intent. You will be taking control for that moment. By using the eyes closing, the snap and the word, you are confusing the conscious mind into flight mode, creating conversion- because the conscious mind can focus on only one thing at a time.

Deepen with a verbal deepener such as “And with each exhale you can feel yourself sinking deeper into that chair.”

A physical arm drop is always appropriate to deepen an induction if you got permission to touch before you began.

Five Finger Spread (Kappas)

Note to Practitioner: This induction script is recommended for Suggestibility of 34 - 65% using Rapid/Authoritarian (Firm Maternal) Patter.

1. Ask permission to hypnotize, to touch their hand and perhaps their forehead. Ask if they are left or right handed (misdirection - doesn't matter which hand you use).
2. De-sensitize & Centre them. Client's eyes will be closed.
3. Tell the Client you are going to take their hand. Take the Client's hand, either left or right and hold palm toward their face (testing for body temp & taking control). Hold fingers together gently/firmly in front of their face, the base of their palm about forehead level and about a foot away from them.

Explain Procedure:

In a moment, I'm going to ask you to open your eyes, and when you do I'm going to ask you to focus on the tip of your middle finger. open your eyes please, and focus on this finger.

Client's head is level, with eyes rolled upward to look at their hand. Tell them to concentrate on the tip of their middle finger - tap the tip for emphasis.

When I let go of your hand, an interesting thing will happen; your fingers will start to spread and your hand will pull in to your forehead. When your fingers touch your forehead, you WILL close your eyes, and you WILL go into a deep, calm state of body sleep.

Release their hand, (snap fingers behind their head). Their fingers should spread immediately on their own.

Stand to one side and slightly behind the Client, so your body does not distract attention from their hand.

See, already your fingers are spreading. Fingers spreading, spreading, spreading, wider and wider apart now your hand is pulling in, pulling in, pulling in, closer and closer, etc.

When their hand is approximately 6" from their forehead, if it's not moving towards the forehead quickly enough, gently push the hand to make contact with the forehead. Hold onto the hand, don't let it drop. On contact, in firm/authoritarian patter, say:

"DEEP SLEEP"

If the hand stops part way the Client may already be in hypnosis.
Complete the contract by taking the hand to the forehead, saying:

"SLEEP"

You already have hold of the Client's hand, so tell them as their hand gets closer to their lap, they will go deeper and deeper into that peace and calm, while gently dropping, loosening their hand until it's about a foot away from the lap. Say,

When your hand touches your lap you will go twice as deep into the calmness.

Drop the Client's hand into their lap, saying:

*"Deeper asleep" OR
"Deep down."*

Imagination Test

Note to practitioner: Induction script.

I'm going to ask you to imagine some things for me, and I'd like you to just see them, or imagine them, or be aware of them in your mind as I ask you to.

Do you have a vehicle? [Or bicycle, or the bus they came on]

Now when you can imagine that in your mind, nod your head. Okay, now you are looking at your vehicle. What colour is it? [Answer] Good.

Now open the door of the vehicle and get in behind the wheel, and look straight ahead. Is the speedometer in the center, to the right or to the left? [Answer] Is the speedometer circular, semi-circular, horizontal or vertical? [Answer] What colour is the needle or the fluid that indicates the speed? [Answer] Excellent.

Now, let's check your imagination another way. This time I'd like you to visualize or imagine yourself at a tropical beach. When you get that scene clearly in your mind, please nod to let me know. [Nod]

Good, now in your mind, look around and tell me if you see any people there? [Answer]

What colours do you see around you? [Answer - Encourage a tiny bit of specific about a person place or thing, and the colour.]

Great - that shows me how you imagine and see things in your mind. The first time you imagined something you were familiar with, the second time something you weren't as familiar with, or had to make up, now this time, I will ask you to imagine a specific single object.

Imagine now that it is night time, a beautiful, warm, perfect night, and you are sitting on a park bench, looking at the full moon. And in order to see that full moon better, I want you to now roll your eyes back up in your head as if you could see the full moon right up in the middle of your forehead.

ROLL YOUR EYEBALLS WAY BACK UP IN YOUR HEAD AND AS YOU DO YOUR EYELIDS LOCK TIGHTLY CLOSED. THE MORE YOU TRY TO OPEN THEM THE TIGHTER THEY ARE LOCKING CLOSED. NOW, TRY TO OPEN YOUR EYELIDS. THEY ARE LOCKING TIGHTER AND TIGHTER. NOW STOP TRYING AND JUST LET GO, AND SLEEP. [Loud snap with word sleep]

LET a GOOD AND PLEASANT feeling now flow all through your body and let every muscle, nerve, tendon and ligament in your body go loose, limp and very, very calm. Breathe easily and deeply and send a wave of deep calmness right from the top of your head DOWN to the tip of your fingers DOWN to the tip of your toes.

Palm Raise

Note to Practitioner: This induction is written in direct language and you will need to adjust for an inferential listener.

Instructions:

Clients eyes will be closed prior to beginning your induction, so remember to let them know you are coming up to them. "In a moment" is a good way to set up your induction.

In a moment I am going to ask you to open your eyes and focus on the center of my palm. Go ahead, please, open your eyes and look right at the center of my palm.

The palm should be about 18 inches from their face and positioned so the eyes open and see the palm immediately.

Please follow my hand up and as you do you notice that your eyes are beginning to get heavy. The longer you look at my palm, the heavier they will get. Please try to keep your eyes open until I bring my hand down, and then you can close them. Heavier and heavier.... and....

Bring your hand down all the way while watching the eyes. When the eyes close, snap your fingers and say "Sleep" or "Deep", or "Rest" **at exactly the same time as you snap**. This will confuse the mind.

Repeat two more times. Each time, tell them it is more difficult to get the eyes open, and if you see them really struggle on the second pass, by the third pass you can challenge them with a statement like:

Because you have done such a good job of letting those eyes get heavy, just thinking about opening them will make them close much tighter. Go ahead and prove to yourself that this time they likely won't even open- by giving it a "little try.

As soon as you see them having difficulty getting them open, immediately say:

Stop trying! Perfect! "

Always finish your physical hand pass so they feel the energy moving down all the way, even if

the eyes didn't open. Finish up your induction with a deepener such as the arm drop, or a verbal statement like:

Notice the calmness moving all the way DOWN from your head to your toes. Or, Each time you exhale, you will sink even deeper into the comfort of that chair.

Palm Slide Induction

Note to Practitioner: This is a rapid induction designed for very quick conversion. Because it is quick, the language can be fairly similar for both inferential listeners and literal listeners.

Instructions:

1. Your client will have their eyes closed to begin, so warn them that you are coming up beside them.
2. Tell them you are going to pick up their hand and place it on your palm.
3. Yours is palm up, theirs is palm down because you are going to ask them to push down on your hand. You want your hand positioned about 6 inches above their leg.
4. Place their hand and then ask them to open their eyes and look at a spot you are pointing to, on your forehead, between your eyes.
Then fracture their focus by having them "press here" by touching the back of their hand, or "but look here" when you tap the spot between your eyes.
5. Flipping their focus back and forth a couple of times is confusing to the conscious mind. If you do it too long you will lose the "confusion".
Suddenly pull your hand away, snap your fingers and say the word "Sleep!" all at once.

The shock will immediately shut down the conscious mind, and you may or may not have to tell them to close their eyes. Even if the eyes stay open they have likely achieved conversion. Asking them to just close them down will take them deeper.

Finish off this quick induction with a deepener or two, helping them to sink further into the calmness.

Tests

Analgnesia/Anesthesia –

Note to Practitioner: This Test is a good for Somnambulism, a good way to prove to a client they are in hypnosis, and also a good pain relief technique for clients. Remember, they should be diagnosed for pain by a medical professional. They can apply this hand to any part of their body and transfer the numbness.

Do this when a client is in a nice quiet place in their mind, such as at the bottom of the stairs in their garden. This is written in permissive, allowing inferential language. You will have to make it more direct for the literal listener.

Notice, beside your chair, on your right side is a lovely little table and on that table is a huge glass bowl filled with a sparkly blue, or pink, or green, or silver gel. Whichever colour you choose. (Don't give the literal listener a choice. Choices will frustrate them.)

This is a temporary numbing gel. This sparkly gel is so inviting and you might want to see if it feels as tingly as it looks. Putting your right hand into the gel, allows you to feel how lovely it is to move your fingers in that gel. It feels warm and cool at the same time. This combination of warm and cool, is intriguing. As you move your fingers through the gel, you may begin to notice that your fingers can begin to feel a bit tingly too. In fact, your fingers just may begin to feel a bit numb. Just let that tingly feeling move into your fingers and let them become more and more numb with each moment. I can't do this for you. Only you can do this with the amazing power of your mind. Perhaps let them become twice as numb now, and that numbness can actually move through your whole hand, until your whole hand is completely numb. Stiffer and stiffer, more and more numb.

Just thinking about moving your fingers makes them number and more immobile. Go ahead and prove to yourself that they won't move by giving them a little try.

At this point, if your client is in somnambulism, and you have used the appropriate language, they likely won't be able to move their fingers. If they do, repeat and reiterate.

Now, you didn't have your left hand in that gel so you have total movement in your left fingers. Go ahead and wiggle them and see how easy it is to move them.

That's right, the reason you can't move those fingers on your right hand is because of the amazing power of your subconscious mind. It will believe and act upon anything you choose to imagine. And your mind is very powerful. I didn't do this to you, or for you. You did it. And it is because of this amazing power of your mind that you will be able to make all of the changes you have chosen to make with Hypnosis.

I will count to three and when I get to three, all of the numbing gel will disappear and you will have full movement back in hand.

Be sure they test it to make sure they all the feeling back. It can be like exiting- it may take a moment.

Self-Hypnosis Induction

Note to Practitioner: This induction script is a good example of a self-hypnosis script that can be recorded for your own use. This relaxation exercise is specifically designed to defeat stress in your life. We all spend time, several three - minute periods in our day, focussed on stress. Be sure to spend equal time on focusing on calmness!

Instructions:

1. Find an area in your home or place of work where you can have about three minutes to yourself. That's right, only three minutes are needed in your quest for success. After practicing this exercise many times, you may reduce the time to only one or two minutes.
2. Now read the following words into a recording device. Read very, very slowly. Pretend that you are tired as you read this exercise and you will react in a relaxed, sleepy, manner. Whenever you see these periods in row "... " it is your signal to pause and let your body relax for a few moments before continuing on.
3. Sit up in a comfortable chair with your hands resting in your lap or by your side. Take three slow deep breaths and each time you inhale, focus on filling your lungs with clean, fresh air. As you exhale, feel the calmness fill your lungs.
4. When you are looking to work on a specific problem using this self-hypnosis technique, you need to include a "hypnotic prescription." A hypnotic prescription is a specific "script" that you use in talking and communicating with yourself. If you have a problem sleeping at night, you may develop a script that goes like:
"I find myself sleeping soundly and perfectly all night long. The natural sounds of the night act as a lullaby, singing me to sleep. I will awake in the morning, feeling rested and alert, ready for an exciting new day."
5. Read the "prescription" into your audio recording before you embark in the relaxation exercise. It helps to write down your prescription on a piece of paper or an index card and read it over several times before you listen to your self-hypnosis exercise. This will allow your thoughts to focus on a positive outcome or change. One that you really are inviting into your life.

Self-Hypnosis Script:

You feel good, you feel fine ... you feel perfectly calm. Each and every deep breath that you take lets you rest deeper and deeper ... each and every sound that you hear allows you to rest deeper and deeper ... nothing will disturb you ... just breathe deeply and rest deeply ... Let your body become calmer ... let all of your muscles go limp as you gain control over the powerful sub-conscious part of your mind ... all of your cares and troubles are just drifting away ... You can bring them back at any time you want. .. but it feels good to let them drift away at this time...

Each and every breath you take allows you to rest deeper and deeper ... each and every sound that you hear, allows you to rest deeper and deeper ... You feel good ... you feel fine ..., you feel perfectly and completely calm ... Your mind is alert and aware and your body is resting perfectly ... Each and every time you practice this exercise, you will find yourself resting to a greater and greater degree...

Your body feels totally limp as your mind is keenly alert, aware and very powerful ... You can achieve anything you want when you execute your own mind power ... You will find you're sleeping better when it's time to sleep and you will find more energy when you are awake ... your life is getting better and better.

Day by day, in every way, you are getting better and better. You feel good ... you feel fine ... you feel totally and completely, calm ... In a moment you are going to count from 1 to 5 ... By the time you reach 5, you will be alert and find yourself resting to a greater and greater degree ... all right... one ... two ... three ... four ... FIVE ... you are wide awake ... alert and feeling better in every way.

How do you feel? Do you feel alert and awake and feeling better than you have ever felt before? Practice this exercise several times during the day. Each time you practice this exercise you will find relaxation easier and easier to attain.

Seven Plus or Minus Two

Note to Practitioner: This induction script is by Terence Watts who writes the following about this script: "Use this induction with analytical or intellectually orientated Clients. It contains elements of confusion and since it is almost impossible to resist, it works particularly well with those who tend to find 'normal' relaxation inductions uncomfortable. Use a 'standard' preparation to begin."

All right, just allow yourself to be as lazy as you want to be, listening quietly to the sound of my voice, and while you're listening quietly to the sound of my voice concentrating for a few moments on your breathing. Breathing slowly and steadily, just as though you were sound asleep, or pretending to be sound asleep and imagining, perhaps, just how comfortable you might look while you're relaxing there in the chair. Using the power of your mind to see yourself in your mind's eye and then using the power of your mind to do whatever has to happen to make you look even more relaxed. And still thinking about your breathing, making quite sure that each breath in lasts the same length of time as the last breath in. And each breath outwards lasts the same length of time as the last breath out, even though each breath in will probably be slightly shorter than each breath out. And while you're thinking about your breathing, noticing, perhaps, the weight of your head against the back of the chair and still listening quietly to the sound of my voice.

While you're listening quietly to the sound of my voice, it maybe that you'll become aware that you've forgotten to think about your breathing. But that's all right, you can just simply start thinking about your breathing again while you're listening quietly to the sound of my voice and what I'm saying to you here. And in psychology, there's a rule called seven plus or minus two and that means that most people can think of seven things all at once plus or minus two so you should be able to think of at least five things all at the same time: the sound of my voice, the steadiness of your breathing, the weight of your head against the back of the chair and how you might look from the outside.

That's four things. So you can think of those four things while you're listening to the sound of the music I'm playing in the background, so that's five things, now. And I wonder if you can think about those five things and then at the same time notice the way your feet feel on the footrest of the chair and perhaps how your arms feel and that's seven things now: the sound of my voice, the weight of your head against the back of the chair, the music playing in the background, the way you look while you're relaxing, and your breathing, and your arms, and your feet on the footrest.

And I wonder if you can now add an eighth thing into all of that. I wonder if your mind is powerful enough to think of seven plus one things adding in, perhaps, an awareness of the temperature of the room. And then just testing to see whether you can add yet another input to your senses so that you're thinking of NINE things all at once. That's seven plus two. Thinking about all those eight inputs to your senses and then maybe adding an awareness of the way your eyes feel while you're thinking about all those other things: the weight of your head, your breathing, the music in the background, how you look from the outside, the temperature of the room, your feet on the footrest, your arms, the sound of my voice, and how your eyes feel.

The weight of your head, your breathing the music in the background how you look from the outside, the temperature of the room, your feet on the footrest, your arms, the sound of my voice, and how your eyes feel, and of course, when anybody thinks of all these things, what they are really doing is

scanning round them one after the other very quickly. So quickly, it feels as if you're thinking of them all at once. And in the world of computers, that would be called timesharing; sharing your available resources between the different tasks you are attempting to perform all at once and that's why some people can think of only five things. Because it's the limit of their memory, while others can actually think of nine things. And I wonder how well your memory is working as you struggle to remember those nine things: the weight of your head, your breathing, the music in the background, how you look from the outside, the temperature of the room, your feet on the footrest, your arms, the sound of my voice, and how your eyes feel.

And now you can think how good it will feel when you simply allow yourself to think of only the most important thing of all, concentrating all your energies onto that one most important thing of all which is going to be so easy to think of now that you are going to allow yourself to think of only one thing instead of nine. And that one thing is how good it feels to think of only one thing, thinking how relaxed you can be now that you're only thinking of how relaxed you might like to be, relaxing in your mind and in your body. No need to think anything at all, really. No need to do anything. Nobody wanting anything and nobody expecting anything and absolutely nothing whatsoever for you to do except to relax.

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Deepeners

Stairs

Note to Practitioner: This is what we consider a major deepener. It is written in direct, literal language. Remember to make it allowing and permissive for the inferential listener. Read through it first so that you can tailor it to the client.

Never take them down the stairs without telling them what is at the bottom. It is a good idea to talk about the fact that this is their place, nobody there but them, and it is a safe place for them. Think of a place that will appeal to your client.

If a client had a bad abreaction you didn't know how to handle, you could guide them back into their safe place quickly and easily so they can feel good again before exiting them. Never bring a client out of hypnosis during an abreaction. Bring them back to their center core safe place or this safe place first.

I would like you now to find yourself standing at the top of a flight of 10 well-lit, wide and safe stairs. There is a sturdy handrail on this staircase and it leads down to a _____?_____

This could be a garden, a meditation room, a quiet beach, a forest a meadow - whatever would appeal to your client.

For Phys:

Each of these steps will take you much deeper into the calmness. Each of these steps will take you even 5x deeper into that lovely deep state of hypnosis.

For Emo's:

You can choose to let each of those steps take you 5x deeper into the calmness. Each time you take a step down you can let yourself go even more.

Let's begin to move down now, from Step 10, DOWWWNNN to step nine, 5 timesdeeper...into the calmness.

Always tell a client what they are going down into.

*Down into the calmness, deeper down into hypnosis, deep into the peaceful feeling....
Step 9 now, DOWNN to step 8 . Deeper into that calmness.*

ETC, ETC, until they get to step 1, and then down into their destination (a restful place that will appeal to them.)

If done slowly, and with lots of descriptive language, the client will be in a nice state of somnambulism when you get to the bottom of the stairs.

Use major deepeners such as stairs, elevators, escalators, and waterslides- after your PR, or instead of a PR, and before your Therapy.

Progressive Relaxation Scripts

Association Method

Note to Practitioner: This is a progressive relaxation script.

You can close your eyes now and begin breathing deeply and slowly before you let go completely, and go into a deep hypnotic state, just let yourself listen carefully to everything I say to you it's going to happen automatically so you don't need to think about that now and you will need no conscious control over what happens the muscles in and around your eyes will become loose and soft, all by themselves as you continue breathing easily and freely without thinking about it, you will soon enter a deep, peaceful, calm sort of situation without any effort there is nothing important for your conscious mind to do absolutely nothing whatsoever to do except just drifting there is nothing really important except the activities of your subconscious mind and that can be just as automatic as dreaming and you know how easily you can forget your dreams when you awaken you are already drifting into this calm state of hypnosis without noticing it, you have already altered your rate of breathing you are breathing much more easily and freely and yet you had not thought about your breathing except at the beginning.

And now you can really enjoy becoming more and more calm and peaceful, and your subconscious mind will listen to each word I say and it keeps becoming less important for you to consciously listen to my voice your subconscious mind can hear even if I whisper You are continuing to drift into a more detached state as you examine privately in your own mind Secrets, feelings, sensations, and behavior you didn't know you had At the same time, letting go completely Your own mind is solving that problem At your own pace Just as rapidly as it feels you are ready You continue becoming more calm and comfortable as you sit there with your eyes closed As you experience that deepening comfort you don't have to move, or talk, or let anything bother you Your own inner mind can respond automatically to everything I tell you and you will be pleasantly surprised with your continuous progress.

You are getting much closer to a deep hypnotic trance And you are beginning to realize that you don't care whether or not you are going into a deep trance. Being in this peaceful state enables you to experience the comfort of the hypnotic trance Being hypnotized is always a very enjoyable, very pleasant, calm, peaceful, completely calming experience It seems natural to include hypnosis in your future either self-hypnosis or having someone hypnotise you You will always enjoy the sensations Of comfort Of calmness And all the other sensations that come automatically from this wonderful experience You will find yourself feeling really happy that you have now discovered hypnosis discovered hypnosis and all the positive benefits that it can mean for you Because you are learning

something about yourself. You are developing your own techniques of therapy without knowing you are developing them. You can have it as a surprise sooner or later, a very pleasant surprise.

Imagine yourself in a place you like very much - by a stream, or by the ocean. Perhaps you are floating gently on a sailboat on a peaceful lake in a warm, summer day. You are continuing to drift deeper and deeper. And you continue becoming more comfortable. This is your own world that you like so much. You are going to find that any time you want to spend a few minutes by yourself, drifting, and feeling very comfortable and serene, you can automatically go back to this feeling you're experiencing now. You can put yourself into this world anytime you like. There are times when you will want this serene feeling. And it is yours whenever you want it.

Continue enjoying this pleasant experience as your subconscious mind is receiving everything I tell you. And you will be pleased the way you automatically respond to everything I say that is in your best interest.

Boat Ride Down the Moon River – Charles Tebbetts

Note to Hypnotherapist: a beautiful deepening PR, great after a “full” therapy for rest before exit.

Now just rest. Deeper and deeper into the calmness. Calmer still. Deeper and deeper. Rest, and as you rest, deeper and deeper - deeper and deeper down, all other sounds fade away into the distance and it's nighttime. It's nighttime and very quiet, very peaceful, and so calming. There is a full moon, a beautiful moon, and your eyes look upward in your imagination to see that moon even better from the middle of your forehead. You rest even more. Rest. Relax your eyes. And go deeper as you now see the beautiful moonlit waters of a small river.

Now, in a moment, you are going on a boat ride down this peaceful little river, down this river to a very calm bay in the sea. And you are going to rest - rest as you've never rested before. It's going to be wonderful for you to rest, easy for you to rest, comfortable for you to rest. So allow yourself to let go. Let all the muscles be loose and limp. Rest as you journey down the beautiful moonlit river to a very beautiful, sleepy, lagoon by the sea.

You feel the boat gently rocking now as it guides itself down the calm, peaceful river. Softly, smoothly, into the bay of rest where cares and worries are forgotten, and where health, restoring sleep and peaceful rest are everyone's prized possession. All free for the asking. So allow yourself to drift down this quiet water. Rest now. Rest and glide down the beautiful moonlit river. Feel the boat gently sway as you relax your arms, your legs, your body, to attain the restful, peaceful restoration of your body and spirit. From which comes leaving your worries behind you and passively, peacefully drift. Drift on down. Rest. Way down. Sleep softly. You're sleeping and drifting. Resting. Drift with the tide. Drift and listen to the waves. Gently rocking. Feel the fresh sea spray as the river meets the calm sea. Breathe the wonderful smell of the salt sea air and listen to the sounds of the sea, the gulls overhead, a bell ringing, and the sound of the gentle slapping of the tiny waves against the hull of the boat as you enter the beautiful calm bay of peace and rest.

Down to the Beach by the Shore

Note to Practitioner: This is a progressive relaxation script based on script from Charles Tebbetts.

Visualize, or imagine, and imagine being just a thought, whichever is easiest for you, that you are going down to the beach. Down to the ocean shore where everything is comfortable and very...very...calm in every way. And I want you to visualize... or imagine... in your mind's eye, that you are sitting and gazing at a beautiful scene by the ocean. See it...feel it...know it. See the shore....see the sand....see the beautiful, blue sky with maybe just a couple of white fluffy clouds...just drifting and floating around . And see yourself right in the middle of it all....very....very calm...and comfortable. Just gazing out toward the beautiful horizon where the sky and water meet.

As you gaze out over the beautiful ocean where the sky meets the water, you become even calmer, completely calm. You see the white, fluffy clouds against the blue sky drifting, drifting by above you. You feel the comfortable, cozy warmth of the summer sun just comfortably warm on your head and the cozy, comfortable warmth of the sand radiating up your back. Feeling wonderful, you feel completely content sitting by the beautiful, timeless ocean shore, gazing out on those beautiful deep, deep, waters. As you visualize or imagine all this in your mind's eye and continue to look out at the beautiful ocean, you feel completely calm....just feeling wonderful. No cares, no worries, no stresses or anxieties, just feeling wonderful and you have plenty of time. Nothing to do at the moment but just gaze out at that beautiful ocean and be content, and rest! Now that you have that scene completely fixed in your mind's eye we're going to bring in the sense of hearing, so you can listen to the sound of the surf now as it rolls gently all the way in....you hear the gently slapping sound of the surf rolling all the way in..... and then all the way out.... and you allow yourself to be completely and totally calm and serene.

Now you can even smell the fresh, salty sea air and it feels good in your lungs, so you take a very.... very deep breath. All the way in....and all the way out.... You allow yourself to drift, sinking deeper and deeper, and deeper down into calmness as you gaze up at the sky watching the seagulls drifting, drifting by and you hear the seagull's cry overhead, you see their lazy flight, floating along so beautifully, so serenely, as they float, float along, drifting, carried with the wind, carried with the wind current and you drift the same way. Feel yourself drift along on the wind, above the ocean and you float and drift so calmly, so serenely, so gently, just like the seagull.

You breathe in deeply and breathe out deeply... all the way inand all the way out...and you are completely calm now, letting all the muscles of your body go limp, just go limp and drift. Drift easily and comfortably..., feeling wonderful, so peaceful, so calm. Float easily and comfortably, feeling your

entire body drifting and floating and floating and drifting- and you feel wonderful, so calm, feeling so good, and you are completely calm and continue to drift and float even deeper down into the calmness.

The ocean gently rolls and rolls and you drift deeper and deeper back down to the sand, feeling so calm, so peaceful, so tranquil, feeling so serene, and you rest. You rest, sitting on the warm sand, gazing out toward the deep, beautiful ocean, seeing the seagulls drifting and floating overhead, drifting, drifting, gracefully and peacefully and nothing disturbs you, nothing bothers you, you just sink deeper and deeper down into the calmness, breathing gently, feeling sound in body, sound in spirit, sound in mind.....knowing that you deserve this rest and relaxation. And understanding that you are feeding your soul.... with calmness.... and peace.....and tranquility.

Ericksonian Style Progressive Relaxation – Nicole Koch

Note to Practitioner: This script is useful for emotional suggestibility. It includes pacing and leading, conscious unconscious dissociation, indirect suggestions, and open-ended language pattern.

*Just sit there comfortably, with your hands comfortable, legs uncrossed, there is no need to move, no need to talk,
You can listen to my voice,
You can see the wall in front of you
You can feel the chair beneath you
And you can allow yourself to relax now...*

You may notice your conscious mind, might be wondering what happens next..., whereas your unconscious mind, is able to perceive things from a larger framework...or perhaps it is your unconscious mind that is wondering what will happen next, and it is your conscious mind that is perceiving things from a larger framework...and your conscious mind may be interested, whereas your unconscious mind is already beginning to allow that sense of relaxation to pervade your body...and your conscious mind might be thinking about what's happening, whereas the unconscious mind, can allow you to become even more relaxed, deeper relaxed now...and isn't it nice to notice that you can experience both some tension and relaxation at the very same time...

A person can, __(name)_____ be comfortable in so many different ways, and I don't know how it may happen to you...because relaxation is a natural state to your unconscious...and sometimes you may find yourself drifting, noticing that deep level of relaxation...

*And you can become very comfortable, and it may happen in many ways, some people might feel relaxation in a muscle and let that relaxation spread throughout the entire body, feeling a hand perhaps and noticing how it is becoming lighter, some people might notice that each muscle is becoming loose and limp as if they could just allow a sense of deep calm and rest, and someone else might experience something completely different...and I wonder what you will be doing...
Because your unconscious mind really can relax now, even more deeply now...*

And you may or may not allow that sense of deep relaxation to pervade your entire body now, very relaxed now... It's interesting to experience, you can be very comfortable now, comfortable and relaxed, more deeply relaxed now...

I wouldn't want to suggest who you are is the capacity to relax your body, all the way from the top of the head, to the tip of your toes...in your own unique way...breathing in relaxation, breathing out any remaining feelings of tension...

*And the more you listen, the more you allow yourself to settle within,
And even if you don't pay attention to me at all you will experience a sense of calm and well-being
from a deeper place within... comfortable and deeply relaxed now...*

*And in the days to come, you may find yourself gently drifting into a level of relaxation comfortable to
the circumstance, and only you know what that means, and only you know what that is...and your
unconscious mind will with the help of your conscious mind, learn a number of ways that will let you
have relaxation in a natural and pleasant way...*

*And you can listen to my voice
And you can see what's in front of you
And you can feel your chair beneath you
And you can allow yourself to emerge from this hypnotic state fully alert and refreshed...*

The Lake

Note to practitioner: Progressive relaxation script.

You are lying on a wooden dock, resting comfortably on a thick exercise mat. The dock extends out into a clear, blue lake that is bordered by tall, fragrant pine trees. The water laps gently against the dock pilings. The sky is radiantly blue and bright and shimmering as if it was a band of silk stretching across the sky above your head. A few clouds dissolve and float like pale feathers high above you. You lie very still and feel a slight breeze against your cheek. You hear only the sound of your own breathing and the constant lapping motion of the water. You feel the delicate warmth of the sun on your eyelids, your cheeks, your hair, your neck, and your whole body. You feel completely serene and calm, completely calm. You are so calm you can imagine reaching your goal.

The Magic Rainbow adapted from Terence Watts

Note to Practitioner: This usually produces a very deep state. The 'ripples' metaphor at the end is excellent for those who have trouble relating to others.

And now you're so beautifully relaxed - nobody wanting anything, nobody expecting anything, and absolutely nothing whatsoever for you to do except rest. I want you to just let your mind and your imagination drift - feeling lazy, easy, comfortable - and I want you to imagine that you're standing on the terrace of a lovely old house. A house like a stately home or country mansion and you can feel the sun on your head and shoulders, not too hot, just comfortable. There's a gentle breeze playing against your skin and as you look around you, you notice an elegant marble flight of steps. There are ten broad steps leading down into a beautiful sunken garden; a garden where you sense peace, well-being and comfort. Make it really vivid in your mind.

In a moment I'm going to count down from ten down to one and as I count all the way DOWN from ten, DOWN to one, I want you to imagine that each number is a step DOWN on this beautiful staircase. A step DOWN towards this beautiful garden, and each step you take, is another step DOWN into DEEPER levels of relaxation. So that by the time I get DOWN to one, you will be as deeply calm as you can ever imagine, while still being able to hear and respond to the sound of my voice.

- 10 - Take the first step DOWN, resting and letting go...
- 9 - Feeling more and more calm... No need to hurry, plenty of time...
- 8 - Moving down easily now...
- 7 - Deeper and deeper...
- 6 - Deeper still, your breathing becoming slower and steadier...
- 5 - Really calm now, just... let go...
- 4 - Becoming calmer and calmer...
- 3 - Calmer still now, more and more relaxed...
- 2 - All the way down to...
- 1

And now you find yourself in this wonderful garden. You can feel the softness of the newly-cut grass beneath your feet, as the fragrance of masses upon masses of brightly colored flowers seem to envelope you. And there's the gentle sound of birds singing, echoing faintly in the stillness of air. It's almost a magical place, stretching into the distance as far as the eye can see in all directions; with beautiful shrubs, tall, elegant trees, and an ornamental fountain which seems to feed into a gently trickling stream. This fascinates you and you wander to the edge of the stream and gently lower yourself down onto the soft, grassy bank. And just sit for a while, gazing into the cool, clear water,

marveling at the sense of tranquility that sweeps over you and, listening to the faint sound of the fountain splashing into the pool that feeds this gentle stream. After a little while, you lie back on the grass and gaze up at the clearest of blue skies. And as you rest deeper and deeper into your mind, you just drift off into a deep and relaxing sleep. And as you sleep, you have a dream.

You dream that your whole body is becoming lighter, and lighter and lighter. So light that you feel you must surely begin to float on air at any moment. And then you feel yourself just floating and drifting, gently borne aloft and supported by the softest of warm breezes. And you can somehow see, through your closed eyelids that you're floating in a sea of colour, a warm sea of color that relaxes and comforts you as you just drift, suspended in warmth and colour that seems somehow unreal and yet, at the same time, has a comfortingly familiar feel to it. You're aware of misty reds and oranges, soft, muted yellow tones, gentle greens and blues that seem somehow like clouds - the deepest, softest indigos and violets that you could have ever imagined. And it begins to dawn on you that you're floating in a rainbow, a magical rainbow.

In this rainbow, time and space doesn't exist in the same way that we usually know it. You might have floated there for just a moment or for a hundred years - maybe for a lifetime - or just perhaps for the blinking of an eye. You could have floated forwards in time, to a time that could be far beyond your future. Or, maybe back in time, back before your own lifetime. It gradually begins to seem to you that you might even be able to float here for just as long as you wish, with this wonderful relaxed feeling, just floating and drifting through this magical sea of gentle flowing colours, where time seems to be suddenly of little importance.

You are still pondering on these thoughts, when you feel yourself beginning to float gently downwards, lower and lower, softly sinking down, down, through this beautiful rainbow. Becoming more and more relaxed, even more lazy until eventually, you realize that you've stopped floating downwards... And you find yourself on the shore of a tranquil lake, a large, tranquil lake, surrounded by softly rolling hills that are shrouded in a gentle, silver mist. There are trees and sweetly scented flowering shrubs and grasses growing at the water's edge. Everything is bathed in a beautiful golden light, a golden light that seems to bathe everything in its warmth. You find yourself marveling at the sense of deep calmness and comfort that seems to fill your entire being as you stroll lazily along the sandy shore of this wonderful lake. Notice with a sort of lazy curiosity that it seems to be constantly changing colour. Subtle colours blending so smoothly, that it's difficult for you to know exactly when limpid blue has become a deep, soft violet; or when that deep violet became a relaxing, translucent green. The changes of colour fascinate you, and you settle yourself down to sit comfortably and safely and just gaze out across the crystal clear waters.

Every so often, something, a fish maybe... just something, just breaks the surface, creating ripples that seem to flow gently and endlessly in all directions. Ripples that eventually lap against the edges of the rock that you're sitting. You smile and slightly lean forward to dabble your hand amongst them... and as you do so, you create yet more ripples, ripples that shimmer in a kaleidoscope of different colours across the lake, interacting with the others and making new, ever changing patterns. You realize that this tranquil place is the pool of all knowledge... that while you are here, you are part of everything and everything is a part of you. And you find it easy, so very easy to open your mind, to let go of any barriers to memory or learning.

And now your mind is prepared and receptive to everything I am going to say to you. And everything I say is for your benefit and is accepted and acted upon by the subconscious. It has a steadily increasing effect upon the way you think, the way you feel, and the way you behave. And the influence of these suggestions, as they are for your benefit, continue to increase over the coming days... and weeks... and months.

Path in the Woods

Note to Practitioner: This is a progressive relaxation script.

Close your eyes and make sure you are comfortable. You are about to take a leisurely walk along a path that leads you into a lush forest. It is safe and secure. As you walk along this path your legs stretch out with every step, loosening all of the muscles in your legs; and as you walk along, you are comfortable and you breathe deeply and easily. Every breath calms you more and more, and off in the distance you can hear the sounds of birds chirping and the rustle of the leaves as a breeze blows through the tops of the trees. As you walk along the path, you hear the sound of water splashing from a stream nearby, and soon you come to the stream, find a comfortable place to stop and then just REST. Water trickles from the stream into shallow rocks, forming a still, crystal-clear pond. You kneel on the grass and look into the pond and you see a wonderful, positive reflection of yourself. You are smiling and happy. You are looking as good as you feel, and you feel wonderful inside and out. You dip your hand into the clear water and take a sip. The water is cool and refreshing. You look into the pond again, and the water becomes still. You can see your goals, see yourself reaching them in the most positive way.

The Protective Bubble

Note to Practitioner: This is a progressive relaxation script.

Now drifting way DOWN into calmness and just allowing your entire body to rest and go limp and as you go down DEEPER and even DEEPER DOWN, all noises or distractions neither bother nor disturb you. I WANT you to concentrate on your breathing breathing in pure calmness with every breath you inhale and breathe out all stress and tensions every time you exhale. Just feel yourself going down DEEPER and DEEPER into the calmness with each and every breath and your breathing is regular, easy and effortless and you are just becoming calmer and calmer and your entire body is completely and totally limp as you drift DOWN even DEEPER with each and every breath you take in and you can feel a warm, wonderful sense of PEACE and FREEDOM as you go even DEEPER DOWN into the calmness.

And you may have noticed that some areas of your body are easier to calm than other areas so concentrating on the areas of your body that you find now to be the most comfortable, the most tranquil and calm and just concentrating on those areas now recognizing those areas that are so comfortable and so very, very calm and feel all the sensations of peace and calmness in your body and allow the feelings of calmness and comfort, the most peaceful areas of your body to begin to expand and as this marvelous, warm, wonderful feeling of calmness spreads, it expands to all the other parts of your body and the feeling of calmness and limpness expands out now to ALL the other parts of your body as you continue to go DEEPER and even DEEPER DOWN into the calmness.

See if you can visualize or imagine the calmness continuing to spread throughout your body like the rays of the sun, gently warming and cozy or like the rings of water that spread from a pebble being tossed into a quiet pond and allow the calmness to spread to every muscle, ligament, nerve and tendon in your whole body, as you just continue to enjoy this tranquil and peaceful calmness in every part of your body and with every passing moment this feeling of deep, tranquil and comforting CALMNESS becomes stronger and every cell, nerve, muscle and ligament of your body enjoys this wonderful, CALM sensation and this peaceful, calm feeling now spreads out beyond the physical confines of your body expands out beyond the skin and begins to form a protective bubble (or energy field) around you and you can let this bubble (or energy field) spread out far beyond your physical body or you can keep it close, like a second skin, and since this bubble (or energy field) is your own creation you can do whatever you want with it. You can use it in any way you want and the uses of this bubble (or field) are limitless it can act as a barrier to keep out all those feelings or things going on around you keeping out situations that are uncomfortable to you OR you can allow any feelings you wish to let in and experience, to pass through the bubble (or energy field).

YOU CAN control what emotions, situations or people you want in your space. Just visualize or imagine right now an emotion or person you don't want in your space and see how they CAN'T get through the bubble (or field), they just bounce OFF and AWAY, (pause) on the other hand, visualize or imagine an emotion or someone that you DO WANT in your space and notice how YOU can ALLOW them to pass through the bubble (or energy field). YOU CONTROL who and what is allowed to pass through into your space, and the more your practice with this bubble (or field) the stronger it becomes, and you can just put it up whenever your want it or you can put it there and leave it so that it always surrounds you. Visualize or imagine it as a white light shining around you and you can even project it out to encompass and protect those that you love and care for because it provides safety from harm for yourself and also those you care for.

Within the iridescent Bubble, you are safe and secure.

Realizing now that when I bring you out of hypnosis you can return to this place of peace, tranquility and deep calmness and you can use this bubble (or energy field) any time you want you can use it and feel its benefits to all parts of your physical and emotional body.

Relaxing Your Mind

Note to Practitioner: This is a progressive relaxation script.

Now that your physical body is calm and peaceful, you can now allow your mind to let go of all thoughts and worries. There are several images that will help you to clear your mind.

First of all, in your mind's eye, see if you can't see before you a very old wooden trunk. It has leather hinges and brass handles. It is very large. Raise the lid of the trunk and place into it all your guilts, anxieties, worries, fears, angers, pains and sorrows... and any other self limiting feelings you have running around in your head. Now close the lid of the trunk and you can allow your mind to be clear and free, letting go of all past issues that have been holding you back in life.

Now, see before you a huge, green tent...like a circus tent. And it's just filled with people. You can see the clutter of hot dog wrappers, popcorn boxes, pop containers and all sorts of clutter. There are open flaps on either side of your circus tent. As you concentrate on this tent, and all the clutter, a sudden gust of wind blows through the tent and sweeps the tent free of all the clutter... and allows your mind to be as clear as that tent....

Finally, see before you a fire in a huge old black wide mouthed cauldron. Watch as the flames swirl and dance above it. Gradually let the flames flicker and die....until only ashes remain.....then watch as a sudden gust of wind comes along and blows all those ashes away and the inside of the cauldron is completely clean. You begin to notice that it has a warm golden tone and as you focus on that soft golden glow, you too become golden.

Now see before you, two beautiful multi-coloured butterflies (eagles, sea gulls). As you gaze on the butterflies (eagles, seagulls) give yourself wings and fly with them.... Feel the wonderful sense of peace and freedom as you glide.... through the air. Floating..... Drifting..... completely free....calm... and peaceful.

Rocking

Note to Practitioner: This is a progressive relaxation script that you can use before you enter a post-hypnotic (therapy) suggestion.

You are sitting in a rocking chair on a beach at the edge of the sea. You're not near enough to get wet, so when the water rushes in it stops a few yards from you, slips under itself, and back out again. You rock easily with the rhythm of the sea, and as you rock you watch each wave, slowly roll in and roll out and each wave takes away a problem. It slips in and washes away a problem, taking it out to sea where it disappears in the depth of the water. And you rock slowly and the sea washes your problems away, one by one, and your mind is free and you feel as if you could rock here forever. You are completely calm and because you are so calm you can imagine reaching your goal.

Add Post-Hypnotic (Therapy) Suggestion

A Room in the Country

Note to Practitioner: Read this progressive relaxation script before you begin. Watch for the italics to know where you will insert a few items that your client might value. For the second set of italics, plan to insert what your client wishes to achieve.

It's a mild summer day. You are in your favorite comfortable clothes, sitting in the second floor room of an old country inn. The inn is built of wood and stone, and your private room is spacious with polished hardwood floors and a large, comfortable bed. You have brought a few things with you and they're on a small table. You look at each one.

[Insert the possessions Client might value: a certain photograph, a book they want to read, a bottle of their favorite wine, their new camera]

You sit in a large, comfortable chair, put your feet up, and gaze out your window over the rolling, grassy hills. A hedge of wild blackberry bushes winds its way in a crooked line over the horizon. All around the inn it is quiet, very quiet, and no one else is here to disturb you. One lone blackbird swoops in easily over the crest of the hill, the air is clear and fresh and filled with the faint scent of wildflowers. You can sit and look out the window as long as you like. You feel your body completely calming, all over as you gaze from the window. Your heartbeat slows a little, you breathe easily, your mind is free of any worries or responsibilities that you have about your family, your job, or yourself. All your cares melt away. No one is going to ask you for anything, or expect anything of you. You are free to do anything you please, your mind is calm, and because you are so calm you can imagine reaching your goal.

Space Deepener – Terrence Watts

Note to Practitioner: This progressive relaxation script produces a very deep state.

In a moment I'm going to ask you to imagine certain thing but it doesn't matter if you can't imagine all the things I'm asking you to. You might even find your mind wandering quite a bit, so that my voice just fades into the background but that doesn't matter, either the sound of my voice is going to continue to relax you and very soon now, you're going to find yourself to be more relaxed than you can ever remember

“Now I want you to imagine yourself getting into a large airy elevator a truly luxurious elevator with ten floors to go down it's warm and comforting inside here and softly lit with a beautiful carpet on the floor and a really comfortable chair for you to sit in and as the doors glide silently closed, you just lower yourself into this wonderful chair and gaze idly at the indicator as the elevator starts to move very gently downward. And as each number changes, so you allow yourself to be twice as relaxed as you were on the floor above, as relaxed as you are now, just allowing yourself to be twice as relaxed as you were before as each number changes. So that when it shows floor nine, you're twice as relaxed as when you first got into the elevator. Floor eight now, and even more relaxed, moving down into an ever-increasing sense of laziness. Seven, more and more relaxed. Floor six now deeper and deeper, settling further into that comfortable chair. Five, half way down now. Four, more and more relaxed, just let go. Three, deeper now, and still deeper. Two, calmer and quieter. One, almost all the way down now, just one more floor to go down to zero and as the doors of the elevator glide silently open, you just rise lazily from the chair and stroll outside. And as you do so, the doors close again with a gentle swish and you hear the elevator start to ascend again.

And now you find yourself in a long corridor, sweeping away in front of you in a long gentle curve so that you can't actually see the end of it but you somehow know that there's nobody here but you. And you begin to feel even lazier, even more relaxed. As you move further into the inviting depths there is a soft, gentle light and a comforting warmth that relaxes you still further with every step you take and as you just continue to move lazily and effortlessly along this corridor, you realize that it's turning into a sort of tunnel. You notice something else, too you notice that you're getting just a bit too warm for comfort now and discover that for some daft reason, you're wearing a really heavy winter coat a really heavy, thick winter coat that seems to hang on you like a ton weight, and you decide to take it off but the buttons are tight and you have to struggle with them for a moment or before you can undo them then suddenly you're free!

And you just slip the coat off and drop it on the floor as if it was the most natural thing to do feeling mightily relieved that you've done so and a lot more comfortable now as you continue on your way the tunnel becomes gradually darker, and you can see a small spot of light at the far end of it a small spot of light that doesn't actually seem to be getting any closer, even though you know you're moving towards it just following one lazy, easy step with another and marveling at how you can hardly feel

your feet touching the ground after a while the floor of the tunnels starts to slope gently downwards you can feel yourself moving down and down and down like walking down a gentle hill and you realize that you must be in a huge underground cavern, because the small dot of light is above your eye level now but you can still see it you can still see it like a small star in the darkness of a night sky, as you move on down and down and you begin to find yourself feeling cooler now, the further down you go cooler and cooler until you're actually very cold and wishing you still had that winter coat that you so casually discarded and by the time the path starts to move up again, you're actually shivering with colds and feeling a distinct draught from somewhere in front of you .

"It's not long before the upward path levels out again and you notice that the small dot of white light is actually getting closer now becoming larger and larger, and brighter and brighter as you get closer and closer to the end of the tunnel larger and larger and brighter and brighter until you're almost able to reach out and put your hand to it and then, quite suddenly, you feel the welcoming warmth of the sun on your head and shoulders and you realize that you've left the tunnel and you're in a vast sunlit valley a huge expanse of green and light you look around you, and to your surprise, the tunnel has completely disappeared there's absolutely nothing that even remotely resembles anything that could be a tunnel and you're in the middle of this lush green valley that stretches beautifully in all directions as far as they eye can see there're misty hills in the distance wherever you look and it dawns on you that this valley is actually a huge natural bowl there are trees and rock formations a small forest and just a little way down the hill you're standing on, a gently trickling stream, glittering in the sunlight, with a narrow pathway running alongside it

"You begin to move down the hill towards the stream, noticing the firm springiness of the grass beneath your feet marveling at the sense of deep calmness and tranquility that seems to fill every pore of your entire body a tranquility that seems to be all around and within you as you move on down this hillside towards the gently trickling stream your tread becomes steadily lighter until you see hardly to feel the ground beneath your feet and you soon find your whole body becoming lighter lighter and lighter until you just float upwards up and up and up supported by the softest of warm breezes and it all seems totally normal to you absolutely natural as you gaze down at the countryside beneath you you realize too, that not only are you becoming lighter, you're becoming smaller as well and the smaller you become, the faster you travel upwards smaller and smaller, traveling faster and faster until you're moving at an absolutely tremendous speed accelerating upwards and actually beginning to leave the earth behind you accelerating into space with a feeling of jubilation and excitement . traveling so fast now, you're moving almost as fast as the speed of light becoming smaller and smaller until your body is no larger than a tiny speck of dust

"And all around you is a soft velvet darkness like a midnight sky with the earth hanging motionless like a great blue and white globe and you feel yourself slowing down slower and slower until you've stopped moving altogether just hanging motionless amongst the stars feeling a part of all creation, a part of all knowledge part of the limitless space that is the very universe itself after a while, you realize that you're beginning to drift slowly downwards moving closer to earth drifting down a

stream of light that might be a ray of sunlight closer and closer almost dazzled by brilliant colours and light softly, gently, sinking down and down and down until you find yourself enveloped in a beautiful golden warmth with this wonderful relaxed feeling a feeling of being a part of everything that everything is a part of you enveloped in a beautiful, golden light and warmth that seems to be somehow all around and within you and you realize that at this moment, you are in touch with all knowledge .

“And now your mind is prepared and receptive to everything I'm going to say to you, because during this state of special relaxation, your sub-conscious mind can come to the fore so that can accept ideas and concepts that are beneficial to you. It accepts and acts upon these ideas, helping you, guiding you guiding you towards your hopes and desires, helping you to achieve your aims and goals and the influence of these suggestions, where they are for your benefit, will have a steadily increasing effect upon the way you think, the way you act, and the way you behave over the coming days and weeks and months.”

Stress Reduction Trance (Naturalist Ericksonian)

Note to Practitioner: Progressive relaxation script.

"I would just like you to let yourself zero in on the idea of just being comfortable. Think of another time another place maybe a beach, or lying in bed another situation where you have felt SO comfortable that nothing else mattered except that comfort. And you might think about that time now and let your SUBCONSCIOUS mind present to you that situation where you REALLY experienced the sense of physical and mental comfort and you can recall and EXPERIENCE all the sensation the sight the sounds and feelings which go with being extremely comfortable.

"And you can RECALL which part of your body first experienced feeling that incredible CALMNESS the feeling of every muscle in that part of your body just loosening up... and just letting go... and lying flat like a limp rubber band

VERY deeply relaxed and very LIKELY the part of your body that needs the relaxation most now will re-experience it first and feel every nerve in that part of your body becoming very quiet very peaceful not doing any more than is absolutely necessary. Just feeling calmness peacefully moving down through you. Soon you get the feeling that you don't even have to be aware of it anymore. You can simply allow yourself to become part of that calmness as it becomes part of you. And it will be very interesting for you to discover for yourself that you don't even need to listen to me anymore. Because what your conscious mind does now is not at all important. Maybe your CONSCIOUS mind just wants to curl up in a corner and go to sleep for a while or go anywhere it likes. Just allow your mind to drift as far away as it wants. To someplace you'd rather be.

And you may lose track of what is being said. And it doesn't matter because your SUBCONSCIOUS mind is picking up everything that is being said and it doesn't matter because your SUBCONSCIOUS mind is HERE WITH ME and IT CAN HEAR ME and RESPOND in its own time in its own comfortable way. And you can just enjoy whatever feeling you have of lightness warmth or coolness and let that feeling become part of your calmness and comfort. You can go as deeply as you need to at this time. And you might ENJOY the experience of going SO DEEPLY INTO CALMNESS that it seems to you that you are just ALL MIND without a body. A mind just floating in space and time completely free able to move whenever and wherever you want to go. And I WONDER what your SUBCONSCIOUS mind wants to explore right now? What doors it wants to open? Perhaps taking a look through the files in the corner of that marvelous computer system that is your mind. Searching through the files and examining things that stay the way they are, things that need to be updated. What needs to be deleted? What tensions can be eliminated?

And it is very comforting for YOU TO DISCOVER FOR YOURSELF that you CAN really LET GO of what you don't need and your SUBCONSCIOUS mind can do this in its own time and in its own way and you

can continue to rest even more comfortably just knowing you can rely on your SUBCONSCIOUS mind to do the things that need to be done. You can BEGIN TO EXPLORE your capabilities ones you may never have suspected you had but have been there all the time and find out for yourself a very deep sense of just who you are and what you are capable of. Perhaps you just weren't aware of those capabilities, but your SUBCONSCIOUS mind can make them available to you at the time that you need them. And as you continue drifting along, VERY comfortable wherever you are in time and space just enjoying the restfulness of not having to do anything in particular right now.

I WONDER if you might begin to notice some change in the atmosphere around you... Perhaps it's becoming more luminous more transparent all around you in all directions as far as you can see. And the atmosphere around you seems to be radiating a calmness that you can experience with every one of your senses. A calmness moving all around you, and all over you, softly insinuating itself into every fiber of your being, until nothing else exists for you except that calmness. A deep sense of peace. A weightless suspension and you feel all the pressures dissipate. Nothing to think about. And absolutely nothing to do except just let yourself BE.

And on an even DEEPER level experience a sense of your own being. Who you ARE. What you are capable of becoming. Being aware of your own INNER RESOURCES and now you can anticipate the joy of discovering those resources and WHAT YOU CAN DO. How to make use of them to help yourself and other people as well. And now, for the next few minutes you CAN ALLOW yourself to just BE.

Tropical Island – Terrence Watts

Note to practitioner: This progressive relaxation script is fairly standard and very effective. The cloud metaphor is very useful for anxiety sufferers.

In a moment I'm going to ask you to imagine certain things but it doesn't matter if you find you can't imagine all the things I'm asking you to. You might even find your mind wandering quite a bit, so that my voice just fades into the background, but that doesn't matter either. The sound of my voice is going to continue to relax you and it really doesn't matter if you don't hear a word I say, because very soon now, you are going to be more relaxed than you have ever known. Imagine yourself standing on the very top of a green hill on a tropical island. You can feel the warmth of the sun on your head and shoulders and can see the long grasses around you moving slightly in the gentlest of breezes. When you look down the hill you can see a narrow, winding path that disappears into a small forest. And beyond the forest you can see the ocean with sunlight from the clearest of blue skies glancing off the tops of the waves in the bay so that the whole ocean seems to shimmer and sparkle. You begin to move lazily and easily down the path, with the ferns and grasses brushing gently against your legs as you pass and you just catch the faint smell of salt borne in on the breeze.

Now become aware of the distant sound of the ocean on the shore, maybe hear seabirds calling faintly, from a long way off. You marvel at the deep sense of calmness and tranquility that sweeps over you, as you move on down and down towards the forest, moving so easily, so effortlessly, you feel almost as though you're floating on air. And in no time at all you find yourself drifting through the trees, their leaves closing overhead to form a canopy, their branches making an irregular pattern against the clear blue of the sky. It's pleasantly cool in the forest and the gentle sound of birds singing, echoing faintly, and the scent of the trees and undergrowth relaxes you still further as you move easily into the inviting depths, becoming lazier and lazier with each step you take.

You can hear a stream somewhere, its gurgling sound gradually mingling with the sound of the ocean as you follow the winding path down and down towards the beach that you know is in front of you, weaving through the trees and brushing aside the occasional piece of foliage until, quite suddenly you feel the warmth of the sun on your head and shoulders again and you find yourself on a beautiful deserted beach; a beautiful golden shore line sweeping away in a gentle curve in front of you, to a distant point where the trees seem to come right down to the shoreline, so that their branches actually seem to overhang the ocean itself. You can feel the sand warm between your toes as you stroll lazily across the broad beach to the water's edge. The sand becomes a darker golden colour when you get there, and you enjoy the change to a moist, firm coolness beneath your feet as you

wander along the shore, leaving a lazy trail of footprints in the sand behind you every so often a larger than usual wave sends rivulets of water foaming around your feet. And as they recede, you notice how the sand is washed away from tiny coloured pebbles, glinting like jewels in the sun. The smell of the ocean, the sunlight on the waves, the sound of the water hissing over the sand...all these things seem to create a sense of timelessness. You find yourself a comfortable position, a grassy hollow maybe, so you can just sit and gaze out across the rolling depths to the horizon, trickling warm, golden sand idly through your fingers. There's a faint haze which makes it difficult for you to see exactly where the sky stops and the ocean starts and as you try to fathom it out, you see a small white cloud appear from somewhere near the horizon. It comes towards the island quite quickly, growing larger as it approaches, until it's immediately overhead - the largest, fluffiest, whitest cloud you can ever remember. And you somehow know, just by instinct, that you can let all your worries, all your cares, all your fears, just drift up towards this large white cloud.

Here you can also refer to a specific emotion that your Client is having difficulty with, such as anger.

You can actually see them drifting away from you in a long slow spiral maybe like smoke from a bonfire just spiraling away from you towards this large white cloud the cloud absorbs all your worries into itself, swallowing up all your fears and anxieties and becoming steadily darker all the time, until, just as it reaches its darkest, just as the last part of that spiral of your worries and cares disappears inside it the sun bursts through! dispelling every one of your worries, every one of your fears and anxieties, to the edges of the universe leaving you totally relaxed and perfectly at ease with yourself, without a single care in the World and now, all your troubles and cares having floated away from you, you settle yourself down into a comfortable position and just drift off into a deep and relaxing sleep and while you sleep, you have a dream

"You dream you're walking down a long corridor, stretching away in front of you in a long gentle curve so long that you can't actually see the end of it but you know that this corridor is in the very depths of your sub-conscious mind in the part of your mind that knows just what to do and just how to do it

and as you begin to move along this beautiful corridor, becoming even more relaxed, even more lazy, you realize that time and space are beginning to lose their meaning and slowly the walls of the corridor seem to dissolve, leaving you in a large room the room is full of a gentle golden light that relaxes you still further and you suddenly realize, with a surge of inspiration and pleasure that what you once saw as limits are merely stepping stones to greater success it suddenly dawns on you, with a surge of joy and anticipation, that what once seemed to you to be the limits of your personality, of your skills and abilities, are nothing more than stepping stones to even greater success one wall of this room is like a huge television screen with

words and images flashing across it too fast for you to see and you realize that this is information being transmitted to different parts of your mind and body and you use your mind to will it to stop and as you do so, the screen clears and the word 'READY' appears in large flashing letters And now your mind is prepared and receptive to everything I am going to say to you and everything I say will be accepted and acted upon by your sub-conscious it will have a steadily increasing effect upon the way you think, the way you feel, and the way you behave over the coming days and weeks and years.

Therapy Scripts

Affirmations

Note to Practitioner – When using this therapy script, you can either have the client repeat the affirmations to you, or silently to themselves. (Use the wording “YOU ARE” for Physicals or “I AM” for Emotional.)

I am the Force within.

What I am is eternal, immortal,

Universal & Infinite.

What I am is what I am.

And what I am has beauty and strength.

This is my day and all that I pull to me is for my highest evolution and growth.

I do not accept any energy that is contrary to the unlimited power that lies within me.

My expectations are limitless!

Fairy, Fairy - A Traditional Magic Spell for Children by Dave Elman

Note to Practitioner: Children are used to rhymes and they will help a child to concentrate. Capturing a child's imagination is imperative in hypnosis. Repetition is hypnotic and stories and rhymes can help them to learn new concepts.

The following technique is excellent for short duration, such as when a child is having an injection. Elman taught them ahead of time with such a poem as you will see below.

Have the child close their eyes, repeat the rhyme and see a fairy dancing in their mind's eye. Then say to the child:

So long as you see the fairy dancing and repeat the rhyme in your head, nothing will bother or disturb you.

*Fairy, fairy, prove to me
Just how easy this can be.
I'll close my eyes and see you smile
And watch you dancing all the while.
While you're dancing in the light
Everything will be all right.
Fairy, fairy, prove to me
Just how easy this can be.*

Fear of What Other People Think – Terrance Watts

Note to Practitioner: This Therapy Script is great for physical suggestibles experiencing rejection and is good for Emo's in general. Terence Watts writes the following about this script: "This works well for those individuals who are excessively sensitive to the opinions and thoughts of others. Use after a long Induction, as part of a general confidence and ego boosting session."

From this day on, you're finding your confidence within yourself, your confidence in your abilities and your self belief, becoming steadily stronger... stronger than yesterday... but not as strong as tomorrow... stronger than it was yesterday... but not yet as strong as it will be tomorrow... you're finding yourself far less concerned about other peoples' opinions of you, too... you find you gain a clearer perspective and a better sense of proportion... beginning to recognize and understand.... that whatever other people think or feel is their concern... part of their lives... part of their attitudes.

In the past, you might have been sometimes unfairly judged, as we all have been at some time or another... and in the future, too, you might sometimes be misjudged, as we all are... but that misjudgment doesn't actually change anything... it doesn't alter the facts... it doesn't change the real you... if someone misjudges you at some time, that's simply their own error... their own error of judgment... they've simply made a mistake... and you don't mind allowing people to make mistakes... you don't mind people being wrong sometimes... because you know what's inside yourself... you understand your true integrity your true self... what others imagine they see is simply the product of their own experiences of life... their own attitudes... their own fears and expectations... just their own thoughts... just their thoughts and nothing more than their thoughts... and you're not responsible for any of those things at all.

And it's worth remembering that nothing that we see or hear, or imagine that we see or hear, can change us. Nothing that we perceive in the outside world can hurt us, nor alter us, only acting upon those things can do that. Nothing that we see or hear can hurt us or change us. Even what I'm saying to you here cannot change you, only reacting to these things can do that. Only acting upon the things we see and hear can change us and we have free choice to decide whether or not to act upon these things. And thinking about things is acting upon them, but we have free choice to decide which things to act upon, which things to react to and which things to ignore. And the things that you choose to ignore will be a matter of complete indifference to you. The things that you choose to ignore will always remain a matter of complete indifference.

Repeat at least once.

Library Scene

Note to Practitioner: Use this therapy script filled with imagery after doing a standard Induction and Deepening technique. Review script and change prompts to suit the behaviour your client wishes to eradicate.

I would like you to use your imagination... I would like you to imagine yourself standing in front of a door... This may be a door you have seen in your past or a door you see in your imagination...

The door opens easily and effortlessly as you walk into a library... You look at the books lining the walls of the library... This is a special library because all of the books in this library are about you... The books on one side of the library are all of the good things that have ever happened to you... The books on the other side are all of the not so good things that have ever happened to you... The book closest to you has the year 2010 (or current year) imprinted on it... And as you move further back into the room... The books go back in chronological order all the way back to the time you were born... I would like you to find a book for me... This book will try to hide... It thinks it can outsmart you... But you know that you can outsmart it...

The title of the book is... ["smoking and excuses to continue" or "bad eating habits" or any book title that you can think of which expresses the conflict your client is working through.]

Take your time and find this book... When you find the book... take it off the shelf and let me know you have it by raising a finger of your right hand... Good... Keep the book in your hand and find a door in your library which leads DOWN into a lower floor where you can see a room with a lovely fireplace burning... And as I count from ten down to one would like you to allow yourself to walk down those well lit, wide, safe, open stairs, each step taking you deeper into the calm than the previous step.10... 9...8... 7... 6... 5... 4... 3... 2...

On the next count you are at the bottom of the staircase and once again I want you to use your imagination... One... Good... I would like you to find yourself walking over to the fireplace... There is a fire blazing inside the fireplace... The intensity of the heat is such that you can see the back of the fireplace is turning red...

*You open the book to find an entry of each and every time you have ...
[ever smoked a cigarette or enter client's behaviour that you are working on]*

"You read about the very first time you ...[ever smoked a cigarette OR enter client behaviour that you are working on]

You remember who was there with you...

[describe experience. For smoking, e.g. Who lit it... How it burned the back of your throat... You might have gagged and coughed... You may have had to force yourself to finish it... Until you finally got into the habit.]

In anger... You slam the book shut... You pick up a poker - not far from where you are standing... Open up the door of the fireplace... And throw the book into the fireplace... You watch as the binding begins to blacken and char... And the pages begin to burn and curl... When you are convinced that the only thing left is a pile of blackened ash... You pick up the poker and close the door to the fireplace... You smile to yourself... Feeling good about what you have done... You turn and walk back up the stairs to the library... (give the client time to get back up the stairs)

As you enter the library you notice a large comfortable chair which sits in the middle of the room... There is a small table next to the chair... On the table is a beautifully gift wrapped box with your name on it... You unwrap the box and find a new elaborate leather and gold book inside... The title of the new book is... "my health and happiness"... (or whatever title fits the client's particular situation)... You place this book on the shelf where the good things are stored. Good... Very good... Allow yourself to feel a great sense of relief as you leave the library... Imagine yourself walking out into the warm sunshine... Taking deep breaths of air... Allow the sun on your face to act as a wonderful natural tranquilizer on your system..."

Loving Treatment

Note to Practitioner: When using this Therapy Script, have the client repeat these to themselves after you.

DEEP AT THE CENTER OF MY BEING there is an infinite well of love. I now allow this love to flow to the surface. It fills my heart, my body, my mind, my consciousness, my very being, and radiates out from me in all directions and returns to me multiplied.

The more love I use and give, the more I have to give, the supply is endless. The use of love makes ME FEEL GOOD; it is an expression of my inner joy.

I love myself; therefore, I take loving care of my body. I lovingly feed it nourishing foods and beverages, I lovingly groom it and dress it, and my body lovingly responds to me with vibrant health and energy.

I love myself; therefore, I provide for myself a comfortable home, one that fills all my needs and is a pleasure to be in. I fill the rooms with the vibration of love so that all who enter, myself included, will feel this love and be nourished by it.

I love myself; therefore, I work at a job that I truly enjoy doing, one that uses my creative talents and abilities, working with and for people that I love and that love me, and earning a good income.

I love myself; therefore, I behave and think in a loving way to all people, for I know that that which I give out returns to me multiplied.

I only attract loving people into my world, for they are a mirror of what I am.

I love myself; therefore, I forgive and totally release the past and all past experiences and I am free.

I love myself; therefore, I live totally in the now, experiencing each moment as good and knowing that my future is bright and joyous and secure, for I am a beloved child of the Universe, and the Universe lovingly takes care of me now and forever more.

And, so it is.

I love you.

- Author Unknown

Mini Self-Confidence

Note to Practitioner: For this therapy script, use a single paragraph or a combination of the paragraphs below. These are samples of suggestions you can incorporate into your practical demonstrations.

You will notice from this day forward, when faced with your daily challenges that you are able to deal with each and every one of those challenges with total confidence and self-assurance.

From this moment on, all your life choices are made for the highest good of all, beginning with you.

You are now able to draw on that incredible inner strength, within you, any time you want, simply by taking a deep breath and allowing that wonderful feeling of self-confidence and self-esteem to flow all the way down through every part of your being.

Self-Confidence Script One

Note to Practitioner: In this therapy script, dotted lines have been placed where pauses are important. Bolded words should be emphasized- but gently and not necessarily overdone.

You are completely calm now..... and because you are at peace.....you begin to feel free from all feelings that don't serve you. You now realize that you ARE more confident and sure of yourself because you have taken this enormous step to help yourself. You are beginning to feel a strength BUILDING... from within..... motivating you to overcome any and every obstacle that may stand in the way of your happiness.....social life.....and home life.....

You find that..... from this moment on..... you are developing MORE SELF CONTROL..... You now face every situation in a calm... and relaxed... state of mind. Your thinking is very clear... and sharp... at all times. You feel your self-respect..... and confidence..... expanding..... more and more each day. You now realize that in the past, you sometimes felt as though you were overwhelmed or felt a bit helpless....You are now replacing that feeling with CONFIDENCE.....STRENGTH.....AND SELF CONTROL.

You ARE a happy person with a positive attitude towards life. You ARE succeeding in all that you do and you HAVE all the abilities necessary for success..... Realize that your number one responsibility is to fulfill your OWN fundamental human needs to feel good mentally..... physically..... and emotionally..... Realize that you ARE IN CHARGE OF YOUR OWN LIFE..... and well being..... for you benefit..... feel goodaccording to the consequences of every positive thing you think..... say..... do..... and feel..... You ARE IN CHARGE OF YOUR OWN LIFE..... and your number one responsibility is to fulfill your own fundamental needs..... to feel good..... mentally..... physically..... and emotionally.

Self Esteem

Note to Practitioner: Therapy Script

From this time forward, you'll know that you're the architect of your life and that you can set your goals and move toward them at the speed which seems most appropriate to you. You realize that you are unique, and that there are special things for you to do - things that can and should be done better by you than by any other person. For never before has life been expressed through any other person in exactly the same way it is now being expressed through you. If it had been, there would be no need for you to be here, and never again will life be expressed in exactly the same way, because if it were, there would be no need for you to be here. So think of yourself as a creative person and you use your great, creative power to move toward those goals that will help you to realize your highest potential, which you intuitively perceive. That means that you have a way of knowing what you're capable of achieving - that's a Divine faculty in you. Most importantly, I'm going to leave you with this realization: the faculty that is given to you for the realization of, and your movement toward your goals, is your imagination. Your imagination is not just a picture-taking or imaging department, it's a vital part of you in that you use all of your sensory responses and most importantly your feelings about yourself, the world about you, and your relationship to it. Which is the foundation of your ability to be all that you're capable of being.

From this day forward, you're going to feel a great sense of confidence and self-esteem, and a different perception about yourself and the world because that's what we're dealing with here...is perception. The way we see things is what determines the qualities of our lives. You'll feel a sense of being free, as if a weight has come off your shoulders: a sense of being free to direct your energy on your own behalf in a manner and form that you decide is best for you.

Your World – Terrence Watts

Note to Hypnotherapist: This is both a centering and a therapy script. You can do this exercise in a few minutes, even in self-hypnosis when you get used to it. It helps the client understand that they are at the center of their world. Be prepared to discover that some people seem to change their position in your life and the way that they can affect you, over a period of time!

Sit quietly and close your eyes, breathing steadily for a minute or two. Then, visualize your central core, the very Center of your entire body, running from the top of your head all the way down through past your navel. It can be like a precious metal, like a huge jewel, like a misty vapor, a fluid, a waterfall. It can be hollow or solid, narrow or wide. The important thing is that it must please you.

Now imagine that you are in the exact Center of that central core; this is the place where the REAL you lives, in the Center of your world. And, if anybody ever tried to teach you, when you were young, that the world doesn't revolve around you then forget it, because it does now. Your world revolves around you because if it doesn't, it will revolve around somebody else - but this is YOUR world and you are in charge of it, and that is exactly as it should be.

Now place everybody you know, where they fit into your world. Some people might be very close in to you, almost sharing that same space that you are in. Others might be so distant that you realize they have very little effect upon you. And it can surprise you when you discover where your mind automatically places some of the people that you know.

And you might want to change the place that somebody is in and that's fine. Don't fight it; you OUGHT to take notice of what you think you ought not to feel or where you OUGHT to place somebody. Just notice, in this private place, where your mind WANTS to put them, and accept that that's exactly the right place, at this moment. And when you've finished placing everybody you can think of, just enjoy the feeling of being in the exact Center of your world for a few moments, before you just allow yourself to open your eyes when you are ready to do so.

Your Balloon

Note to Practitioner: This script is modified from a Kappas script. The language is suited to those who hear inferentially, which makes it a good choice for what Kappas described as Emotional Suggestibles (Emos). Notice that there is no mention of the string pulling on the arm. This is preferable for people that don't like to be told what to do, and that can read between the lines. This script would be less effective for people who hear literally.

I said before we began that I might need to pick up your wrist. Well I'm going to come over beside you and I'm going to touch your wrist. And in your imagination, I want you to notice that I am tying a big bright red balloon to your wrist with a shiny yellow string."

(Or you can ask them what colours they would like the balloon and the string to be.)

And this balloon is so full of helium that it is just pulling to float up into the air- just waiting for me to let go. In a moment this string will be tied and I will let go of the balloon.

There it goes, pulling up and up and up into the air, so excited to be free to fly higher and higher. Up and up, higher and higher. Up and up, higher and higher.... Way.... Up...."

If your client truly is an inferential listener, he or she will infer that -if the balloon is going up, then the hand must be also going up. And you will see the hand beginning to go up into the air. If the hand does not rise, then you will have to "fill in the gaps" and tell them the string is pulling their arm up with it.

And as your hand touches your forehead, you will go into a lovely trance state of calmness. "

Complete the hand movement to the forehead for them, and as it touches, say the word "sleep", or "now" and complete the induction with an arm drop as you already have their hand raised.

Exit Scripts

Note to Hypnotherapist: Remember, if an individual is left in hypnosis without an exit they will eventually go into a normal sleep level or open their eyes when they feel rested.

Exit Example One

You are now coming back. You are in the present time, sitting in this room. Feeling physically serene, emotionally calm, and mentally alert.

"I'll count from one up to five and when I reach the last number I'll ask you to open your eyes, have a good stretch and say out loud the words WIDE AWAKE!"

1. *Focus on my voice.*
2. *You'll notice your confidence is already beginning to grow.*
3. *Watch your body awakening beneath you; neat isn't it?*
4. *Becoming more and more confident and feeling wonderful in every way.*
5. *Open your eyes please.*

Exit Example Two

1. *Reaffirm that you have completely discarded any limiting and defeating emotions and ties.*
2. *Recognize oneness and success and feel it in every cell of your body.*
3. *Feeling more and more self-possessed with each passing day.*
4. *Remembering all these as you return to this present time and place sitting in this room.*
5. *Open your eyes please.*

Exit Example Three

Now, I'm going to count from one up to five, and then I'll say, "Fully Aware" (or "Wide Awake"). At the count of five, your eyes will open, and you are then fully aware, feeling calm, rested, refreshed and relaxed. All right.

1. *Slowly, calmly, easily and gently you're returning to your full awareness once again.*
2. *Each muscle and nerve in your body is loose, limp and calm and you feel wonderfully good.*

3. *From head to toe, you are feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene and spiritually in balance.*
4. *On the number 4, your eyes begin to feel sparkling and clear. On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated and full of energy.*
5. *You're fully aware now. Eyelids open. Take a good, deep breath, fill up your lungs, and stretch and say, out loud, the words, "WIDE AWAKE".*