

# Hypnotherapy Scripts IV

**101 Scripts**

## ORIGINAL SCRIPTS

**Created by instructors and graduates of the  
American School of Hypnosis**

### **Includes New Scripts for:**

**Migraines**  
**IBS**  
**Self-Esteem**  
**Sleeping**  
**Public Speaking**  
**Smoking Cessation**  
**Weight Loss**  
**& much more . . .**

**Featuring the New**  
**Wash The Pain Away Script!**  
*by Rene A. Bastarache, CI*

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# HYPNOTHERAPY SCRIPTS IV

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It is advised that before using any of these or any other scripts, that you read through them in their entirety. You should become familiar with them **before** using them on your clients so you are aware of their content, can alter parts as necessary and do not have any unexpected surprises.

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## Table of Contents

### *Featured Script*

- 7 Wash the Pain Away (Instructions)
- 8 Wash the Pain Away (*Featured Script*)
- 9 Wash the Pain Away (*Disclaimer / Warning*)

### *Scripts Listing from A – Z*

- 10 Acceptance
- 11 Accepting a Higher Power
- 12 Accessing your Place of Peace
- 15 Accomplishing Goals
- 18 Afraid of the Dark
- 19 Anger Control
- 20 Avoid Sodas and Soft Drinks
- 21 Away With Anxiety
- 22 Becoming a Better Server
- 23 Body Image Script
- 24 Chakra Cleanse
- 27 Change of Sleeping Habit - Preparing and Going to Sleep
- 28 Change Our Minds to Change our Feelings
- 29 Change the Habit
- 30 Claiming Your Total Worthiness Now!
- 31 Cigarette Funeral
- 32 Competitive Sports
- 33 Confidence
- 35 Confidence, Walking with a Walker
- 37 Confident Speaking
- 38 Contact Lens Anxiety
- 39 Controlling Worry
- 40 Control over Negative Emotions.
- 42 Courage
- 43 Developing Intuition
- 44 Dyslexia
- 46 Drinking More Water I
- 47 Drinking More Water II
- 48 Drug Addiction

## HYPNOTHERAPY SCRIPTS IV

- 50 Driving Fear (Vehicular Phobia)
- 51 Eating Disorders/ Body Image
- 54 Exams
- 54 Exercise
- 55 Fear of Being Alone
- 56 Fear of Public Speaking
- 58 Free of Anxiety
- 59 Free of Lying
- 60 Fitness I
- 63 Fitness II
- 64 Gluten-Free
- 66 Goal Prioritization and Completion
- 68 Goal Writing
- 69 Good Night's Sleep
- 70 House Cleaning
- 71 Healing
- 74 Healthy Eating
- 76 Hammock for Insomnia
- 77 Improving Self Esteem Script for Girls in Foster Care
- 79 Just Be (Present)
- 80 Leaving the past behind
- 82 Looking Younger Without Surgical Facelift
- 84 Magic Mirror (self-image and confidence)
- 85 Master Cleanse - Rapid Healing for Abdominal Adhesion, Tumors and Cysts
- 90 Migraine Headaches
- 91 Migraine Relief
- 92 Millionaire Mentality
- 93 Nail Biting
- 94 Not Using Ahs and Uhms when Speaking
- 95 Overcoming Grief—Loss of a Mate
- 96 Organization
- 97 Ocular Tension Induction
- 98 Play Guitar
- 99 Past Life Regression I
- 103 Past Life Regression II
- 106 Past Life Regression (Mountain Top) Past Life Transition Script
- 108 Past Life Regression (movie theater)
- 109 Posture/ Slouching
- 110 Public Speaking

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## HYPNOTHERAPY SCRIPTS IV

- 111 Procrastination I
- 112 Procrastination II
- 114 Regression to Release Fears / Phobias
- 116 Relaxation for I.V.F. Anxiety
- 118 Releasing Pain
- 119 Restful Sleep
- 121 Sanctuary Mansion
- 126 Shyness
- 127 Success
- 128 Self Esteem I
- 130 Self Esteem II
- 131 Sleep Hygiene
- 133 Sleep Well Script
- 136 Smoking Cessation I
- 138 Smoking Cessation I
- 139 Smoking Cessation II
- 140 Stop Smoking IV
- 142 Stress Management
- 143 Successful Achiever
- 147 The Muse's Well for Writer's Burnout
- 149 Tinnitus
- 151 Test Taking - Autosuggestion
- 152 Traffic Law Compliance
- 153 Traumatic Event- (Childhood or recent past)
- 155 Wealth and Prosperity
- 156 Weight Loss I
- 157 Weight Loss II
- 158 Weight Loss III
- 159 Weight Loss and Exercise
- 160 Weight Loss Portion Control Script
- 162 Weight Reduction
- 165 You Are Your Creator

**Wash the Pain Away**  
*(Instructions)*

(Read and understand the instructions before using the script)

This script was designed primarily as a means to alleviate pain however it may also be used for healing. It can be used as a hypnosis script for your clients, a self hypnosis script, with guided imagery, for telephone hypnosis and even by following the instructions live while taking a shower or bath.

It utilizes features found in clinical hypnosis, guided imagery, Reiki healing and the Law of attraction.

Key points to understand before utilizing the script.

1. Pain is subjective and not objective. You cannot show your pain to anyone because it is in your mind. Therefore if you can change the nature of pain from subjective to objective it is no longer pain.
2. Pain puts off energy in the way of heat. If you lightly pass your hand over a painful part of the body you can feel it.
3. Rather than simply eliminating a disorder, it is important to replace it with an orderly attribute. Simply eliminating the disorder without replacement will invite the disorder to return in a relatively short time span.
4. Imagination is the active ingredient or key feature in all holistic healing or hypnotic practices. When conducting this session and it is not important for the client to be in a deep state of hypnosis. As long as they are using their imagination they will be successful. Because of this feature, this script is not limited to simply being used in hypnosis sessions. It may be successfully used over the telephone or even while reading it from a computer screen.

**Wash the Pain Away**  
*(Script)*

*By Rene A. Bastarache, CI*

Imagine ... that you are taking a shower ... it is quiet ... and you are completely safe ... Imagine feeling the water from the shower as it touches your body ... it is warm and very soothing ... You realize that there is something quite different about this water ... it has a special healing abilities ...

Allow the water to run over the part of your body exhibiting pain ... Notice how much better you feel as soon as the water comes in contact with that area ... As you know, pain puts off energy in the way of heat. As the water washes over the painful area you can feel something happening ... it feels as if the water is clinging to this warm energy and washing it away... As it does so you feel better and better... As the water washes over the afflicted area ... it clings to the energy emanating from the pain and washes down the drain never to be seen again ...

Imagine this process on your own for a few moments ... of the water pouring over your body ... feeling wonderful, as it clings to the pain ... and washes it down the drain ... Imagine it happening ... and as you feel the pain becoming less, nod your head for me ... I will now give you some time to imagine this process on your own ... *(Be quiet for a minute or two allowing them time to imagine this process. If they nod before then continue with the script. If not ask them once again "if you feel the pain being washed away, nod your head.")*

Now, I'd like to take a moment and think of some happy thoughts ... What sort of things make you very happy? ... You don't have to tell me out loud ... simply think about them ... get them clear in your mind ... Once you are thinking you're happy thoughts simply nod your head for me once again ...

Now I'd like you to imagine that these happy thoughts are attaching their positive energy to the water as it comes in contact with your body ... As the pain was washed away it left a void that will be replaced with this happiness ... Imagine it ... feel it happening ... as the disorder of the past is now being replaced with happiness ... helping you ... healing you ... and making you stronger ... Continue to do this on your own for a few moments and nod your head once you have completed the task. (Wait for them to complete)



## HYPNOTHERAPY SCRIPTS IV

The disorder of the past has been replaced with order ... happiness ... You feel great ... You feel happy ... You feel renewed.

**Disclaimer / Warning:** It is important to realize that pain is a warning signal from the body that there is something wrong. Before attempting to eliminate any pain be sure that a licensed medical practitioner has properly diagnosed it. It is also extremely important that you work within your realm of practice. If you are not allowed to conduct clinical or healing hypnosis according to your educational background or the regulations of the state or area in which you live, do not use this script. The author of the script is a Hypnosis Practitioner and Instructor. He is not a medical or mental health practitioner. Neither the author nor the American School of Hypnosis will be held liable in any way, shape, or form for any negative occurrences resulting from utilization of the script. Your first course of action should always be to check with a licensed medical practitioner.

## **Acceptance**

*By Tara Reimer, CHP*

You are going to use your imagination to visualize a world where you are much more accepting. You no longer fight to change things you cannot control and you are more able to easily recognize those areas where you can affect a change. You move through your life with more ease and as a result you are more relaxed and at peace. Those who try to control you no longer affect you as you realize and accept this is their issue and they have no power over you.

You find it easier to make decisions as you put your time and energy into things you can control. Your life is now filled with peace and tranquility as you accept things with ease. People no longer affect you. Situations no longer affect you. You change what you can and accept what you cannot. You are at peace with yourself and your life and are more flexible in everything you do. You accept the world around you and accept you for who you are.

## **Accepting a Higher Power**

*By Mary Kramer, CHP*

You have come to this deeply relaxed state to accept a Higher Power in your life.

And this is exactly what will happen.

Right now you are changing the way you think about a Higher Power. You are changing the way you feel about the word Higher Power. You are changing the way you think about Religion. Right now you are accepting having a Higher Power in your life to be separate from religion or another's point of view of religion.

Let every negative thought go away. Let all negative thoughts fade away like an old memory that is no longer useful to you anymore because right now ... you are accepting a Higher Power in your life.

You are accepting that a Higher Power is fundamental to the psychic and soul-level change and life-healing you are seeking. Let every fearful and shame-based understanding of a Higher Power go away. Let the fear that a Higher Power despises us or abandoned us go away.

Accept now that all of your needs can be met by including a Higher Power in your life.

By accepting your Higher Power, your life has a structure ... a container that allows you to feel safe while you discover the various mysteries of your life. See yourself now, in your daily life. Imagine a typical morning for you as you are preparing for your day ... see yourself moving about in your home ... feel the normal feelings you have about getting ready and caring for those in your home ... notice that now there is something different ... the difference is you can feel a loving feeling in your physical body ... look at your body more closely now ... see and feel the beautiful color that is filling your body, feel how warm and safe your body feels to you now ... this is your acceptance of being connected to your Higher Power. Know that this beautiful colorful connection is in your body every minute of every day.

## HYPNOTHERAPY SCRIPTS IV

You are accepting that when you allow help from a Higher Power in your life, you are no longer alone. It is unnecessary to do things alone.

You are accepting that all you are asked to do now is believe. You are doing that by opening your mind and heart to a new acceptance of a Higher Power.

Each and every time you feel you are alone or having to live your life alone, you are able to believe in a Higher Power.

From now on you can more easily let go and go with the flow in your life. By talking and listening to your Higher Power you can relax, let go, and allow your life to happen. You can trust your part in the process; be in the flow.

From this moment forward you will accept this affirmation, "I have accepted a Higher Power in my life, and I have accepted that this connection will allow me to be in the care of my Higher Power. All is well."

From this moment forward you will accept this affirmation, "I now discover how wonderful I am. I choose to love and enjoy myself!"

## **Accessing your Place of Peace**

*By Terry Wohl, CHP*

This is your time to relax and refresh all aspects of yourself. So take some deep, deep breaths. As you continue to take some deep breaths, count backwards and you breathe in deeply and exhale slowly, 1... 2... 3... Allow the sound of my voice to take you deeper, deeper and deeper into a state of deep, deep relaxation. Let every sound you hear take you into a realm of total relaxation. Imagine all of your muscles are softening and relaxing. Continue to breathe deeply. As you exhale, let your exhale move all the tension out of your muscles, your organs, your cells, bringing your body, mind, heart, and spirit into a deep, deep place of peace.

As you enter this sacred place of peace, imagine that there is a pathway that takes you into your own very unique place of peace. This place may be comprised of remembered elements from places you have visited, or this sacred place of peace may be totally made of elements from your imagination or your place of peace may be made of a combination of a remembered and imagined places, where you can easily breathe easily and deeply. In this time you are able to relax deeply. In this place of peace notice all the pleasing features of your own place of peace. Notice the temperature, the sounds, the time of day or night of this place. If it is a place that is outdoors, what is there? Are you by an ocean, a lake, or in a garden or forest? Just notice where you are and drink in the beauty and peace of this place. Or perhaps your place of peace is a place inside your home or your imagined home. Notice that is there soft music playing in the background? Are you sitting or reclining in a certain area of this beautiful space? Find a place where you can settle in for a time of relaxation, pleasure and refreshment.

Now that you are settled into this special place of peace, look around and notice if there are any other beings in this space with you. Perhaps there is a guardian angel or two or three that decide to join you. If they have not already appeared just say a prayer and ask that the perfect spirit guides appear to assist you during this time to help you with the challenge that you are currently committed to resolving.

Once you see these spirit guide and/or guides and guardian angels, greet each other. Do you have any words of salutation and wisdom for each other? If so, exchange these greetings now. Is there anything you care to share with your

## HYPNOTHERAPY SCRIPTS IV

guides? Is there any assistance you care to receive from your guide or guides? If so, communicate these needs to your guides right now.

Once you have exchanged greetings, and information, notice that in this sacred place there is a column or pool of divine white and gold light. Allow yourself to move into this column to be fully bathed in the Light of God, Source, All that Is. Allow this light to help your body slough off all worn out cells and replace them with vital new cells that are functioning in healthful vibrancy.

Continue to bathe in this light until you feel totally cleansed and refreshed. Just notice that this divine, loving light is cleansing and refreshing your entire energy field, physical body and all aspects of yourself, your heart, your personality, your inner child and your soul.

When you are ready, let your guides lead you out of the pool or column of light. As you settle again into the special place in your place of peace, ask your guide if there is any special words or gifts of parting that your guide or guides has for you. Your guide might want to give you a symbol that helps you meet and succeed with your current challenge... Once this is done, , say goodbye to your guide/ guides, realizing that you can connect with your guide and/or guides any time you want,, all you need to do is say the words, "Place of Peace"

When you are ready notice that pathway that helped you enter your place of peace. There may be a door or an actual pathway. Whatever it is, begin to walk on and through it now until you return to present time. On the count of five, you will wake up and feel energized and ready to face and succeed in successfully resolving any and all challenges that are currently in your life. 1,2,3,4,5. You are awake, energized and ready to face and successfully resolve any and all challenges that are currently in your life now. You feel energized, happy, cleansed, healed, happy, healthy, and ready!

## **Accomplishing Goals**

*By Nancy Zahra Love, CHP*

Please make yourself comfortable, close your eyes, and breathe deeply, to the count of five. Take five deep breaths, starting with 1, ... each exhale, scan your body as you let go of any stress, ... and two, carefully, releasing all muscle tightness and tension ... on the third breath, holding it for three seconds, ... then, just, let go, as if your breath is a wave of peace washing thru your whole body. Breath number 4, imagine this breathe coming in thru the top of your head, cleansing your whole head, neck, and shoulders; washing away every last trace of holding, letting your muscles and tissues relax completely. With the next breath 5, see your breath as a liquid light, entering thru your crown, ... let the pure, clear air, wash, like a waterfall all through the rest of your torso, down your legs and out your feet, into the earth. See any excess energy as it rolls away, leftover stress, flowing as a colored fluid leaving thru your feet, traveling deep down, to the center of the earth.

As you continue breathing, with each breath you take, as slowly, and as deeply as you can, ... let the sounds inside, and outside the room, ... as well as the sound of my voice, ... all serve to help you relax, ... more and more completely. You feel totally peaceful, ... thoroughly relaxed, ... more than ever before, and in each moment, ... you become a little bit more, ... more and more, ... deeply, relaxed.

Now, imagine in your mind's eye, some place you'd like to be, a desirable location that you hope to visit in the near future. Using your imagination, create an image just like Google Earth, seeing a map of your territory, and imagine that place some distance away from where you are. Clearly see that place as your destination, and then see yourself as a bird, flying high up, on hot air currents, that just carry you along, safely, and easily, to your destination. As you gently land, then just imagine zooming in to get a closer look, and then carefully notice all the details; how is the light, the quality of the air, is it still or windy, balmy or dry, what's the predominant smell, the colors, sounds, and patterns of trees, leaves, flowers, and plants? Really immerse yourself, and revel in all the beauty and richness you can take in with all your senses.

Your imagination is so vivid, your senses come alive, and you really immerse yourself easily in any kind of setting, able to feel, sense and appreciate many features and details with remarkably heightened sensory experiences. Today, ...

## HYPNOTHERAPY SCRIPTS IV

and even more, tomorrow, ... and so on, into the future, ... you easily move toward your goals, ... as smoothly, as effortlessly as a bird, riding air currents, no need for even a flap of wings, just silently, calmly, gliding through the warm air, coming to land, in the exact spot you first imagined. From now on, you will find your imagination is engaged much more everyday, more than you've ever noticed before, it will become a regular thing for you to appreciate all the finer details of life, evoking imagination in many diverse settings and situations; you will not only enjoy your new found imagination, you will realize it's power to enrich your everyday life.

Thru practice you are learning to hone your ability to imagine, able to easily see yourself having already achieved your goals. Your will is strong and your resolve to reach your goals is unwavering. You can easily focus, reflecting just as water, when absolutely still perfectly reflects the sky. Imagine yourself sailing freely through the calmest waters, just like sailing breezily along, letting the wind fill your sails, carrying you to your destination; even if storms rage on the horizon, you are surrounded by beautiful, calm, clear skies, and perfect weather. Everything in the universe supports your every move as you seamlessly go about accomplishing your goals.

Each and every goal you set is so clear, like from a cloudless sky, on the clearest day, you can see all the way to the horizon; your mind is that clear, too. Clarity is your gift, you give to yourself in each and every precious moment; you quickly see the bigger picture and allow your higher mind to sift thru countless details in seconds, even in nano - or milliseconds, you have strong resolve and clarity to act and move easily to complete and realize your goals.

Every day, in every way, achieving and accomplishing your goals becomes easier and easier; as natural, and comfortable as an arrow finding it's mark. You can see, like a bull's-eye painted on a round bale of hay, your arrow sailing cleanly through the air to land smack in the center of the bull's-eye. As it lands, you hear the sound of the sharp point, piercing the cloth, and lodging firmly in that tightly packed hay. This sound is its own reward, just like winning a contest, and receiving the top award, you know you have won when you hear that sound of the bull's-eye.

Confidence and security in your abilities will continually well up and propel you along to greater and greater accomplishments, your goals come more and more easily, every day. You feel inspired to accomplish more and more wonderful goals,



## HYPNOTHERAPY SCRIPTS IV

knowing that your efforts are consistently rewarded; you seek out greater and greater challenges. The satisfaction of giving your best, and providing such happy results, gets you excited to create new opportunities for your life.

Every day, in every way, you are becoming more perfectly able to set and achieve your goals. You clearly see your target, you clearly set your intentions, and you act with extreme proficiency to move, steadily and smoothly toward your goals. Each and every day, you are eager to pursue your goals, because it's so much fun!

The clear success, and unmistakable competence, with which you perform your tasks, leaves you wishing for more. The feelings of pride, satisfaction, and completion are sweet music to your ears. These are yours to savor, and you can, and will, easily and frequently feel these wonderful feelings of accomplishment.

## **Afraid of the Dark**

*By Patricia Salas, CHP*

I want you to imagine yourself in your bedroom, you look at the clock and it is well after midnight. I want you to turn off all the lights in your room and lay or sit down in a comfortable position on your bed or chair. You are completely safe. Now, imagine a white light entering your room through your doorway. This is a beautiful light and it is so bright you can feel a warm sensation radiation from the light. The light surrounds your body. And you feel a sensation of peace and wellbeing. The glow of the slowly disappears and you can feel any fear or anxiety disappear, relax and let them go. Although you can no longer see the light you can still feel a sense of peace and wellbeing.

From this point on the can only be seen in your imagination but you can always feel the energy of light safely surrounding your body. This light acts as safety shield at all times. Now that this light has dissipated you notice the room is dark again, notice the way you feel. You feel great, you feel safe because you are safe. You can now imagine and remember where everything is, your bed, your closet, the clothes in your closet. You feel so peaceful now take a deep breath and say to you self; I am just as safe at night as I am in the day.

You now realize that there is nothing to fear and you may now release any past fears right here right now all those things are no longer important. It is ok to feel peaceful in the dark. From this point on if you feel any anxiety or fear you will imagine the white light surrounding you, protecting you, and you release these quick and easily. Making you feel at ease and at peace once more.

## **Anger Control**

*By Cathy Roll, CHP*

You WILL NOW make a conscious effort to control your anger. You WILL ALLOW others to have imperfections. And KNOWING that 'noone' is perfect, others imperfections NO LONGER annoy you. You ARE NOW developing a new way to control your anger. You WILL take 2 deep breaths and tap your fingers on your knee or leg. You WILL recognize AHEAD of time - BEFORE you cuss or yell at someone when annoyed by them. YOU WILL find by tapping your finger on your knee or leg and taking 2 deep breaths that your anger WILL GO AWAY QUICKLY. You NOW REALIZE that anger is CONTROLLABLE. And you ARE able to understand that by being patient - and controlling your anger, you WILL HAVE and KEEP long relationships in life.

It is well-known what stress and its effects have on the body. You can see yourself in 10 years - STILL looking as young as you do today. By keeping your anger level low, your stress level will remain low as well. And this will keep your 'spirit' young. You NOW DO NOT allow little things to bother or effect you. You ARE IN TOTAL CONTROL of your life as well as your anger.

You NOW have friendly and positive things to say. Like a 'peach', your words are soft and sweet. Your anger will ONLY show when appropriate, and YOU WILL KNOW when that is. Your new-found comfort and compassion toward others is just another 'great' quality you own. You ARE PROUD to be 'who' and 'where' you are in life. And this pride makes you glow and attract friendly and honest people. From this day forward - You 'LOVE' and you ARE 'LOVED'.

## **Avoid Sodas and Soft Drinks**

*By John Jordan, CHP*

(I'm sure it would depend on the region of the country you are at to determine if its more common for use of the word soda or soft drinks or even the word pop. Just change out the word soda with whichever word is more prevalent for your area.)

I want you to take a moment and visualize the amount of soda you drink in an average day. As the amount comes to you I want you to imagine stacking it on a table. Now think about the amount you drink in a whole week and add that to the table. Now multiply that by 4 to have a month worth of soda stacked up on this now huge table... now that we have a clear visual of the amount you drink in a month think about these two facts

Fact one: One twelve-ounce can of soda consumed per day, will contribute to 30 pounds of weight gain a year.

Fact two: Soda is one of the leading contributors to obesity and weight gain due to the high amounts of sugar in sodas. Now think again of that huge table stacked full of sodas from only one month of consumption.

From this point forward when you go to a restaurant you will avoid sodas and you will order water or juices. When you shop at a store you will choose water instead of soda. When you use a vending machine your first choice will be water. Water will help your body cleanse. Water is healthy for you and it will satisfy your thirst. Water is vital to your health since it makes up 70% of your muscles and 85% of your brain.

So from this point forward water will be your drink of choice. You will be choosing to be healthier by drinking water and you will be keeping your body hydrated properly.

## **Away With Anxiety**

*By Jennifer Dickerson, CHP*

You now eliminate all of your anxious feelings and worries that have been weighing you down.

Every day, from when you wake up to when you fall asleep, you feel relaxed and comfortable...just like you feel right now. All of the tension and tightness...all of the anxious feelings and worries...you let them go, releasing them forever from your mind and your body. Any time tension builds up in your muscles, you will immediately become aware of it. This awareness will then make you stop...take a deep breath...relax your muscles...and exhale the tension right out of your body. By releasing the tension and relaxing your muscles, you will feel immensely better...relaxed and happy...free of all anxiety. You realize that this relaxed feeling not only feels wonderful, but that being relaxed prevents anxiety and tension from taking control.

Now imagine yourself waking up one dewy, crisp morning, feeling totally relaxed and at ease. You lie in bed...taking your time to stretch your body, your muscles...feeling happy and content. Waking up with no anxiety...no tension...no worries...it is a great way to greet your day. You rise out of bed, refreshed with a great night's sleep, to get showered and dressed and ready to go. The hot water of your morning shower washes away any remaining sleepiness, and replaces it with a warm sense of peace. The day is full of opportunities and you are ready to face anything...feeling relaxed... focused...and free from the bonds of anxiety, stress, and worry. You know that the inner peace you feel will keep any and all worries at bay, and will banish all anxiety.

From this day forward you will feel relaxed and free of any anxiety, tension, or worries. Any time that you notice the anxiety and tension beginning to build, you will remember to stop...take a deep breath...relax your muscles...and exhale the tension and anxiety out of your body. After you exhale, you will again feel relaxed and tranquil...just like you feel now...as you go through the rest of your day.

## **Becoming a Better Server**

*By Ron Lykins, CHP*

From this point on you will become a better server, dealing with your customers easily and effortlessly, and by becoming a better server you will increase your tips and value to the store the customers and your co-workers.

At the beginning of each shift you will take a deep breath, relax and say to yourself, I'm going to be the best server on the floor. I will be positive, confident and in control and at the end of the shift my tips will show an increase.

Each new table represents a new adventure, a new story. You enjoy meeting people and you are confident, confident in yourself: confident in how you serve your customers. You will greet each table with a smile, a greeting, and you will excel as a server. You approach each table with confidence and intelligence. You know the menu, and you and bring confidence to the table showing how professional you are.

As you approach your table you are relaxed, and in control. From this moment on you are able to concentrate better than ever before. With each order you, will focus better than ever, giving 100% of your attention to the customer, taking his order and making sure it's exactly what that customer wants. You always go the extra mile in whatever you are doing. You always perform to the best of your abilities. Your customers want your table. People love being around you. You enjoy what you're doing and it shows. You'll always succeed.

## **Body Image Script**

*By Jacqueline Swett, CHP*

Starting today you accept your body exactly the way it is. There is no other body created exactly like yours. Your body is one of a kind... a wonderful creation...yes a gift! Imagine that you no longer buy into the image set out by the media. Say to yourself I no longer accept unrealistic expectations of perfection. Your size and weight are no longer important. You already know that your body is special. Imagine that your body is walking through your life's' journey right now in a positive manner. Imagine that your body is on a journey and as in all journeys there are turns to choose, detours along the road and the fantastic feeling you get when you are back on track in your acceptance of your body type. You have chosen the correct path in your healing journey. You have the right body indented just for you.

Imagine yourself now standing in front of a full-length mirror. See yourself looking at your image with respect and honor. Imagine loving your body just the way it is in this moment. See yourself mouthing the words; I love you just the way you are today. You are confident! You walk with your shoulders back and head held high. Imagine yourself flowing through your day in admiration of all your uniqueness. Imagine your only goal is to let go of any pre-conceived notions of perfection. There is no such thing as perfection. You are an empowered female who walks with grace and courage. Imagine wearing clothing that you feel good in. Clothing that suits your curves...your shape and accents your unique creativity in what you choose to wear. You are very happy with what you see before yourself in the mirror. Imagine the smile that is on your face as you experience this freedom. You walk through the world with enthusiasm about how your body looks. You say to yourself I love my body just the way it is. You imagine making reasonable changes of your choice to feel even more confident each and every day...knowing that all you need to do is focus on just one day at a time.

## **Chakra Cleanse**

*By Cheryl Miller, CHP*

Continue breathing in and out, letting each breath take you deeper and deeper...becoming more relaxed with each breath. You will now cleanse your chakras and with each one you cleanse you will release any negativity held within your body.

You will begin with the root chakra, located at the tailbone. It resonates to the color red. Imagine delicately taking the red sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your red sphere...your first chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, red glow. Place it gently back knowing that you are valued, welcomed, wanted and worthy.

Your second chakra. It resonates to the color orange. Imagine delicately taking the orange sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your orange sphere...your second chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, orange glow. Place it gently back knowing that your senses are heightened and increased as an avenue for pleasure, your inner child is blissful and your Joy Guides are with you to bring you great happiness.

Move on up your body to your third chakra, which is the upper stomach area, which is covered when your arms are crossed in front of you. It resonates to the color yellow like the yellow crayon in a box of colors. Imagine delicately taking the yellow sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your yellow sphere...your third chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, yellow glow. Place it gently back knowing that you are a strong, confident person with a strong, positive self-esteem.



## HYPNOTHERAPY SCRIPTS IV

Next, move up your body to your fourth chakra...your heart chakra. It resonates with the color green, a beautiful, rich, deep, emerald green. Imagine delicately taking the green sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your green sphere...your fourth chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, emerald, green glow. Place it gently back knowing that you are fully open to the experience giving and receiving love.

You are ready to move up your body to the throat...your fifth chakra. It resonates to the color blue, a bright, clear, sky blue. Imagine delicately taking the blue sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your blue sphere...your fifth chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, sky blue glow. Place it gently back knowing that your communications skills are enhanced and you easily and comfortably speak your truth.

Now move up to an area in the middle of your forehead. This is your sixth chakra, your third eye. It resonates to the color indigo...a dark, purplish, midnight, blue. Imagine delicately taking the yellow sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your indigo sphere...your sixth chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, indigo glow. Place it gently back knowing that your ability to think, analyze, dream and visualize is excellent. Also know that your insight is now clearer and more accurate than your eyesight.

Finally, move up to the center, top of your head. This is your seventh chakra, your crown chakra, known as a thousand-petal lotus. It resonates to the color of violet fading to white edges. Imagine delicately taking the violet-white sphere out and holding it in your hands. Feel the coolness of it. Look at the lightly glowing places and the dimmer places radiating from it. Now pick up a dark velvety cloth and polish your violet-white sphere...your seventh chakra until the light flows brightly and evenly within it. Bring it up to your mouth and now blow the Divine Spirit into it. Watch it glow warmly... radiating a beautiful, bright, violet-white

## HYPNOTHERAPY SCRIPTS IV

glow. Place it gently back knowing that you are gentle, compassionate, free from anxiety and concern and you move into complete faith that all your needs will be met as you are now connected to your Source.

## **Change of Sleeping Habit - Preparing and Going to Sleep**

*By Wilton H. Syckes, Jr., CHP*

As you sit here, very comfortable . . . and very relaxed . . . take three deep breaths and with every breath you take you will exhale all your pressures of the day feeling them leave with each breath and as you inhale you will feel more relaxed, relaxing deeper with each breath. Now one; breath in, inhaling a renewed feeling of relaxation, and now exhale all of today's pressures – now repeat this two more times, exhaling the pressures of the day and inhaling relaxation.

Now as you relax more and feel more comfortable, my words will be the only words you hear and these words as you hear them . . . will start to provide you with an easy road or path to follow each night as you prepare for sleep. This preparation will provide for a deeper and more relaxing sleep that will provide your body and mind with renewed energy and re-vitalized thought process; making ready to meet the challenges of each new day. You have prepared your sleeping quarters to help to ensure your sleeping experience and now's the time for you to get into bed and adjust yourself, finding that warm, comfortable spot in your bed . . . where your body feels surrounded in comfort and almost like floating on a cloud . . . floating on cloud with no worries with only a sense of you and your comfortable position, floating on this cloud. Imagining this cloud and comfort of floating you will begin to tell your brain that this night and as with all nights it is okay to stop thinking and worrying; it's okay to let go of the days pressures, and to just relax allowing for a good night restful sleep. Should you awake during the night you will fall right back into deep sleep by just repeating the three deep breaths and ending each with the word, "Deep Sleep". You will awake for any emergency, take care of same, and immediately fall back into a restful sleep, using the three deep breaths saying with each exhale, "Deep Sleep".

This time each night as you go to sleep not the time to solve all of the problems of the day; it is time to turn off these issues and allow your brain to rest. A restful night will provide your brain with a renewed sense of power in the morning to meet all your challenges and will invigorate and rejuvenate the energy in your body for tomorrow. You must tell your brain that sleep is the order of the night and a good night's sleep will allow for more immediate resolve of issues as your brain has had a good restful night's sleep. Again now taking three deep breaths, slowly and deeply . . . exhaling completely and saying "Deep Sleep"; now relaxed, comfortable, brain slowing for a good night's falling off into a deep sleep.

## **Change Our Minds to Change our Feelings**

*By Mary Kramer, CHP*

As you continue to drift on down, with every breath you take, deeper and deeper into relaxation, I want you to know and remember that you can change your mind, and your experiences in life will reflect that change.

You are not powerless over what you nurture in your mind. You are in charge of your thoughts. Knowing this gives you the promise that you can feel however you want to feel. You have the power to be as happy or as unhappy as you want to be. No thought can, or no feeling can, hold you hostage. This ... is all you need to know that all is well with you.

I want you to visualize standing in a long line in a department store at a very busy time of year. While you are visualizing this you notice that you are feeling very impatient. Only for just a brief moment do I want you to feel your impatience ... Now, I want you to say to yourself, "Everyone in front of me is here by divine appointment and needs my blessing." Breathe deeply and continue to relax. Again, look around you at the people in line ahead and behind you and notice right now how their gaze has softened, how differently you feel inside.

I want you to know, now, that when we change how we see others in our world, they seem to change as well. They will begin to change to match our picture of them.

From this moment on when you are feeling something negative during your day, stop, and bless the person or thing that is causing the negative feeling. Then notice how differently you feel inside.

Now that you have decided to know and remember that you are in charge of your feelings, you will be able to have many more moments filled with peace and love.

## **Change the Habit**

*By Patricia Hostetler, CHP*

(A generic script for getting rid of a habit, after you have discussed the habit and decided what the client will do instead of the habit.)

You have decided to give up your habit ... This habit has been with you for a while... You want to get rid of that habit ... You want to stop that habit and give that old habit up for good.

You are ready for something new... No longer bothered by that habit, you are ready to get rid of it ... So now you are going to let go of the habit and make it go away.

So, I'd like you to imagine, to see in your mind's eye, imagine a large white plastic bag with a drawstring around the top lying at your feet... This bag is open and ready to fill... Now imagine, see your habit as a color, imagine your habit a color, any color, and stuff that colored habit in the bag... That's right gets rid of it.... Bag it up... Now close up the bag with the drawstring... Now, as you look around, imagine that you see, notice 15 large colored helium filled balloons all tied together. ... These balloons are lovely colors red, green, blue, yellow, every color of the rainbow. Now tie these lovely balloons to the drawstring on the bag with your habit inside of it... and let go of the balloons. Imagine, watching the balloons carrying the bag filled with your old habit up, up, and away...

Watch the bag become smaller and smaller as the balloons carry the bag with your habit in it, further and further away. Watch it get further and further away ... smaller and smaller... until it disappears ...and is gone. Feel the relief. It feels good. Your-old habit is gone... it's gone. Now you have a new thing to do instead of the habit. You are free... Free to choose... Free... Free... Free to choose

## **Claiming Your Total Worthiness Now!**

*By Terry Wohl, CHP*

This is your time to relax and refresh all aspects of yourself. So take some deep, deep breaths. As you continue to take some deep breaths, count backwards and you breathe in deeply and exhale slowly, 1...2...3...Allow the sound of my voice to take you deeper, deeper and deeper into a state of deep, deep relaxation. Let every sound you hear take you into a realm of total relaxation. Imagine all of your muscles are softening and relaxing. Continue to breathe deeply. As you exhale, let your exhale move all the tension out of your muscles, your organs, your cells, bringing your body, mind, heart, and spirit into a deep, deep place of peace.

As you enter this sacred place of peace, imagine that there is a pathway that takes you into your own very unique place of peace. This place may be comprised of remembered elements from places you have visited, or this sacred place of peace may be totally made of elements from your imagination or your place of peace may be made of a combination of a remembered and imagined places, where you can easily breathe easily and deeply. In this time you are able to relax deeply. In this place of peace notice all the pleasing features of your own place of peace. Notice the temperature, the sounds, the time of day or night of this place. If it is a place that is outdoors, what is there? Are you by an ocean, a lake, or in a garden or forest? Just notice where you are and drink in the beauty and peace of this place. Or perhaps your place of peace is a place inside your home or your imagined home. Notice what is there. Is there soft music playing in the background? Are you sitting or reclining in a certain area of this beautiful space? Find a place where you can settle in for a time of relaxation, pleasure and refreshment.

Now that you are settled into this special place of peace, invite your inner child to join you. Invite the younger version of you to enter your place of peace to experience the full healing and integration with your current adult self. Now look around and notice if there are any other beings in this space with you. Perhaps there is a guardian angel or two or three that decide to join you. If they have not already appeared just say a prayer and ask that the perfect spirit guides appear to assist you during this time to help you with the challenge that you are currently committed to resolving.

## **Cigarette Funeral**

*By Pierre Benoit, CHP*

You are now a non-smoker and it is time to say a final goodbye. You know this is the time to do so as you enter the funeral home. As you do you notice, at the back of the room, a coffin. And as you make your way to the coffin, you notice the people around you.

You recognize some people that you had been sharing this old habit with. Some you have influenced in dropping this old, useless, unhealthy habit of smoking... And some that still smoke cigarettes.

The closer and closer you get to the coffin, you feel and sense that this is truly the end of a bad habit. And you feel proud of yourself at being a non-smoker now and for the rest of your life.

As you get to the coffin, you notice the cigarette laying there. It had been a part of your life long enough and you take a moment to tell it what you need to say to it for a last time.

(PAUSE one minute)

Now that you have said what needed to be said, the coffin gets closed. You accompany it to the incinerator and as it gets closer to the incinerator, you feel this healthy feeling within you getting stronger and stronger!

As the coffin completely burns, you know and feel that you are completely free to be a non-smoker for the rest of your life.

Feel your lungs breathing clean, fresh air as you get out of the funeral home. You feel proud of yourself at having found this freedom of living the long and healthy life that lies ahead.

## **Competitive Sports**

*By Peter J. Cirigliano, CHP*

I want you to continue to relax, taking slow deep breaths. Notice the synchronicity of your breathing and your heart rate. You realize that the power to control your body is within you, through your thoughts and imagination. Now use your imagination to visualize yourself before the start of a particular sporting event (swimming). You've trained and prepared for this particular event and now the day has arrived. You are among all the other competitors easily recognizing all the familiar sights, sounds and smells of the arena; feeling confident and relaxed.

You calmly take the time to mentally replay the upcoming event in slow motion, visualizing the race in its entirety before it happens. You see yourself excited and energized, feeling confident and strong. You hear your name announced and you take your position for the start. You're taking slow deep exhilarating breaths of energy.

After the start, your confidence grows as you see yourself comfortably ahead of the field and with a sense of boundless energy you eagerly reach for the finish. You see and feel the exhilaration and relief at achieving your goal while celebrating with pride – Fist Place



## Confidence

*By Marl Renfro, CHP*

I know you know you have had a special moment in your life when you felt so proud of yourselves for something special you've done. Maybe, if you think back you will also remember a time when you congratulated yourself for not having done something. That, too, was a great accomplishment so let it now boost your confidence. There has even been a time in your life, I'm sure, when someone paid you a complement that set off all those warm, exciting, wonderful feelings of confidence within you.

Now what I want you to do is to let your mind drift back to a place and time when you felt very confident about yourself because you had accomplished something and you did it even better than you or anyone ever thought you could. You were rightfully so very proud because feelings of pride and a job done well flooded through your mind and body, which means you can experience the feelings of confidence any time you want. All you have to do is want it and it can be yours. Want it now. Let it happen as you hear my voice. You have strong feelings of confidence right now.

As I remain quite for a moment or two, remember back to when you were being complimented for your successes. Recall how confident you felt you could do anything you put your mind to. Concentrate on the feelings. Drift back and experience yourself as those wonderful feelings of confidence welled-up within you. See the face of the person who complemented you? Look inward and sense the feelings you experienced as you hear the person who played you the complement you deserved.

Now I want you to really lock in on those feelings of confidence by imagining the situation in even more detail, recall the person's name. Was there anyone else there? What else was being said? How does the air smell, is it warm, what season is it, are you inside? Let yourself experience it all clearly.

Again, I want you to experience how you felt inside as those good, positive feelings of confidence welled up. Good. Keep focused on those feelings and now allow those feelings of confidence to grow even stronger and more reassuring, knowing that with each of the next five breaths you take you become stronger and more confident than, as confident as you want. All you have to do is want it and it

## HYPNOTHERAPY SCRIPTS IV

will be yours. Just let it happen because the confidence is welling up within you now at this very moment.

Okay, take five deep breaths, in and out, because with each breath you feel yourself grow more and more confident, until you have the level of confidence you have always dreamed of.

Keep breathing in confidence, as each breath doubles your feelings of confidence and in just a moment I am going to do you a great big favor, something you will never forget. I am going to give you a key word to send sensations your new found confidence through your body any time you want, and then I'll count up to five, and you'll open your eyes but not before I reach five. This word I am going to give you is your key to relive that experience of confidence you already have within you, all you have to do is want it and it will be yours, because confidence is already yours.

Confidence is yours now. You have experienced it; you remember it and you are confident.

Are you ready for this special word? Yes? This key word is "confidence." Whenever you hear the word "confidence" or whenever you say the word "confidence" to yourself, you will instantly feel inside you all those good, positive feelings of confidence well up, and then you will also realize you are feeling a level confidence and enthusiasm much, much stronger, about your own ability to do anything, than you experienced during that special time you just recalled. You are now experiencing feelings of confidence much, much greater than when your were paid that well deserved complement you just re-experienced. When you hear of say "confidence" these you will experience this level of confidence.

## **Confidence, Walking with a Walker**

*Wilton H. Syckes, Jr.*

As you sit here, very comfortable . . . and very relaxed . . . take three deep breaths and with every breath you take you will exhale all your pressures of the day and as you inhale you will feel the freshness of the new air and a revived feeling of self confidence. Now one breath in, inhaling a renewed feeling of comfort and confidence, and exhale all of today's pressures – now repeat this two more times, exhaling the pressures and inhaling self confidence.

Now relaxed more and with feeling of self confidence, my words will be the only words you hear and these words as you hear them . . .they will start building your renewed basis of self confidence. This renewed feeling of self confidence that you now have, excites your thoughts, your speech, your motor and muscle skills – you are anxious to and excited about this new feeling of self confidence. You are one with your body, mind, and soul. And you know that with this renewed self confidence You Can Do anything Your Minds Imagines – The words “I Can” will be the words you live by and your self confidence will power you to be successful with all your activities of daily living.

Now as you begin the process of standing up to walk with your walker you will hear these words, “I Can Do It” and your self confident mind will automatically engage and direct your brain, motor skills and muscular abilities to work for a successful balanced standing position and readiness to walk forward.

As you begin you will feel you legs and feet energized and as they move apart four to eight inches you will also feel the energy in your arms pushing you up as your legs push up, up, and into a balanced standing position. Your arms will reach out and your hands will grasp the rubber grips on the walker to enhance your feeling of balance and self-confidence in standing. Now the words “I Can Do It” and the renewed self confidence has elevated you to a stable standing position.

Again, standing with confidence and a renewed pride of being able to stand-up, you again think of the words. “I Can Do It” and you feel the success of standing again. As you feel this sense of accomplishment you will also be allowing your body to adjust and control your blood pressure reacting to your new ability to stand.

## HYPNOTHERAPY SCRIPTS IV

Standing balanced and with renewed self-confidence you now desire to move forward walking to a place in sight ahead. With confidence and self-assurance you look up and ahead to where you want to walk. Engaging your sense of balance, adjusting your walker and saying the words, “I Can Do It”, a renewed energy travels down your legs and into your feet – stimulated with the self confidence, you feet begin to take small steps forward. With each step your feeling of success heightens and your level of self confidence increases – moving forward, each step with self confidence, each step with renewed energy and the each step hearing the words . . . “I Can Do It” . . .

## **Confident Speaking**

*By Steve Masourian, CHP*

You are now a confident speaker. You enjoy speaking in front of other people. Whether it's just a few people or large crowds, you are equally confident in your speaking. Your opinions and ideas are important, and people want to hear what you have to say. You enjoy communicating and sharing your ideas with others. When speaking, you stand upright with your head high and your shoulders back. Your words flow freely and fluidly. People can see your confidence in your posture and hear it in your voice. You exude an air of supreme confidence when speaking.

Whenever you speak in front of others, you feel completely confident and assertive, completely calm and relaxed. You give off an aura of confidence when speaking. People sense your confidence while you're speaking and respond to your message. You find that the more you speak in others, the more comfortable you feel. You are a totally confident speaker.

## **Contact Lens Anxiety**

*By Francis Ferragonio, CHP*

You are happy because you just got your first set of contact lenses. When you try something for the first time like putting in and taking out the lenses, what comes to your mind is the phrase “I can do this!” “I can do this!”

Now visualize yourself looking in the mirror with your contacts in. See how good you look and how confident you feel about yourself knowing you don’t have to wear your glasses, and hear your family and friends compliment you on how nice you look. Believe that you can put them in and take them out with ease.

See yourself standing in front of the mirror. You are getting ready for a big night out. As you look into the mirror you see yourself in your best outfit and you look great! The look you want to achieve will now be complete with your new contact lenses. The anticipation of putting them in and achieving that look fills you with excitement.

Your eyes are now relaxed, and you are able to put them in using the technique shown to you by the optician. You put them both in with little effort, and when they settle in, you look at yourself and notice that your look is complete. You marvel on how well you did with the procedure.

Equally, when you return home from the nice time you had and the many compliments given to you by people seeing you without glasses for the first time, you are eager to get them ready for the next day. Your eyes are now relaxed for contact lens removal. You are able to remove them using the technique shown to you by the optician. You are astounded by the ease with which they both came out.

You look forward to the next time, and the next, and the next, when you are able to put in and take out your contacts like an old pro.

## **Controlling Worry**

*By Virginia McKinney, CHP*

During this session, you are going to learn to control worrying. When things happen, worrying usually doesn't do any good and could cause you undue stress.

I want you to relax and concentrate on your breathing. Breathe in through your nose and out through your mouth. As you concentrate on your breathing, relax your mouth and tongue. Continue concentrating on your breathing until you feel completely relaxed.

Now, visualize yourself in a safe, stress-free place. This can be beside a babbling stream, on the seashore or any place you feel safe and comfortable. As you visualize your safe place, continue concentrating on your breathing...breathe in through your nose and out through your mouth. Listen to the sounds around you as you relax. Smell the air as it flows over your relaxed body. If you are outdoors, look at the sky and continue to concentrate on your breathing and relax

As you relax, think about the things that might cause you to worry unnecessarily. In this relaxed state, you are in complete control of those things that worry you. From now on, when you feel the need to worry, you will relax, concentrate on your breathing and mentally go to your safe place where you can dismiss the need to worry. In your safe place, you will put the worry in its proper perspective and know that worrying can't make matters better. As you relax in your safe place, you will replace the worry with positive thoughts.

## **Control Over Negative Emotions**

*By Rev. Rachel Frank*

Now that you are relaxed and comfortable you are going to work on taking back control over your life. After you are done, things that used to cause stress, anxiety, and panic will be a part of the past and you will be in control of your emotions. You will be able to handle these situations with ease and grace. This ability to control your response will be empowering.

First you will create a safe spot, a peaceful spot, a place you love... Imagine yourself in a place where you feel at ease, happy, and safe... Is it outside or inside?... Imagine the furnishings or natural features that surround you... Picture the way this place looks in every detail. What colors are there...what does it smell like...what sounds do you hear? Now I want you to pick a place to sit down in this special place. Whether it is a comfortable chair, a fluffy cloud, a grassy nook, or whatever feels best to you in your special place. Once you have gotten comfortable in your chair nod your head (wait for them to nod). In a moment I am going to have you take several deep breaths. Each time you take this deep breath you will become twice as relaxed as you were before. Now I want you to take a slow deep inhale...and exhale. Again a slow inhale... and exhale. This time when you inhale hold it for three seconds... and exhale. Feel how wonderful and relaxed you are now. In the future anytime you experience stress, anxiety, or panic, you will say the word “calm”, take these three deep breaths and experience the level of peace, relaxation, and control you are feeling right now.

While you are in this wonderful place you can clear away anything that has caused you stress, anxiety, or panic. Imagine a photo album is lying next to you. Inside this photo album are still pictures of events that have caused you stress, anxiety, and panic in the past. When you look at them in this safe place you will only experience release, forgiveness, and control. In a moment I am going to have you open the album and pull out a picture. Then I am going to have you tear it into little pieces. When you tear the photo you will feel relief and release of the negative emotions that scene caused you to feel in the past and you will be released from experiencing those negative feelings in the future. In the future when confronted with a similar scene you will be in control of your emotions and be calm and relaxed. Now open the photo album and look at the first picture. When you are looking at the picture nod your head (wait for them to nod). Tell me about the scene in the picture... (wait for them to describe it) Remember that you are safe



## HYPNOTHERAPY SCRIPTS IV

and in control here. Now tear the picture into as many pieces as you want feeling more release, relaxation, and control as the pieces get smaller and smaller. You can return here and repeat this process any time you wish by saying the word “release” and taking your three deep breaths. Every time you are here you are safe and in control.

You have done wonderful today taking control of your emotions and releasing the negative emotions. Reward yourself with another deep breath which will make you even more relaxed. Anxiety, Stress, and panic are gone from your life. They are old emotions and are replaced with the wonderful new states of mind including of happiness, control, and empowerment. You are free and you feel wonderful! You will carry these wonderful and empowered feeling into your daily life.

## Courage

*By Beverly Claussen, CHP*

You have decided to create more courage in your life. You're tired of feeling fearful of everything and everyone. So you have decided to create and experience more courage, and let go of the fears that limit your life.

I want you to imagine a balance scale. Imagine it or visualize it or, if you can't visualize it, think about it. You know, the scale that reminds you of a teeter-totter. When the weight on one end is more and it goes down, the other end goes up. Imagine one end of your scale has a big black ball of fear – it even has the word fear stamped on it. On the other end is a light of courage, and it has the word courage stamped on it in gold.

As you see this scale moving, you realize that you can control it. When you're in a situation and it seems that the 'fear' side is getting bigger and heavier, and that end of the scale is dropping, you realize that you can think 'I have the courage to handle this', and the scale with the light carries more weight and gets brighter.

I want you to see this, imagine it and feel the difference – when you create more courage, you feel stronger, in control, and the scattered feeling is gone. You already feel more powerful right now.

When you need more courage, you just remind yourself by thinking or saying 'I have the courage to handle this,' or 'Courage is my friend,' 'My personal dictionary has replaced the word fear with the word courage'. You can create more statements of your own, but these will get you started. You already feel more courageous.

You will feel more powerful and in control each time you repeat any of these statements – you can even say them anytime you like. Pretty soon, you'll be hearing them repeat in your mind – you won't even have to consciously say them – you will hear them and feel the difference in your body and emotions. You already feel more powerful right now just knowing this.

## **Developing Intuition**

*By Kathryn Green, CHP*

Now I want you to imagine that you are walking down a dark hallway. There is a shimmering white door at the end of the hall with light radiating around its edges. You continue down the hall towards the glowing door. Standing in front of the door you notice a large brass doorknob. You turn the handle and open the door to a room with radiant light. In the middle of the room is a golden table with 2 chairs. Someone is sitting in one of the chairs and the other chair is for you. You approach the table and sit down in the chair. Looking up you get a closer look at the person sitting across from you at the table and you realize-it is you. This is your inner self. You have a feeling of peace and comfort with your inner self. Your inner self is always here for you and ready to answer any questions you may have. Take a few minutes and ask your inner self any question you may have.

Pause

Your inner self may answer you immediately or in the very near future. Be patient if you did not get an immediate answer, your answer will come. Your inner self is always within, ready to help you in all areas of your life. Listen to what she/he is saying.

Know that your inner self has your best interest in mind and has the correct answers to any question or problem that may arise in your life. Be still and listen  
Pause.

You thank your inner self for her/his help and get up from the chair. You turn and walk back towards the glowing door you came in from, turn the brass doorknob and open the door. You walk through the doorway and back down the hall with a feeling of contentment and peace, knowing that your inner self is always there for you and you now know to just listen.

## **Dyslexia**

*By Peter R. Caprini, CHP*

You have a strong mind, a good mind, you're not stupid, thick or all the things you have been called from childhood to now!

Your brain works faster than those that don't have Dyslexia! Your brain is like the most wonderful computer, a super computer. Most of the Great men of this world, inventors, scientists, Leaders of Nations and some of the best actors and Managing Directors of some of the largest Companies in the world, are and have been Dyslexic and they have used that wonderful super computer of a brain that they have to become the Great people they are today, just look at Richard Branson, YES he is very badly Dyslexic. But what a successful and wealthy man, can you see you're self as being a successful person! Want that to happen, Make that happen. Allow that to happen.

You have come to the decision that you feel this is as a hindrance to you, which has run its course, and the way you are going to do that starting right now, is by The power of your strong imagination. That's right, just by using your wonderful imagination, inside that super fast brain of yours.

Your subconscious mind has the power within it to utilize the great gifts within your subconscious mind. It's your determination, desire and faith and belief in your self, that you, can overcome what you believe to be hindrance in your make up, which is in fact a gift to spur you on to greater things.

It is a proven fact that thoughts become things. That whatever you think you will become and it will eventually happen. In fact you yourself are a result of other people's words!

The thoughts that you have had throughout your life have made you the person that you are today! Keep with that line of thought, the thoughts that you create will make you the person you will become! Therefore you will begin Now! Creating the new you! That you desire. Can you see you're self as being a successful person! Want that to happen, Make that happen, Allow that to happen.

Use your strong Super Fast Brain, imagine it, see it, feel it right now.

## HYPNOTHERAPY SCRIPTS IV

I would like you to imagine yourself as one of the Great men of this world, an inventor, scientist, a Leader of men, a great actor or a Managing Director of some of some large Company in the world,

Using your imagination, you're sitting in a movie theater watching yourself on the picture screen; visualize yourself, having attained your goal. See yourself ... what you would look like and how would you feel having already succeeded at overcoming the negatives of Dyslexia from your life ... Seeing yourself having already attained your goal, imagine yourself in a situation, where you may have had problems in the past, but now rising above it and even excelling with your new, perfect sight, make that happen, allow that to happen, want that to happen, Get the picture as clearly in your mind as you can and as you do describe to yourself all the details that you see. Where are you ... what is around you ... what are you wearing ... what are you doing? Continue using your strong super fast imagination. How do you imagine you would feel like having already attained this goal? What emotions are you feeling? Maybe satisfaction ... relief ... excitement or extreme happiness. What exactly are you feeling? ... Want it to happen, allow it to happen Make it happen.

The mind reacts according to pictures and emotions ... therefore see that picture and feel the feelings of what you would be feeling with as much detail as possible. You are creating new memories, right now. The subconscious mind reacts to imagined memories and real memories the same way. So continue to use your imagination for a little while longer as your subconscious accepts these new memories and is beginning to right now use them to replace the old ones. Allow the negative disorder from the past to leave right now, because you want it to, allow it to.

You are in charge. It is your mind. You are the only one in control; you are the creator of your own life and your own health. So take advantage of that control and decide to create a new you today. Make it happen, allow it to happen, want it to happen.

## **Drinking More Water I**

*By Patricia Salas, CHP*

I want you to imagine yourself at home; you have just woken up and walking to the kitchen refrigerator to get something to drink. You open the door you have so many choices. You have water, several types of juices and soda. But this time your attention goes straight to the water. The water tastes so fresh and so crisp in your mouth.

You remember water has so many benefits you body wants and need to flourish. Water is essential to all the vital functions in your body. Regular hydration will also boost your energy levels, your immune system and mental sharpness. Plenty of water keeps your skin glowing, beautiful and clear. Water will also help your body in flushing out any unnecessary toxins. Water helps your bowels movements remain normal and consistent, plus so many more natural benefits.

So the next time you choose a drink your subconscious will remember all these great benefits and you will always choose water over any other beverage from this point on. Water has become your friend you can drink more than 8oz per day because you crave it and because you love it.

## **Drinking More Water II**

*By Steve Masourian, CHP*

You now love to drink water. You are a frequent drinker of water. You enjoy the cool, refreshing feel of water against your lips and in your mouth. You love the fresh, crisp, clean taste of water and the invigorating satisfaction that drinking water brings you.

Your body craves water. As you know, your body is mostly water, and you enjoy nourishing and hydrating your body by replenishing the water that it needs. You feel rejuvenated after drinking water, knowing the health-sustaining benefits drinking plenty of water daily brings.

In the future, when you find yourself thirsty, you find yourself choosing water more and more over sugar-laden drinks. You drink at least eight glasses of water a day and even more if you choose, and your body thanks you for it. You are hydrating your body down to the cellular level, and as a result your body rewards you with better and better health.

## **Drug Addiction**

*By Roman Delicart, CHP*

Now you are fully relaxed. I want you to follow my voice and instructions. When two people agree upon anything there is nothing impossible for them. Now I want you to open your mind and spirit to fully absorb what I am telling you.

You will act upon my suggestions and changes that you want to see and make in your life. The changes or main goal you want to see in your life is to stop taking drugs. You want to be drug free. You want to be made whole and free from drugs. As you go through this process I want you to concentrate on three critical points:

First: For your body. Drugs are poison. You are made of a number of components and the most important is your body. The taking of drugs is not so much a poison for you as it is for your body.

Second point: you cannot live without your body. No matter where you go , you have to take your body with you. Your body houses everything you are. Your body is a precious gift to you through which you experience life.

Third point is: To the extent that you want to live, you owe it to your body to respect and protect it.

This is your way of knowing the fragile, precious nature of your body and at the same time, your way of seeing yourself as your body's keeper.

You are, in truth, your body's keeper. When you make this commitment to respect, love care and keep your body as a whole unit, you have within you the power to stop craving for drugs. I want you to notice that this session puts the emphasis on what you are, rather than what you are against it.

It is truth that drugs are poisonous and you are against it. But the emphasis is upon the commitment to respect your body. As you act upon it, it becomes natural for you to protect your body against the poison of further contact with drugs. When you feel tempted or anxious, you will stop and take a very deep breath in.



## HYPNOTHERAPY SCRIPTS IV

You will relax your mind, body and spirit. As you exhale deeply out you will let go of all the negative temptations, thoughts and feelings. When you respect your body you will incorporate with it, a view towards eating and drinking which reflect your respect for your body. As a result you will experience a life changing exercise.

Now you will set your focus on **“you are your body’s keeper”** with your whole being, heart and spirit into a new and positive life-changing event. You learn to cope with temptations and cravings by replacing the old way of life for a new and healthier way of life. That is the main reason you are here today. Now you are ready.

You are creating a new way of life when you start to respect your own body. You have put off the old life style and now you are putting on a brand new life style. The old life style has passed away and the new life has come.

Picture your body as a building that is in the process of being rebuilt, room by room and every available space within in it repaired and renewed from top to bottom. Brand new and ready for a new tenant with a brand new life style provided by your commitment to your body

## **Driving Fear**

*By Peter J Cirigliano, CHP*

I want you to take a deep breath and continue to relax. Use your imagination and picture yourself driving a car with absolute confidence and ease, without any fear or anxiety. How comfortable and relaxed you are, listening to your favorite soft music. You are confident, relaxed and in complete control.

Now, I want you to visualize yourself approaching any particular bridge (GWB) or tunnel (Lincoln). You are totally aware of all the familiar sights, sounds and smells but unaffected remaining totally relaxed listening to soft pleasing music.

Now picture yourself driving across the bridge or through the tunnel with absolute confidence, without fear or anxiety. You see yourself easily reaching the other side and you're happy, excited and pleased with your accomplishment and attaining your goal. You realize how easy it was and that, from this point forward you will travel over any bridge or through any tunnel with ease; confident and relaxed because you know that you are in complete control.

## **Eating Disorders/ Body Image**

*By Golie Zarabi, CHP*

Take a moment to settle into a comfortable position... Notice now, how you are feeling... how you are doing right now in this moment.

How does your body feel? Scan your body for a moment now, starting at your feet, simply noticing how your body is feeling. Notice your feet... ankles... legs... hips. Continue scanning your body, moving upward to your stomach, back, chest, sides. Scan your hands, arms, and shoulders... your head, and face. Where is your body the most tense? Where is your body the most relaxed?

Notice how your body relaxes... bit by bit... without any effort on your part. See how your muscles become a little bit looser... less tense... without you even trying... your body becoming slightly more relaxed with each passing moment. Think about your body image... what is body image? Maybe you think about the picture in your mind you have of what your body looks like. Maybe it's the ideas you have about your body... your feelings about your physical self. Perhaps body image is a vision of how you think your body should be. What does body image mean to you?

As you think about your body, you feel a rush of acceptance your body. You are accepting and proud of your physical self. Consider, what does this feel like? Think about a time in your life when you felt accepting of your physical self - your whole self, or even part of yourself.

Imagine if you could accept your body as a whole, rather than individual parts of your self.

Breathe in, deeply. And breathe out.  
In... and out... In... and out...

Keep breathing deeply, slowly. It feels good to take deep, calm breaths. With each breath you feel more accepting, and more loving of your body. With each breath you tell yourself;

"I accept myself the way I am"

"My body is beautiful just the way it is"

## HYPNOTHERAPY SCRIPTS IV

"I am a good person."

"I am proud of my appearance"

"I accept myself"

You see your body, and you are proud of the body you are in.  
Take a moment now to just relax... breathe slowly in ... and out ... in ... out ...  
continue to breathe slowly, deeply... naturally.

## **Exams**

*By Pierre Benoit, CHP*

Some people believe that exams are made to test the student's knowledge on a specific topic. And that the teacher is there to evaluate the student's performance. You may have believed this to be true at a point in time.

However, today you are ready to learn the truth about what exams truly are. You are ready to take back your power and control over your knowledge.

Your mind is now open and ready to accept the truth. The truth is that an exam is an opportunity for the student to demonstrate his knowledge and fill in the blanks that the teacher provided.

It is an opportunity that you have to demonstrate the vast and profound knowledge that you have by simply filling in the blanks in the information provided.

As of this moment, every time you sit in front of an exam paper, you complete the information provided easily and effortlessly.

The exam paper triggers automatically your recall ability. The missing information flows from your mind, down your arm, to your hand and through your pen or pencil... All the way to the sheet of paper in a natural manner.

You complete your exam easily. You feel great knowing that your information is right on. You feel confident and proud in your ability to complete successfully any exam that comes your way.

Because now you know the truth about exams! And that is the truth!

## **Exercise**

*By Janice Bethia Dodd, CHP*

You have decided to incorporate exercise into your daily routine. You realize that exercise is a wonderful way for you to nurture and care for yourself. When you exercise you feel self-confident and in control of your life.

You find it easy to make time each day after work to exercise for thirty minutes at the gym, and you look forward to it. At the gym, you walk on the treadmill at a moderate pace for twenty minutes each day. As you walk, you feel energized and happy. You enjoy the movement of your body. You find the hum of the treadmill pleasant as you walk on it. After completing twenty minutes on the treadmill, you enthusiastically begin ten minutes of training on the weight machines. You love feeling your muscles tighten, flex, and release as you perform each repetition.

When you see yourself in the mirrored walls at the gym, you feel pleased with your own reflection. You notice that you feel comfortable in your own skin. You realize that exercise has increased your endurance, stamina, and strength. It is easy for you to reach your fitness goals.

You are proud of your dedication to consistently exercise each day after work. Exercise has given you an abundance of energy to easily complete your daily tasks. You feel happy, healthy, and confident. From this moment forward, exercise is an integral part of your life.

**Fear of Being Alone**

*By Charles D. Messinger, CHP*

You are Important to yourself. You Are Excited that you are able to Accomplish Your goals. You are your Own Best Friend, and be Proud of this Fact. You Have the Ability and Confidence that will draw Friends to you. You Are Helpful to yourself and others.

You are energized with the gift of Friendship, Caring and Compassion. This is what builds up Friendships. Imagine Yourself with Very Important People around you, and the joy of Knowing these people are willing to help others like you are. Imagine others seeing that you are a Friend Worth having, Because of your Willingness to get involved.

The Sight of Your Achievements and Willingness to be Friends. With this Joy of Knowing You're Making a Difference is what makes whom You Are Special and a Friend Worth Having. Your Smile Enlightens the Hearts of Millions, Yet is Freely Given by You. See yourself as an achiever. Job Well Done!

## **Fear of Public Speaking**

*By K. James Carpenter, CHP*

As you're enjoying this very relaxed state, I wonder if you can remember back to when you learned to ride a bicycle. Maybe the first few times you tried... you may have fallen... or skinned your knees... but you kept trying, because you saw the other children riding their bicycles. So you kept trying... and falling... and then you successfully rode for a few feet. Remember how proud you felt, that sense of accomplishment, and how those feelings drove you to ride your bike more.

And that's exactly what you did... you practiced, and rode a few feet farther than you did before, and then you began to understand how to balance, and you were able to ride even greater distances. Each and every time you hopped on your bicycle, you knew you could maintain that balance to ride even more than you had in the past.

And because you are able to remember this accomplishment, you realize that practice is necessary when you learn to do something new. Speaking in front of people is no different. But you know what it's like to experience success, so you can take that experience and apply it to any area of your life.

Now, take a few moments and think back to when you learned to drive a car. You probably felt a sense of nervousness or anxiety when you first sat down in the driver's seat. And there was a parent, or sibling, or friend in the passenger seat... barking out instructions, telling you to do 3 things at once... and of course, the first few times you drove, you were nervous... it's only natural... but you were able to overcome that nervousness and you were able to drive that car.

And because you know you can overcome that sense of nervousness, you have the ability to overcome nervousness in any aspect of your life that you choose. That's right, you are now in control. You choose control, because you know what a powerful feeling it is. You know that being in control is the orderly thing to do

So when you think about giving a presentation, or speaking in public... remember these successes... you know that you'll practice what you want to say... and you'll be passionate about that subject because it's a subject you enjoy sharing. And you know you'll be successful because you've experienced successes in the past.



## HYPNOTHERAPY SCRIPTS IV

And when you stand up to present or to speak, what you'll feel is energy, and passion, and these feelings will propel you to delivering your speech with outstanding clarity and understanding. The old way of thinking about public speaking is now gone, and replaced with this wonderful, exciting feeling of success. And every time you think about public speaking, you know you'll be successful because you've practiced, and you'll feel the energy, and the passion, and the successes you've had in the past, and because you are successful, you are a great public speaker.

## Free of Anxiety

*By Kim Nagle, CHP*

You are here today to become free of anxiety... I want you to imagine now that you are more relaxed than you have ever been. Take a deep breath and feel yourself relaxing more and more... Now you are imagining you look up and you see yourself in a meadow... Look around you, what do you see? You look in front of you and you see a place that you are attracted to. You approach the place and enter through a door.

As you gaze around you realize this is your safe place... You feel comfortable, relaxed and very safe here. You are becoming more familiar with your safe place. You are feeling more and more relaxed... Notice the details as you look around... How does it feel there? What sensations are you feeling? Is there anyone there with you? Describe your safe place... tell me all about it.

You are feeling secure in your safe place and full of confidence ... It is safe for you to feel anxiety when you are in your safe place... You are actually allowing it to emerge. You feel your anxiety... Describe why you are anxious and how it feels.

Tell me about your anxiety...

*Client tells about anxiety*

You have told me about what makes you anxious... you will find the anxiety begin to lessen more and more. You are feeling very different now. Imagine you no longer feel anxious... you are totally relaxed... You continue to feel more and more calm and in control. You are safe... happy... and more relaxed than you have ever been before.

It is time to leave your safe place... Remember this is a place you can bring anxiety and it is safe to allow it to emerge... When you are here your anxiety will become less and less. You can return to this special place any time you feel anxiety and let it out... Take a deep breath... exhale and enjoy the calm, peaceful feelings you are now experiencing... You are in control of your life... you are anxiety free.

## **Free of Lying**

*By Roger K. Sie, CHP*

Now you continue to relax ... deeper and deeper, I want you think about what is going to be better, because you decide to become free of lying. You see people like you, respect you and trust you. Such feeling is so good. You have a lot of friends. Just because you are now a honest person.

We all have the ability to lie to someone else, but when we do, we are actually lying to ourselves as well. Lying is a habit. A habit is any behavior that we have done over and over again. Soon this behavior becomes automatic in nature. But you have the ability to control this behavior, free yourself of this unnecessary, unwanted habit, once and for all.

Now you are not going to lie again. Not because I say so, but because it is the nature of your own mind to be honest. You decide from now on, to totally stop any forms of lying. You feel better about yourself and like yourself more day by day, because you are now free of lying. Nothing could ever trick you into lying, ever again.

## **Fitness I**

*By Sarel Jacobs, CHP*

Close your eyes and take a slow deep breath...hold it for a moment and exhale slowly...Take another deep breath...feel your muscles relax and become softer...and while you relax even deeper, I wonder if you could use your imagination for a moment...and see you traveling through the Great Karoo, and that you are a passenger on the front seat of the vehicle. The road is long, outstretched with few turns...It is quiet...except for the low, continuous sound of the engine...and that makes you feel more and more relaxed...You are somewhat aware of the dryness and dust that is blown up from whirling winds in the distance...You spend most time watching the road ahead...You focus on the next hill...You cannot tell if there is a turn in the road before you have reached the top of that hill...You have to get there first...But it seems endless and forever away...

This makes you realize that you may just as well relax more...and you do that...and feel all tension leaving your body. You relax completely...and even more as the engine sound and moderately warm atmosphere in the car contributes to your relaxation...and you let your thoughts go out in front of you while you completely relax now. Then you think that how you have to first get over the next distant hill...before a turn in the road can be expected...While very relaxed now, you begin to think that, right now, to get to the next turn in the road, you have to climb that hill first...That's it...you realize that you can only reach the next turn if you are prepared to work through the hill ahead of you...and that kind of makes you excited. It dawns on you that this is how we go through life. Many times we have to climb a hill before we get to reach our goal...and you are so relaxed now. The car just keeps going at a steady pace...and you relax more and more.

The fence pickets next to the road slightly gets your attention as you watch them from far ahead...first they seem to take ages before getting closer and then...they seem to speed up as they approach the car...and then they flash past so fast you find it difficult to notice details on them. And while this lets you relax even more, you begin to realize something interesting about those fence pickets. You realize that it is like they are milestones on the road of life...and now you feel really good and relaxed...and you begin to think of your sessions at the gym. They are so very much the same...you want to get to your destination...and your destination is to have a lean, fit and moderately muscled body...and that is something to desire.

## HYPNOTHERAPY SCRIPTS IV

And you can desire this for yourself.

You look again at the hill ahead, and you are surprised to see how much closer it is now. While you were focusing your attention more on the fence pickets, you were at the same time getting closer to your goal...Every fence picket that flashed by brought you that much closer to your goal. That is amazing. And you realize that you can approach your goals in the same way.

Now you feel really relaxed. So, that is what you must do...Focus on the next fence picket...and the next...and the next...and for sure your goal gets more and more in reach...And now you think about those pickets flashing by. While you imagine them, you ask yourself, what does it matter what any of those fence pickets look like...What does it matter what color they are...What does it matter what they are made of...What does it matter if they are skew or perfectly upright...and you realize that what matters is that they get past you...Just like every session in the gym. Every session in the gym brings you closer to your goal. Getting every session in the gym behind you is reaching your goal. Now you are so relaxed...and you ask yourself, does it matter who is in the gym when you are exercising...does it matter how well they are build...does it matter what they say about you...does it matter if you do not lift a heavier weight this time. If the hill gets closer at the same rate than the passing fence pickets, then you are achieving your goals. And you do it so relaxing. You realize that this is your strength. You realize that you are in control.

And as the car persistently speeds forward, you speed forward in your goal...you feel so good knowing this now...and every time you begin a session of exercising in the gym, you notice the fence picket flashing by. You know that each exercise builds on the previous...and this puts you in control...you know you are in control...you keep going, like the car keeps going towards that hill.

You see yourself now, very close to your goal. You look in the large mirror in the gym. Is that something? Just look at the definition of every muscle, lean and alive, almost to perfection. Then you pump that arm muscle and you notice how that some of the other members notice your improvement. Some of the new members look at you and you know they wish they looked that way.

All because of the passing fence pickets...passing by one by one...every session brought you to your goal. Your chest grows extra big as you notice how your shoulders have grown and wow, look at those legs, and calves...and the car

## HYPNOTHERAPY SCRIPTS IV

just keep going...and you just keep going. The car reached the hill...and you got your body, and the fitness you desired, and now you have so much confidence, you are so in control.

Every time you start a session in the gym, you will know the result of your effort...you know that every session, regardless of the difficulty, is part of achieving your goal...every session contributes, and you give maximum effort, just like the car speeding along that long straight road, up the hill, and then over it...every fence picket is a reminder of progress. Every session is a reminder of success. You are capable and you are in control...you love to be in control...it is getting easier and easier to remain in control. You are successful.

You will remember every experience you had in this session. You have everything needed to make your dream come true. You remain positive as you progress towards your goal, session for session, and you enjoy every moment of it. You feel so good looking at yourself in the mirror. You are in control. You have climbed the hill. You are in control. You smile. You know. You are focused. You are an achiever. Pump that muscle man because you can.

You are now becoming aware of your senses. I am now going to count up to seven and when I get to seven; you will be wide-awake, feeling fresh, alert and simply fantastic. One, you become more alert now, you are in control...two, you feel so good about yourself...three, you are more alert and awake...four, you complete session for session with success and confidence...five, you feel refreshed...six, almost completely awake... seven, you are fully awake, feeling fresh, alert and fantastic!

## **Fitness II**

*By Peter R. Caprini, CHP*

Not everyone has the commitment to treat their body like a temple, but you have a real desire to look and feel strong and healthy, for this is the key to achieving your fitness goals, desire. It is good that your inner self, that little I am in your subconscious mind is excited about it ... and from this moment on you are also excited about the new you, that you are creating, Want it to happen, make it happen and allow it to happen.

You can now focus on the end results of what you will like and how good you're going to feel, want it to happen, make it happen and allow it to happen.

Look, you can see yourself on the large film screen in front of you, do you look good or what! You see what the reward is for the effort you put in, that is your goal and you already can see and realize how good this will make you feel, allow that to happen, make that happen, want that to happen.

You have the motivation, your desire your eagerness to attain this goal and each day you wait in anticipation for the moment to come that you can begin exercising knowing that you are becoming the goal you so desire, Just as a sculptor chips away at the excess pieces of stone to find the masterpiece that is within, that masterpiece is YOU.

And you are simply removing the excess ... uncovering the true beauty that has always been there undiscovered YOU.  
It is now so enjoyable to exercise; it is enjoyable to be motivated...Make it happen...Want it to happen,  
Allow it to happen.

You are developing a regular routine a habit of exercise ...this you must do for a minimum of 21 days, and you will feel better and better each day, Allow this to happen, want this to happen Make this happen.

## Gluten-Free

*By Katherine A Sweet, CHP*

Today we will be talking about the gluten-free life you will be enjoying from now on. You will be enjoying it because it feels so wonderful to be healthy, that you cannot wait to do everything within your power to get healthy and stay healthy.

You can close your eyes now as you let your imagination work. As you feel your eyes closing, you see yourself in a place, a wonderful place, a peaceful place, a happy place where you are perfectly healthy. Your family is there, and you can do anything you want with them, because you are never sick anymore.

You remember the times when you used to be sick, but you are healthy now, and you do what you have to and stay healthy.

You no longer crave the foods you can no longer eat. You have let them go. They are no longer a part of your experience. You can be with other people who are enjoying them, and it does not bother you. You are happy for people who can eat things you cannot. These things may smell good, and you enjoy the fragrances and the odors. But you do not crave them, and you do not want to eat them. You want to be healthy and enjoy doing things with your family.

When you are hungry, you think about foods you can eat. When you expect to be away from the house for a meal, you always prepare food to bring with you so you will have something healthy to eat when you get hungry, whether healthy food is available where you are or not.

You like cooking your own foods. You are in control when you prepare your own food, and it keeps you healthy. You enjoy trying new foods, learning how to prepare them. You enjoy finding new ways to prepare naturally gluten-free foods.

When you try something you don't like, you move on and let it go. There is plenty of good, natural food available for you to eat.

You know new foods will be good because you see lots of people enjoying them. You do not miss the foods you no longer eat.



## HYPNOTHERAPY SCRIPTS IV

You know you still have lots of food you can eat that you used to eat. You are discovering new, healthy, tasty foods all the time. You expect you will continue to find new foods you never tried before, and you will try them and like them.

You enjoy eating fresh fruit and vegetable, meat, poultry, seafood, and rice. The thought of them makes your stomach feel comfortable. Eating them makes you feel good inside.

You no longer crave processed food, fast food, and snacks. They do not satisfy you. The thought of them makes you feel unsatisfied. Thinking of processed food makes you crave fresh fruit and healthy snacks.

You are healthy, and you know how to stay healthy. You know you are going to keep yourself healthy and happy by eating the foods that are good for you.

**Goal Prioritisation and Completion**  
(A complete session)

*By Aleks Srbinoski, CHP*

Close your eyes and focus on your breathing ... take a deep breath ... now take a second deeper breath ... and take an even deeper breath and hold for three seconds ... exhale and relax ... continue breathing so that with each breath you become deeper and deeper relaxed ... relaxing deeper and deeper with each breath

As you relax deeper and deeper your unconscious mind opens up more and more ... eager to accept the powerful life enhancing suggestions presented to it. Although your conscious mind may drift through this process, your unconscious mind will absorb each positive suggestion.

You will learn how to prioritise and complete your goals each day ... you can consistently focus your mind on the specified task at hand with clarity and ease. When you prepare your goals each day you will find yourself becoming excited and determined.

You will be compelled to start as soon as possible on your most important goal and enjoyably and diligently continue with the task until it is completed. You will then choose the second most important task and eagerly work through it until completion. You will continue to follow this simple process until all your goals for that day are complete. Visualise yourself now following this simple and effective process ... see yourself attending to your tasks calmly and with great clarity and feel how good it feels when you complete each task ... enjoy that sublime feeling of satisfaction when you have completed all your tasks at the end of the day and you are now enjoying your healthy and pleasurable reward.

This simple and effective prioritisation process is addictive ... and you will continue to use this same process every day.

I will now count down from five to one ... and when I reach one ... you will fully awaken to the here and now feeling totally refreshed, relaxed and comfortable.

1. Slowly beginning to return
2. Feeling fantastic in every way

## HYPNOTHERAPY SCRIPTS IV

3. Your mind is clear and your becoming alert
4. All your normal sensations returning... eyes opening ... and
5. Eyes wide open, fully awake ... feeling refreshed and relaxed ... comfortable and alert.

## **Goal Writing**

*By Paul McGarry, CHP*

You take time to write your goals. You think about in great detail all the things you want to accomplish and then take the time to write them down in a way as if they already come true in your life now. You write your goals in the present tense... such as... I am so happy now that I reached my goal of \_\_\_\_\_ or... I am so happy now that I make a certain amount of money....whatever your goal for you is.

You write your goals down in such great detail, in the present tense as if they have already happened, with an exact date you want to accomplish these goals, your WHY or REASON you want this goal and the top three things you can do today to start moving towards your goals.

You are always motivated to move in the direction of your goals. To stay on track all you need to do is find a quiet spot, close your eyes, take three deep breaths and when you exhale say to yourself... my goals are important and I am focused and on track. By doing this it will help you move towards your goals effortlessly and easy and give you the feeling that your goals are going to be accomplished.

## **Good Night's Sleep**

*By Jennifer Dickerson, CHP*

From now on, you will fall asleep quickly and stay in a deep, sound sleep through the whole night. You will fall asleep whenever you are tired and ready to go to sleep. Without having to try or force sleep to come, you will be able to effortlessly go to sleep every night. Sleep...easily...your mind calm and at peace...your body completely relaxed. Sleep comes quickly, naturally...a deep, sound sleep.

To further help you to relax and fall asleep, you use your imagination to picture yourself on a lake. It's a beautiful sunny day...nice and warm with a light breeze...and you are drifting along on the lake in a small boat. The sunbeams gently kiss your skin, warming and relaxing you body and muscles. You close your eyes and take a deep...slow...breath, exhaling all of your excess tension. As you continue with your relaxing breathing, you mentally go over your body, feeling the warmth of the sun slowly spreading across your body...from your toes thru your feet...relaxing the muscles in your legs...flowing up your abdomen, chest, and arms...and finally the warm, relaxing beams spreading through your shoulders and neck up to the top of your head. Your whole body is completely relaxed, your muscles loose, and you are free of all tension.

It's now that you notice that the warm sun and the gentle rocking of the boat is not only relaxing, but it is also making you very sleepy. In the past, you had trouble going to sleep...but now...*now* that has all changed. You no longer have to put effort into falling asleep. All you have to do is simply close your eyes...take a deep, relaxing breath...and count down from ten to one. With each number you will relax deeper...and deeper...and deeper...so relaxed that you might even lose count, drifting into an effortless sleep. You will, from this time on, automatically drift to sleep when you feel tired. You will always remember that when you close your eyes, deep breathing follows...then the relaxing countdown that eases you gently into a deep, peaceful slumber.

## **House Cleaning**

*By Cathy Roll, CHP*

You can NOW see yourself cleaning your house. You can imagine yourself doing your dishes after EVERY meal. Picking up your dirty clothing and putting away your clean clothing after laundering them. You NOW find that your energy level is plentiful - and you are able to MAKE time EVERY SINGLE DAY to dust and vacuum. Picture yourself as 'Snow White' - happy and whistling while you work. You CAN NOW imagine the smiles on your children's faces, they are obviously happy with their clean rooms as well.

You WILL find as you tidy your home EACH DAY, that your 'thoughts' are tidy as well. You WILL find, as you walk thru your well-maintained living space - that your cleanliness has poured over to your spirit and well-being. You CAN NOW clearly see that in 10 years from now - by keeping up with your daily chores (the same chores that you once felt overwhelmed by), your furniture STILL looks brand new. And the smell of freshness STILL surrounds your homestead like a field of flowers.

You ARE NOW ABLE to have friends and family over to entertain with PRIDE at your own home. Like 'brushing your teeth. your household chores seem simple. From this day forward you WILL show-off your 'clean', beautiful, 'love filled' home. And you ARE proud.

## Healing Script

*By Wanda Ruiz Hutchins, CHP*

Ok now, Are you ready, do you truly desire to make those changes? ... ready to take this opportunity to re-program your subconscious with positive affirmations, thoughts and suggestions controlled by you and I want you to just breath easily and naturally and imagine with each inhalation, you are breathing in pure vitality and this pure energized breath attracts and absorbs all toxins and negativity as it is blown out with each exhalation and with each breath you sink deeper and deeper within...10...breath in and slowly exhale and sink deeper to your most psychic level...9 breathing easily and floating deeper and deeper to your psychic level...8... going deeper and deeper to a wonderful place within yourself ...10 times deeper than before...7...deepest psychic level...6... peaceful comfort...as though you have done this 100 times before...as you take a long deep breath...5 ...deeper and deeper... and deeper... 4... you are practically floating effortlessly down ...just floating to your deepest psychic level...3... deeper and deeper...down...down...down ...2... and begin to allow the sound of my voice be the only thing you hear...and continue breathing easily...and releasing with a sigh of content... allow yourself to relax and let go of all your worries... cares and at this moment ... nothing matters...1...you are now at your most deepest and profound psychic level ...so relaxed...so calm...so confident and focused... at your most deepest psychic level ...so full of creative POWER... and imagine being in your garden sanctuary...and looking up at the stars above....feeling the breeze caress your skin...and hearing the night sounds...always so peaceful just watching the twinkling gems on the velvety darkness above...still floating...and you notice the milky way galaxy shining so brightly in the heavens above...and it seems to spiral closer and closer to you...

As you watch...still feeling the sensations of floating...and arms are spiraling closer and on in particular seems to be reaching out or you...in rhythm with your own breaths...and the spiraling arm approaching you is now a silver beam ray streaming towards you...with each breath...you are amazed that you can feel its pulsing electric energy within your own body...and the stream of living light forms a ball of energy above you is now connecting with the crown of your head and forehead ...entering through the top of your crown and streaming with each breath you take...swirling soothingly in your mind and forehead...you hear a resonating chanting Eh He Yeh... Eh He Yeh... Eh He Yeh... and the liquid living light flowing down your throat and also forming a healing ball of energy as the chanting

## HYPNOTHERAPY SCRIPTS IV

changes to Ye ho Va E Lo Eem... Ye ho Va E Lo Eem... Ye ho Va E Lo Eem... and the triple toning soothes as the light flows on down into your chest and lights up your solar plexus...and your heart vibrates with the toning Ye ho Va E Loah Va Da Ath... Ye ho Va E Loah Va Da Ath...Ye ho Va E Loah Va Da Ath

This soulful sound resonates within the liquid healing light as it flows downward and pools into another sphere of light into your pelvic area...this liquid healing energy ripples with the resonating sound of Shadai El Chai... Shadai El Chai... Shadai El Chai... and now flowing down your legs to pool at your feet...resounding Adohai Ha Aretz... Adohai Ha Aretz... Adohai Ha Aretz...and as you inhale the light travels up the front of your legs into your groin... Solar plexus...heart...throat... forehead and burst out of the top of your crown like a fountain cascading down and all around your body...this continues with each breath... a continuous arch from the beam of white light from the galaxy... penetrating from your crown down the spine at your throat, heart, solar plexus, pelvic, genitals and to your feet and rising up again on the front side of your body feet, genitals, pelvic, solar plexus, heart, throat, forehead and bursting out of your crown in a fountain of healing light surrounding you in a continuous arc...

Vibrating inside ... permeating every cell and you instinctively know this healing light is rapidly healing every atom, every cell, every muscle and organ... all arteries and veins... all of the healing power of the universe, and all of the healing power in your body, from now and forever... As the light continues, your immune system is heightened and on the alert. Trust in it to know just what to do and just how to do it to replenish, nurture and protect your body... Physical healing, mental healing and emotional healing... the healing process is taking place within you right now... Cleansing you of any impurities... stress... tension...anxiety... worry... dis-ease and discomfort... by simply closing your eyes and breathing deeply and evenly... Breathe deeply and realize in the depth of your being that you are designed to heal fast to restore and regenerate healthy cells faster with its natural biology and chemistry ...in just the right proportions...needed to promote rapid healing... Every cell, every molecule in your body is touched by healing light and as these suggestions fade away to subconscious intent, and carried out automatically, you just remember or not, in a few moments I will count to five and on the count of five I will snap my fingers, and when I do you will be fully awake feeling better than before and very energized.

One ... starting to emerge from hypnosis ... feeling good about who you are  
Two ... feeling energized and alert ... knowing you deserve to be healthy and



## HYPNOTHERAPY SCRIPTS IV

happy and prosperous, Three ... in just a moment when I snap my fingers ... you will feel better than before and very alert... ready to re create your new healthy life... Four ... Your eyes are beginning to open ... and knowing the people in your life love and adore you...Five ... feeling energized, alert, and better than before and say I am a rapid healer and when you are ready...and in your own time...bring yourself back into the room and open your eyes...and feel fresh and relaxed from the deep rest you have had...now open your eyes...and have a good stretch

## Healthy Eating

*By Katherine A Sweet, CHP*

Imagine yourself not long in the future. You have worked and made a lot of progress at developing better eating habits.

You eat slowly now. You set down the food or the fork between bites. When you are no longer hungry, you stop eating and clear the table. Right away, you put away any leftovers, knowing that you would rather enjoy them as part of another meal than be tempted by seeing them out. You have no desire to continue eating when you are no longer hungry.

You eat most of your food at mealtime. You eat healthy, balanced meals. You are hardly ever hungry between meals. When you do start to get hungry, the first thing you crave is a tall glass of crystal-clear icy cold water. As soon as you crave that, you get it for yourself. When you drink it, you find it tasting even more refreshing and satisfying than you imagined.

If you do get hungry between meals, you crave fruit, sweet, juicy, crisp fruit. You know that if you get hungry you will want to have some fruit, so you always bring some with you, just in case that might happen. If you are hungry and it is close to mealtime, you will wait until mealtime. You know how much you love to eat healthy food, and how much better it tastes to eat a meal when you are hungry.

You always eat vegetables with your meals. You enjoy crisp, raw vegetables and fresh cooked ones, so you always make sure you have some in the house. Meals don't seem like meals anymore without crisp, fresh, raw vegetables and colorful, juicy, cooked ones.

You hardly ever eat fast food. You no longer find fast food or purchased snacks satisfying. You enjoy preparing your own meals. You find it a challenge to learn new ways to prepare fresh, wholesome foods. You enjoy trying new foods you have never tried before and finding out you like them.

You enjoy eating whole grains and beans. You have learned to fix them yourself and keep them ready in the freezer or refrigerator, which you find a time-saving way to start a healthy meal.

## HYPNOTHERAPY SCRIPTS IV

You no longer eat at night. You know you always get plenty to eat during the day in your meals. It feels good to be a little bit hungry at night.

You feel your body responding to the healthy, fresh, wholesome food you are feeding it. You feel healthier and you have more energy now. You look healthier, and people notice and ask about it. You feel happy knowing you are doing good things for your body.

## Hammock for Insomnia

*By Patricia Hostetler, CHP*

As you continue to relax, deeper and deeper relaxed... I'd like you to come with me.... In your imagination come with me to walk along the sand on the beach at your own private lagoon... Now just let your imagination go And as you walk through the sand, the beautiful white sand, you will feel this soft white sand caressing your feet with every step you take... it feels as if you're walking on a cloud, a cloud of fine white sand... and as you walk along the shore of this beautiful lagoon... you notice the sky is a vibrant blue with a few white fluffy clouds... you notice the water in this lovely lagoon is a beautiful shade of blue-green... and above your head... you hear the call of the seagulls as they soar in the wind... And as you continue to walk along the beach of this beautiful lagoon, you notice that the lagoon and beach are surrounded by a grove of lovely **palm** trees, making you feel so safe and protected... as you glance at the palm trees on your left... you notice that there is something hanging between them... And happily you walk over there to find a lovely comfortable Hammock hanging between two trees... this Hammock was made just for you,...and as you sit down on it, you feel a wonderful peace come over you... begging you to lie your head down and put your feet up... and as you do, the Hammock begins to gently rock you... you feel the breeze on your face as you gently close your eyes listening to the sound of the seagulls... you notice the wonderful fresh smell of the salt sea air... and as you gently rock, you hear the waves gently lapping at the shore and you notice that as the Hammock rocks and as the waves lap at the shore you begin to breathe in perfect harmony with them... and as you lay there gently rocking, feeling so comfortable and relaxed and safe... and so sure of yourself knowing that in a few moments you can drift off gently into sleep... knowing that whenever you wish, you can come back to your private lagoon by just closing your eyes and imagining the cool blue-green color of the water... and you will be there... ready to fall asleep and sleep as long as you need to... but for now as you continue to relax in this wonderful Hammock in your own private lagoon, know that whenever you wish to sleep just returned here to this beautiful lagoon of your imagination and you shall and as you allow your imagination to listen to the sound of the waves to lull you to sleep.

## **Improving Self Esteem Script for Girls in Foster Care**

*By Jan Hansen, CHP*

Now, listen to my voice. You are very relaxed and comfortable. It almost feels as though you are asleep. You are a wonderful girl. At times you are sad and angry, but today we aren't talking about those feelings. Today we are talking about fun and positive feelings. When you get out of bed every morning, you are very nice and kind to everyone at home. When you join your family for breakfast, you have excellent manners. You chew with your mouth closed. You keep your fingers out of your food. You use your eating utensils properly. Smell the pancakes that are waiting for you to enjoy. They taste so good. Maybe you like yours with peanut butter or syrup. They just melt in your mouth.

Your Foster family and friends love you because you are so nice to everyone around you. Listen to the compliments that they are giving you. You are caring about others. You are very responsible and do your chores at home without being asked or reminded. You are honest and know the difference between right and wrong. You do a very good job at school. You do your homework every night and help the younger kids with their homework. Your teachers are very proud of you and the good work that you do. Your assignments are always nice and neat and turned in on time.

Wherever you are, you always speak in a soft, calm voice. All your friends and family love to talk with you because you always use a soft, calm voice. The people that are in your life right now that care about you; your Foster family, your Case Worker, your Guardian Ad Litem, your Parents all want the best for you. They want you to grow up to be honest, caring and to always do the right thing. You are very smart. You are very good at the things you do. Maybe it is dancing, arts and crafts, helping in the kitchen. You are responsible for your things and take very good care of them. You like being responsible because it makes you feel like you have accomplished good things.

You have very good personal hygiene. You brush your hair and teeth every morning and every night. Your clothes are clean and neat. Feel how soft and shiny your freshly shampooed hair feels. Your family and friends compliment you on your wonderful appearance. You do nice things for people at home and at school and they really appreciate what you do. They really like you and think highly of you. You are very talented and very smart. You have many hopes and

## HYPNOTHERAPY SCRIPTS IV

dreams for your future. You put all your talents to good use because you know that you can help the people around you and help change the world.

**Just Be (Present)**

*By Paul McGarry, CHP*

You are love. You are Spirit. You Just BE in every situation. Like water, you find your own balance. You let go of Ego. You do what is highest and best for your good in every situation. You are filled with love, gratitude and compassion. All your desires are fulfilled. You BECOME in your mind who you really want to BE. You focus within... and the more you do you outer word start to reflect you truest desires. You feel happy, joyous and free.

You are one with the universal consciousness and live in a state of BEING that is so peaceful. By living this way you attract all the people, places and things necessary for you to just BE the best you every single moment and live the life you truly desire. You are present in every moment and every situation appreciating all the positive energy.

By BEING present you open yourself to the answers of life, love and true communication. The more you are present in every moment and BE love the more peace, joy and happiness you experience in your life NOW. Just BE!

## **Leaving the Past Behind**

*By Susan McClafferty, CHP*

Now that you are very relaxed, I wonder if you can imagine a small house, tucked away beneath the trees. Maybe it has a wide front porch, with a set of sturdy steps leading down to the ground . . . and a flagstone walkway with flowerbeds on either side... and a white picket fence with a gate.

And I'd like you to just open that gate, and step inside. It's a familiar house, and you know that there are good things waiting inside for you. Just step through the gate, and allow yourself to proceed up the walk, between the flowerbeds . . . and you can take your time, and enjoy the soft pink of the roses, and bright yellow daffodils, the bluebells nodding as you walk by, the purple iris and snow white lilies. . . such a beautiful garden. And you can just proceed up the walk, to the steps, and feel the painted wood of the handrail under your hand. The porch is shady and cool, and the lights inside the house beckon to you.

And when you are ready, you can reach out and open the door, and step inside. And when you step inside, you see many things lying about. On the floor, and on the table... Things on every surface... Things you recognize... Significant things that symbolize your past hurts and disappointments... And if you like, you can look at those things... pick them up and examine them... remember what they symbolize. You might even allow yourself to feel the emotions connected with these things... these things from your past... if you want to... It's okay to do that, because you know it is the last time you will revisit past disappointments and defeats... because they are part of your past...and something better waits for you when you are through.

Take your time, and signal to me by moving a finger, when you are ready to leave these things behind... to leave your past hurts and disappointments behind... and when you give me the signal, we will move on.

(Signal)

Ahead of you, there is a door... and if you are ready, I want you to move away from those old things... the things you no longer want, and no longer need, and walk to the door... You can feel the knob under your hand, and you can open that door, when you are ready, and step inside. And you might be tempted just to



## HYPNOTHERAPY SCRIPTS IV

glance back, one last time, and if you do, you will notice that those old things... those things no longer needed just wink away, like a light bulb that's switched off... and suddenly, you feel lighter. Because a weight has been lifted. And it's as if those disappointments never existed.

You can move into that room now, the room with the people talking and laughing... it's a bright room, with a garden beyond it, and there's music playing, and a party going on. And as you walk along, you hear people talking about your success, and how far you've come. How you've triumphed over adversity, and met every challenge with confidence in your abilities. And how it has helped you to get where you wanted to go. And you feel a sense of pride well up inside you, because you know it is true. And someone else says that they heard a rumor that you have been offered a six-figure deal, and that it is just the beginning... and you realize that the celebration is for you.

Because you no longer allow the past to determine your present or future... Because you are a positive person, and you choose to see things in a positive light... Because you know that you can choose to be a successful, happy person... and positive choices will provide a positive outcome.

Take a moment or two, and enjoy the feeling of having made it. Allow the pride you feel to settle deep inside you. Appreciate your individuality, and your unique talents. Feel your renewed sense of determination to build the future you want.

## **Looking Younger Without Surgical Facelift**

*By Anja Jeffries, CHP*

Pay close attention now. Imaging you are standing in front of a mirror. It is a large mirror and you can see your whole body. Now picture yourself in that mirror the way you believe you look like – right now. Yes, that's right. While you look at yourself you feel how rejuvenating energy flows from your head through your whole body. This energy gives you everything you need to start looking younger every day. Eating healthy, drinking enough water, exercising regularly. And you see right now in the mirror that you are already getting younger. You feel younger. As this rejuvenating energy flows through your skin and starts to smooth all your wrinkles that have been caused by

Stress, tension, frustration, pain or depression... The circulation of blood flow in your face is increased giving you a radiant look of a young vital person. And as your muscles in your face know, how to smile, they will rebuild all the muscles to be very, very strong and uplifting – so even with showing some age, which is a normal circle of life, your smile looks fresh and your soft wrinkles are happy like those of a person with a happy and joyful life experience. As you remember more and more all the good thing in your life - while negative things fade away more, more gone as they have no use for you anymore. Being a mature adult with self-esteem. And you see that your shoulders move back, your pain straightens itself and your stomach tightens itself – so you stand taller, slimmer, stronger and more healthy that before and you look younger as you stand there with your high self-esteem and self-assurance... Your radiant face – winning smile and youthful appearance... You see you look great in this mirror now – you have now transformed from looking old and worn out into an energetic person youthful person that shines and glows with happiness and deep satisfaction.

Now look at yourself in the mirror again. Move towards this mirror. And as the mirror and its frame starts to fade disappears while you see yourself in it to step into the new and youthful you.

Step into this body and stretch yourself – so you fill out the whole space of this new you.

You feel great. And while you will forget what I just told you and that memory fades after you wake up your subconscious mind will continue to do all those

## HYPNOTHERAPY SCRIPTS IV

things I told you about. It will tell you what to do and how to feel. It will motivate you to do the right things with eating healthy, drinking enough water, exercising regularly, standing tall with self-esteem, have increased blood flow in your face to increase your youthful radiant glow.

**Magic Mirror** (self-image and confidence)

*By Paul Matthews, CHP*

I would like you to use your amazing imagination and picture yourself walking along a forest path with trees on both sides, lots of colored flowers and birds singing in the air above you. You feel the heat of the sun's rays on your skin and it feels lovely and warm and you feel even more relaxed. As you walk along the path you notice some very beautiful flowers and you reach down to collect some. As you continue on your walk you notice a mirror in the middle of the path blocking your way. You immediately see that this is no ordinary mirror it is made of gold with diamonds on the edges. This is a magic mirror and when you look into it you will see who you truly are.

You move closer to the mirror and see your reflection and you realize how beautiful you are and that you are wonderfully made. You now know that the hurtful things said to you at school are not true and that you are beautiful, confident, fun loving, and loved by your parents and family.

You realize that any hurtful things said to you from now on will cause you no harm. You know that your skin is waterproof and from today it will also be "waterproofed" against all hurtful comments made to you. You are beautiful. You are confident. You are a great friend. You are loved by your family.

**Master Cleanse - Rapid Healing for  
Abdominal Adhesion, Tumors and Cysts**

*By Wanda Ruiz Hutchins, CHP*

Ok now, are you ready, do you truly desire to make those changes ... ready to take this opportunity to re-program your subconscious with positive affirmations, thoughts and suggestions controlled by you. Are you as comfortable as possible? Hands resting on lap... and now gently allow your eyelids to close...and exhale...take a long easy cleansing breath of fresh air in through your nose filling your lungs...hold...and exhale slowly out of your mouth...slow and easy...releasing all negativity...any toxic thoughts...and...take another long deep easy breath and hold...exhale slowly...luxuriously...and now...take in another deep refreshing breath of air through your nostrils...and release any remaining negative emotions...and continue breathing easily...and releasing with a sigh of content... allow yourself to relax and let go of all your worries...cares...and at this moment ...nothing matters...and begin to allow the sound of my voice be the only thing you hear during this hypnosis session...all other sounds just fade away...only the sound of my voice...holds your attention... Nothing else matters...as you let your thoughts just drift away...and allow this time for yourself...to unwind completely...as you feel more and more relaxed...more thoughts drifting away into nothingness...just letting go...sighing deeply...and deeper...and as you take a deep breath...filling your lungs with fresh air...

As you exhale ever more deeper...mentally tell yourself ...I am going into a trance for the purpose of...easily and healthily staying with and enjoying the lemon cleanse until you reach your health goals...during this session your unconscious mind will make the adjustments so that your DNA is at its peak performance, and direct your mind to safely increase its ability to rapidly heal itself of all tumors and adhesions, to dissolve and eliminate naturally with each cup of lemonade your prepare, heart and immune system strengthen...and anytime you look into the refrigerator you automatically prepare yourself the healing lemon cleanse...

As you slowly exhale...you sense behind your closed eyes and with your imagination...an outside breeze gently caressing your skin...and with your minds eye...you see you are on a rooftop garden...your garden...and the breeze carries the scents of the flowering plants, honeysuckle, herbs and vegetables with each gentle breeze...vines of strawberries, grapes and fruit tress...and you now see your

hammock nestled between fruit trees ripe and full...and you lay down and enjoy the stars glittering in the predawn sky...and notice the morning birds singing their praises...and this gentle breeze caresses your skin and you notice your muscles are already beginning to relax...and a pleasant sensation of numbness soothing each and every muscle... The warm breeze wafts over your feet and legs...and caresses soothingly over thighs... hips ...pelvic...torso...this feels so good...feeling so lazy...serene...and the breeze gently massages your arms and shoulders...neck and every muscle in your scalp is relaxing...more and more...serenity overcomes all your senses and your mind just drifts in and out of time... Enjoying the dawn and new day... you focus on a lemon tree with ripe lemons in abundance...and you decide to pick a few...

### *Deepening*

As you turn around you see the spiral stair case going down into your warm inviting kitchen...as you take your first step down off the **10<sup>th</sup>** step...you feel a sense of homecoming...of comfort...as though you have done this 100 times before...as you take a long deep breath...and take **the 9<sup>th</sup>** step downwards... you relax deeper and deeper ...as you take another step down...with each descending step... going deeper and deeper to a wonderful place within yourself...10 times deeper than before...and stepping down to the **8<sup>th</sup>** downward step...stepping deeper within and deeper still...feeling so relaxed...and with the **7<sup>th</sup>** step downward...you are practically floating effortlessly down the **6<sup>th</sup>** step...just floating...and by the time you reach the first step...you will be deeply hypnotized and open to helpful suggestions...still descending down the **5<sup>th</sup>** step...you are sinking into peace...pleasant peace...sinking even deeper...soooo tranquil...so relaxed...going down, down and down with **4<sup>th</sup>** step...safe...calm...down...down...down...**3<sup>rd</sup>** step...allowing yourself to easily enter into this calming , healing place within...**2<sup>nd</sup>** step...down deeper and deeper than before and **1<sup>st</sup>** step...

### *Master Lemonade Cleanse healing Script*

Stepping into your kitchen...completely at peace... and so content...really enjoying this wonderful feeling of graceful floating...and as your mind clears, use your imagination and relax even more...you place your lemons on the counter and see how large and ripe they are...you pick one up and admire the texture...smell the tangy scent...and know the healing begins...knowing the lemons deeper secrets...the vitamins and minerals of the sun...just inside this gift...as you cut the

## HYPNOTHERAPY SCRIPTS IV

lemon in half...squeeze ½ the lemon into your favorite cup of hot water and see yourself reaching for the pure and healing maple syrup...thankful for another of nature's greatest gifts...filled with yet more vitamins and minerals of the earth...and as you stir in a tablespoon of the maple syrup you imagine the smells of the rich soil surrounding the maple tree and feel the sunlight dappling off the tree...ahhh the healing powers of nature...right in your own cup! Wonders...and now see yourself adding the zest of life...a dash of cayenne pepper...

As you take your first drink of your favorite liquid meal...you feel the nourishing purifying properties cleansing and rebuilding at a cellular level throughout your body...mmmmm...satisfying...with each sip...this awe inspiring healing liquid gold meal...you instinctively know its pouring in to every inch of your body...rapidly cleansing and purifying your kidneys...and digestive system...glands...balancing hormones and chemicals and revs up your metabolism...clearing nerves, arteries, and all blood vessels...building a healthy blood stream...keeping joints and tissues elastic and vital...when you place that favorite empty cup down and go about your business...you know that the more you move...your body is going thru the eliminating process...dissolving any congestion and unusable materials in the joints, muscles and organs...you feel so good...you take a brisk walk outside and feel the sun rays bring even more healing vitality to your body...your mind...and even your spirit...and you have a sudden insight..."within the light of the Universal knowing...all realities become evident with this Divine Intelligence"...You know that drinking this healing Lemon aide...At least 10 cups per day for 10 days...you find it is so easy to stick to this cleansing healing fast...and you are so satisfied and full...every day you feel so energized...vibrant...you are reinventing your entire body to its perfect DNA...your perfect blueprint of health...and as you desire to end this cleanse...you now prepare a fresh orange juice to break the fast...you now eat a nice broth and now desire only healthy natural raw foods...growing your own sprouts and vegetables...It is so easy to eat natural whole foods...now visualize yourself at the end of this fast...Thinner...Slimmer...flatter abs...sexy legs...Your heart is beating stronger...blood pressure is stabilized at 120/80...all tumors are now dissolved completely and you can move with so much flexibility and grace...all of your bodies processes are working to perfection...you feel and look 20 years younger...and you see yourself preparing healthy meals...vegetables and fruits in abundance...you love these foods...and they taste so good and satisfying...and plenty of refreshing ice cold water...and when you have a craving for snacks you now automatically reach for a lemon, maple syrup and cayenne pepper...feeling again the satisfying healing vital energy...you allow yourself to

lose the weight... You deserve to be thin, healthy and beautiful...this is now your lifestyle...enjoy your new life.

*Amnesia*

Still breathing easily...As you continue to relax and visualize yourself in a year from now...hiking, camping, flirting, dating, dancing, enjoying your family, life is in balance, just as you desire...and now see yourself 5 years from now...successful holistic spa...successful happy, loving, romantically fulfilled marriage...wonderful vacations with family...life in balance, just as you desire...and as you see your desires manifesting...all your true desires...you remember in your past...and see all the people in your past...loving and accepting...sighing with release...and so content...aware of drifting in and out of time and space, not truly remembering what I was saying exactly 10 minutes ago...like a dream...you can try to remember...what I was saying 5 minutes ago or what you were thinking 14 minutes ago... mmmm its too much trouble to remember all that...you just want to relax...and as these suggestions fade away to subconscious intent, and carried out automatically you just remember or not... like a dream...and upon awakening from the dream...the dream of the universe...just upon awakening...all the love.....in the dream...pure...you...mmmm...starting to notice even behind closed eyes...your surroundings in the present moment...noticing your legs...feeling so content...stirring a little...

*Wake up with suggestive imprints*

In just a moment I will count to five and that the count of five I will snap my fingers, and when I do you will be fully awake feeling better than before and very energized.

One ... starting to emerge from hypnosis ...desiring 8-10 cups of lemonade cleanse daily...its so easy...

Two ... feeling energized and alert ...enjoying a daily walk in the park or dancing for fun,

Three ... in just a moment when I snap my fingers ... you will feel better than before and very alert...ready to re create your new healthy life



## HYPNOTHERAPY SCRIPTS IV

Four ... Your eyes are beginning to open ... and knowing the people in your life love and adore you...

Five ... feeling energized, alert, and better than before...

And when you are ready...and in your own time...bring yourself back into the room and open your eyes...and feel fresh and relaxed from the deep rest you have had...now open your eyes...and have a good stretch

*Alternate between Master Lemon cleanse and healing script*

## **Migraine Headaches**

*By Maria Reddington, CHP*

You are here today to learn how to control your migraines ... As a result you will no longer suffer with migraines... Use your imagination...all of the heaviness in your head is gone...relax...move your head from side to side...relax...

Take a deep breath...and when you let it out...feel the air release the tension...your mind becomes clear...

Take another breath and this time...feel the oxygen release into your lungs...it feels so good...

Take another breath and relax...as you relax you go deeper and deeper into relaxation...

Find a scenic place to go...a place where the warm wind blows in your face...take a deep breath and soak up the warm air...as you feel the warm air you become more and more relaxed...

Your eyes feel heavy...your mind is open to suggestions...deeper and deeper you feel tired...

Anytime you feel a migraine coming on...your thoughts will tell you the word "Calm"...relax your mind...go to that scenic place and as soon as you feel the warm wind you will be free from a migraine...let yourself be free...your mind clear...your breaths entering into your body will take you to that calm state...

Upon awakening...concentrate on your breathing...counting from 10 and each breath exhaling each time...9...do this on your own...8...count down to one...then open your eyes...and find yourself more relaxed than you have ever been before...feeling wonderful and ready for your day...

## **Migraine Relief**

*By Michael Hanson, CHP*

As you enjoy this state of relaxation I want you to imagine yourself on a vacation. You have gone to the beach where you can relax and unwind. Imagine that you are on the beach in your lounge chair, under your umbrella, with your favorite drink. The ocean breeze feels warm and the salt-water spray gives you goose bumps. You can smell the ocean as you notice the seashells around you and begin to count them.

The waves are crashing to the shore with a deafening roar when you notice a plane flying by pulling a banner. The banner says headache relief, "Heal". And you watch as the "pain" flies out of sight. That is when you see the pelicans that fly close to the hotels on the beach. They fly to the north, and then back to the south. They glide effortlessly on the updraft made by the heat coming from the ground. You watch the one with a T-shirt that says "migraine" as it gets farther and farther away until it disappears.

## **Millionaire Mentality**

*By Kim Nagle, CHP*

Imagine you are a millionaire... you are in an elite group of people who understand wealth and wealth management... you are relaxing more and more as you sink into the feeling of accepting the rewards of your great ideas and your taking advantages of opportunities when they came your way. You are reaping all the benefits now from using your knowledge of the laws of attraction and abundance.

You can see the properties you own, the cars you specially selected to fit your specifications, the trips you are taking around the world, and all the opportunities you have to help others with your wealth.

Take a deep breath and exhale as you give gratitude to the universe for all the gifts that are given to you daily. You open your heart and you open your arms to continue to receive all that you desire.

As the millions you have in the bank earn even more each day for you...you are thankful to the universe as you will use your wealth for your highest good, for the highest good of the universe and for the highest good of all others concerned. You feel deep gratitude that you are persistent and patient ... You understand that all things happen in divine time and you ALWAYS get what you want so you are careful about clearly defining what it is you do want...

With financial security and millions of dollars in a variety of investments... you are free to travel the world and spread positive energy everywhere you go...you are continually looking for new opportunities and they keep coming your way. Everything you touch turns to gold. You are excited about the abundance and prosperity in your life... you are able to help and share with family, friends and many others you know and some you don't know through charitable giving. You give back to life at every turn... you are aware daily that you are privileged and are continually expressing your gratitude in various ways... you are perpetually positive. You are a generous person on every level, you share your abundance and prosperity with others... you are generous of heart, mind and soul... as a millionaire you are proud, confident and always sharing your wealth.

## **Nail Biting**

*By David Griffiths, CHP*

In your mind's eye, look down at your hands. You have beautiful hands. Now visualize your nails extending to a length you like, neatly manicured. Imagine your nails covered in your favorite color nail polish. See how beautiful they look. You can smell the freshly dried enamel. Take a moment to decorate them with some nail art if you wish.

Now picture yourself back on your favorite beach. You are wearing a simple flowing size eight dress that compliments your nails in colors. There's a gentle breeze at your face, walking barefoot on the sand. You are beautiful, confident, happy and at complete piece with the world.

## **Not using ahs and Uhms when Speaking**

*By John Jordan, CHP*

At this time you are going to work on your issue with public speaking. You want to correct your negative habit when speaking. You will change this habit by making sure you formulate your whole sentences before you say it. From this moment forward you will no longer use “uhms” or “ahs” when you are speaking unless you are reading it from a page or direct quote of someone. Take a moment to absorb that thought... (pause)... From this point forward when you leave this level of relaxation you will no longer use “uhms” or “ahs” when you are speaking. This will make your speaking in public sound more professional and eloquent. Take a few more moments to review that thought... (pause)... Great... now let's take a moment to visualize your next speech. I want you to visualize a movie screen in front of you and on that screen you see a room filled with about 20 people and you are at the front of the room speaking to this group... Listen to how professional your speech is and how everyone is paying attention and seem pleased with your speech... Notice how you are not using “uhms” and “ahs” when you are speaking and how enjoyable listening to your professional pattern of speech...

## **Overcoming Grief—Loss of a Mate**

*By Francis Ferragonio, CHP*

I would like you to visualize yourself at your favorite amusement park with your children. It is a beautiful day. You feel a warm, comfortable breeze kissing your face as the sun is shining, and you and your children prepare to go on your first ride, which happens to be your family's favorite ride. There is a feeling of glee as you watch the anticipation and wonderment in your children's eyes, and you see the beauty of your spouse's (you can substitute the name of the spouse) expressions radiate from the joyous faces of your children while you are on the ride. You never want the ride to end as you feel the oneness and completeness of your whole family being on that ride.

As you continue your day at the amusement park the feeling just keeps getting better and better. There is no break in the continuity of the exhilaration you feel as it mirrors the oneness you carry in your heart with your spouse, and your children. Now picture yourself leaving the park when it is closing, and you and your children stop by the candy store on the way out for your traditional bag of blue cotton candy. As you share in the sweetness of the treat with your children, you are also sharing the sweetness and peace that you feel with your spouse.

You see the children quickly fall asleep in the car on the way home, content with the enjoyment of spending the day with you, and you continue to feel the love & oneness of your spouse just like days passed! You see your spouse live on through your children.

Just like your day at the amusement park with your children, with each ride building on the former, bringing you more peace and happiness throughout the experience, you now see everyday bring you peace and happiness through your children and all that you contribute to the world.

All is well. Nothing is lost. Your spouse gives you permission to seek peace and happiness. You now give yourself permission to seek peace and happiness as you live your life everyday.

## **Organization**

*By Tara Reimer, CHP*

You are going to use your imagination to visualize a world around you where you are much more structured and organized and as a result more in control. You have a place for everything and allow specific amounts of time for different activities. Clothes no longer go on the floor; they go in the hamper. Dishes don't stack up in the sink; they are immediately washed and put away. Garbage is taken out as soon as it is full. The mail is sorted and bills are paid as soon as they are received. There is now order to your life because you are more structured, organized, and disciplined.

You follow through on and complete all tasks and chores as they present themselves. Things are always put away in their proper place. There is now a peace and calm to your life because you are more structured and organized. You are motivated to be this way because you feel good about yourself as a result of having structure and organization in your life. You are now in control.



## Ocular Tension Induction

*Roman Delicart, CHP*

The purpose of this procedure is to encourage the subject focus on your voice and relax their resistance to the induction process.

1. Have the subject to sit upright with feet on the floor and hands on the arms of the chair or in their lap; eyes closed.
2. Have the subject take three deep breathes, while telling themselves to relax on each exhalation; breathe along with them to encourage their participation. Reminding them to relax.
3. Now we have them open their eyes and focus on the tip of your finger, placed about 18 inches in front of their face.
4. Slowly move your finger toward the bridge of their nose, while reminding them to keep their focus on your finger.
5. As your finger approaches their face, instruct them that they can close their eye when your finger touches their face. Instruct them to keep focusing on the place you are touching with their eye closed and to sense the tension in their eyes.
6. Inform them that when you move your finger away they can relax their eyes and encourage them to “feel the relaxation” and allow that relaxation flow down through their body. Like standing in a shower and feeling the water run down the body, so they are imagine the tension flowing down and out though the bottom of their feet.
7. Ask them if they feel the relaxation taking place.
8. To move into a deeper state, tell them, you are going to touch their shoulder (whichever one is closer to you and make sure that you warn them before you start what you are going to do), then slowly bring your touch (very gently and slowly) down their arm, while encouraging them to relax even more.

## **Play Guitar**

*By Chris Marinell, CHP*

You love everything about playing guitar. Everything you see or hear about playing guitar is written permanently in your sub-conscious mind and you can retrieve it at will. You remember everything about playing guitar.

Not only do you remember everything you see and hear concerning playing guitar, but you also have complete control of your hands to do what is needed to play guitar in an awesome fashion.

Feel the confidence move through you as you become more and more proficient at playing guitar. You see yourself playing guitar in an awesome fashion. See yourself where you desire to be, playing guitar whenever and wherever the opportunity arises, playing your guitar in an awesome fashion.

You are thrilled to play so well so much better every time you play. You are double thrilled that those that hear you play are extremely impressed and appreciate your skill as you play guitar in an awesome fashion. The more you play the more you desire to practice, in fact you love to practice playing guitar as you get better and better at playing guitar in an awesome fashion.

## Past Life Regression I

*By Ronda Gray, CHP*

Arrange yourself in comfortable position. Pick a spot on the ceiling, open your eyes wide, and stare at it... Take a deep breath in filling your lungs completely... Exhale very slowly... Inhale again filling your lungs completely... and exhale. Your exhalations should be twice as long as your inhalations... Again, take a very deep breath in, and as you exhale, close your eyes. Good.

Now, imagine your mind opening up...above you is a beautiful, white, healing light... Allow that white, healing light to shine into your mind... As the light shines down into your mind, it brings a deep sense of relaxation with it. Allow the relaxing, healing light to travel into your face... relaxing your facial muscles... your forehead...jaws...lips... The healing light continues into your neck. Your neck muscles become loose and limp. Send that loose limp feeling into your shoulders... down your arms... and into your hands. Imagine sense and feel that the warm, relaxing feeling melts away any surface tension in your back. Every muscle, nerve, and fiber in your back is loose and limp... Continue to send that relaxing healing light down the back and into the hips...Just let go of any surface tension and welcome the relaxation... The warm, healing light now travels into the legs... Down the thighs... through the calves...into the ankles... reaching the feet... and send that light out the soles of your feet. Your whole body is warm and relaxed as this healing, white light restores your body. Welcome the light into every fiber of your being.

Now I'm going to take you down a passageway to your place of peace. This could be the beach, a beautiful garden, or a place only found in your imagination. It doesn't matter as long as you feel safe and peaceful. I will count from 20 down to 1... as you float down the passageway to your place of peace and serenity. 20, floating down... 19... 18 give yourself permission to just let go...17, you find more peace and relaxation...16...15, safely floating...14...13...down deeper...12... 11 in the distance you see this place of peace... 10, half way there now. 9...8...the closer you get, the more relaxed you feel...7...down, down, deeper and deeper... 6...feeling even more peaceful... 5... 4, floating, floating down. 3... 2 slowing down now... and, 1 slowly floating... stop. Float out into your place of serenity and peace. See all the beautiful surroundings...smell the smells...touch the objects if you like. Hear what is happening around you. You

## HYPNOTHERAPY SCRIPTS IV

feel an even deeper level of relaxation than you ever have...because this is your place of peace and serenity.

As you walk around in your place of serenity and peace you notice a fog in the distance. Walk toward the fog. This fog is peaceful and will help lead you to the answers you seek. Go ahead and walk into the fog...it's comforting... On the other side lies a long hallway. Now that you have passed through the fog... begin walking down the hallway. This hallway has three doors at the end... They represent the past, present, and future... Each door looks different... This is your hallway... you decide the appearance of the doors. As you look down to the end of the hall, you see there is one big door at the end...this door represents your present. The door on the left represents your future...and the door on your right represents your past. Open the door on your right ... now walk through it. As you walk through this door, it's as if a veil has been lifted. The surroundings become clear...you see and hear things plainly.

Are you inside or outside?  
Is it daytime or nighttime?  
Are you alone or with someone?  
How old are you or how old do you feel?  
Look down at your hands, what do you see?  
Look down at your feet, what do you see?  
Is there a mirror close by? If so, can you look in it?  
What do you look like?  
Do you look familiar?

Observe your surroundings...describe what is around you.  
Who is around you? Describe them. Who are they in relationship to you?  
Where do you think you are? What year is it?

Now, I'd like for you to take a deep breath in and start walking forward through time...You can walk or float...whichever is most comfortable for you... keep moving forward...all the way up to your death scene. I want you to stop several minutes before the death. You are safe... you are only there to observe... it's as if you are watching a movie... all of the feelings and emotions are in the movie, not within you. Go ahead now, move to just minutes before your death. Observe...tune into the images, the sensation, the sounds, the smells...who is present?...What are they saying about you?...What do you feel is going on?...What are you dying of?... Describe your surroundings. Describe yourself. Do any of the

## HYPNOTHERAPY SCRIPTS IV

people around you look familiar in your present life? Is there any unfinished business?... Do you have any regrets?... Anything you'd like to take back to your present life with you? ... Are there lessons to be learned from this past life that can be applied in your present life?

Now take a deep breath in filling your lungs completely...and exhale. In front of you is an inviting white light. Walk or float towards the light. As you step into the light, it is bringing you back to the hallway that leads to your place of serenity and peace. All the happy feelings and positive thoughts can come with you... Anything negative should be left behind as you do not need it... Now the white light is behind you and you find yourself in the hallway once again. Continue walking or floating down the hallway to your place of serenity and peace... That's right. Now step back into your place of peace... Just a short distance in front of you is your Guide, the wise part of you that provides you answers and direction... Go to your Guide and ask any questions you may have about your journey or the lesson you are to take back with you. (Pause for 90 sec.) It's now time to say goodbye to your Guide, knowing you can call upon them anytime you choose. Thank them for their wisdom and protection during your journey to this previous life.

It's time to return to present day. Look around your place of peace to find the passageway. When you have located it, just nod your head. Good. Now imagine, sense, and feel that there is a calendar at the top of the passageway. Right now it has the date of the past life you just visited. The pages begin to turn quickly toward the present time. As the pages turn, you float back up the passageway, back to the moment that you are sitting in this chair. The pages turn one day at a time, now weeks...now months...2 years... 5 years at a time...all the way up to the present time. You are now back in the present time.

In a moment, I'm going to count from 1 up to 5 bringing you completely out of hypnosis feeling wonderfully good. You will bring with you all the important information you gathered from this journey.

- 1- Slowly, easily, calmly, and gently you are returning to full awareness once again.
- 2- Every muscle nerve and fiber in your body is rested and relaxed.
- 3- You are feeling more grounded now, bringing these comfortable feelings into your full awareness. Knowing that you can return to that door and walk through it anytime you choose.

## HYPNOTHERAPY SCRIPTS IV

- 4- Your eyes feel sparkling clear, as though they were bathed in cool spring water. Keeping the knowledge of what you learned during this experience. And on the next number I say, your eyes will open and you will fully present in the room, feeling rested, relaxed, refreshed, and energized.
- 5- Fully aware now, eyes open; take a deep breath, stretch, and smile.

Tell me about your experience.

## **Past Life Regression II**

*Leigh A. Wagner, CHP*

Now... imagine in your mind you are standing in a clear space ... a space you feel comfortable in ... a space where you feel safe...free...relaxed ... a space where you can expand and explore...exactly what it looks like doesn't really matter...it can be big or small...light or dark... you make it up in your mind how you want it to be...see it in your mind clearly and just be there now...good...now look forward and see in front of you three hand mirrors, face down, on a table. Take a moment to notice and appreciate how each mirror represents itself. The mirror on your right represents your future...the mirror on the left represents your past...the mirror directly in the middle represents your present. Each mirror is unique...each mirror is special. How do the mirrors look, how do they feel? Does one mirror appeal to you more strongly than the others? Which would you like to view? Take a moment to decide or just let your intuition lead you...

Now reach out and pick up the mirror you would like to view (past, future, present). Anything you view in the mirror will be experienced from the perspective of an invisible observer, like standing in the middle of a stage where a play is being performed around you. You are present, but not part of it. Now, look into the mirror and see swirling white mist reflected in the surface...now state your intention clearly (what you would like to "see"/ "know"). As you state your intention the mists begin to swirl around and around in the surface of the mirror.

You are completely at ease as the mist swirls and begins to expand, up and around you. The mist is comforting and relaxing. As the mist envelops you, you have a vague sensation of traveling (forward or backward) through time...it's as though the mist itself is transporting you...closer and closer to your answer.

You are excited to see what the mist reveals to you...almost there...closer and closer...the mists begin to clear...and the scene becomes more and more vivid and real.

You are now "there". What you now see before you are images from the mirror. Again, it is as though you are standing in the middle of a play being acted out around you...the scene appears vivid and real...sights, sounds, smells...it's as though you are IN the image but experience it only as an observer... that's all right... because you are here to watch and learn...these images are just for you ...

## HYPNOTHERAPY SCRIPTS IV

Look around you and tell me what you see. Is it night or day? Are you inside or outside? How old do you feel? Are you male/female? Look down and see what kind of shoes you are wearing. What do your clothes look like? What's going on around you? Are there other people there? Do you sense or see anyone that seems familiar? Look into their eyes, who do you feel they are? What are you doing there? Do you feel it is important in some way? What is your name? What are you called there? Is there anything you need to do right now? OK. (Have them take care of whatever they feel they need to).

Now, call the mist and have it move you forward in that life a few years (ask questions again). Process if needed.

Call the mist again, now have it move you forward to your end of life scene in that life (make sure they are still dissociated) observing this scene as it happens, seeing all the things you need to see, observing all the things you need to observe, watching, from a safe distance as it unfolds before you. Seeing things clearly, as an observer, separated from the emotions and sensations in the scene being played out in front of you.

We all know that when any occurrence, be it an entire life or just some part of it, is observed from the "outside" certain truths can become clear. It's easier to see what it all really meant. When removed from being IN the moment we realize or wish that things could have been different. So, before you finally ascend and complete this life – pause for a few seconds and ask – Is there anything you need to say or do that you didn't get the opportunity to before? Do you now wish to forgive someone/anyone in this life that you didn't before?

(YES = process NO = move on)

Take a moment and do that now...nod your head when you have done so. Do you feel that you need to atone (apologize/make up) for something/anything that you did or didn't do before? (YES = process NO = move on) Do that now...nod your head when you are done...Is there something that you learned from observing this life that you would like to bring back with you? A resource you discovered, a moral you learned, a truth about you that is now clear? Anything at all. Gather that to you now and make it secure ...Lastly, is there anything you are carrying around in your current life that does not serve you in a positive, nurturing way that you would like to let go of and leave behind before coming back to the present life you live now? (YES = process NO = move on) Relieve yourself of it now...just



## HYPNOTHERAPY SCRIPTS IV

shed it/lay it down...however you see fit to leave it here...letting it go...when you have done that nod your head, but take all the time you need...Good...  
Now observe and see yourself.....bright and clear...ascending...moving on...moving forward...free...

Now that you have completed this life...go into the mist a final time and as I count to three...have it return you to (present time and place).

- 1) Feeling the vague sense of moving through time
- 2) Moving forward until you are once again back in your private space...
- 3) Be there now...holding the mirror in your hand...see the mist around you shrinking back down to rest back in the mirror now. Good... Now place the mirror back on the table and thank it for all that it has shared with you today.

**Past Life Regression (Mountain Top)**

*By David Platt, CHP*

Take a deep breath and as you breathe out, relax. Relax your head...Relax your face...Relax your shoulders...Relax your arms...Let any tension release through your finger tips...Relax your back...Relax your abdomen...Relax your thighs...Relax your calves...Relax your feet...Feel that wonderful feeling of relaxation from the top of your head down to the tips of your toes.

Imagine yourself standing on the top of a mountain. As you look around, you see and hear the birds in flight. Their singing calms you and helps you to relax even more. You feel safe, as you are in the midst of nature's beauty.

As you look around, you come upon three paths. The one on the right is your future life, the one in the middle is your present life, and the one on the left is your past life. You walk on the path on the left toward the valley below. With each step, you relax even more. I am going to count from 10 to 1. With each number, you double your relaxation.

Ten, becoming more relaxed.  
Nine, doubling your relaxation.  
Eight, even more relaxed.  
Seven, more and more relaxed.  
Six,  
Five,  
Four,  
Three, more relaxed than you have ever felt.  
Two,  
One, deep, deep relaxation.

When you reach the valley, you are surrounded by a forest of beautiful, shady trees. Your path continues as you walk through this lush forest. You know that you are safe. As you pass by the trees, you go back in time. Each time you pass a tree, you become younger and younger until you reach the time of your birth. You go through the forest into a clearing, and you are in a past life. Look down at your feet. What are you wearing? Describe your clothes. Look around you. What is there? Are there any people there? What year is it? How old are you? What country

## HYPNOTHERAPY SCRIPTS IV

are you in? Describe the surroundings. Take some time to enjoy the scene. When you are ready, describe what is happening.

**Past Life Transition - Movie Theater**

*Rev. Rachel Frank, M.S.*

You arrive at a beautiful movie theater and walk in the front door. It is your lucky day. As you approach the ticket counter there is no line and a sign that all showings are free today. You simply need to walk into the theater door of your choice.

The theater to the left is your past life, the center is your present life, and the right is your future life. You decide to choose the movie theater on the left, your past life. Walk into the theater door. The seats are all large, plush, comfortable, and your favorite color.

As you walk in you go to your favorite seat. Take a moment to feel how wonderful and relaxing the chair is. It is like it was made just for you. Now look at the perfect view you have of the screen. If at any time you become uncomfortable, remember that it is just a movie screen and you are just an observer. You are safe, protected, and loved in this space.

Now that you have gotten comfortable, the house lights begin to dim. The screen starts to flicker to life, slowly the scene comes into focus, and you are being shown the past life that you need to see at this moment.

## **Posture/ Slouching**

*By Ron Lykins, CHP*

From this point on you will be totally aware of your posture, how you are standing, walking and even when you're talking with others. Good posture with your back straight and shoulders back shows your confidence, that you know what you're doing and that you are in control.

You are in control and good posture shows that. You will be aware of your posture immediately and soon you will begin to not only feel better about yourself, you will really begin to feel better physically.

As you get up each morning you will stand straight and feel the confidence you have. Remember as you stand straight, your shoulders back you are promoting good health within yourself. Good posture today will mean a healthier tomorrow. As you carry yourself differently, in a positive, self-confident posture, you will soon notice a difference of how you feel both physically, and mentally and will soon notice people are addressing you differently more respectfully, because the confidence you have, the job you do, you are in control and your posture conveys this to your customers and co-workers.

Soon you even notice a difference at the end of your work day. Your back won't hurt, your feet won't be as tired and hurting and you'll relax easily and comfortably. You now see yourself in a mirror, seeing the difference, seeing in your mind, your back straight, shoulders back. You see how differently your clothes fit, how professional you now look. In just a moment I will start to count from three to one and as I begin to count you will begin to awake, 3- you are feeling aware and confident 2- Starting to feel relaxed refreshed and positive 1. Totally relaxed comfortable and wide-awake, and open your eyes.

When you have an idea or good concept you are not afraid to share it with your manager and fellow employees, in fact you are excited to do so. You volunteer your ideas, and your abilities.

You are excited to try new things. You are a valued employee because of your attitude, your positive thinking and your confidence. Each day you will start each shift knowing you are the best!

## **Public Speaking**

*By Daniel S. Jordan, CHP*

Speaking in public may be something that you are extremely afraid of. The very thought of having to get up in front of a large crowd of people may make you feel very nervous or even ill. This is something that has quite possibly been a debilitating factor throughout your entire life. Many people have this same fear and will do pretty much anything they can to avoid it at all costs.

You are now going to completely get rid of any fear or apprehension that you have and be able to speak in front of a large crowd with the upmost confidence. What seemed like a chore is now going to be easy. Not only is it going to be easy but it will be fun and exciting.

Let all of your fear and anxiety go. You realize that there is no reason to feel nervous at all. You are great with words and take pleasure communicating with others. You are a very articulate person, and people enjoy listening to what you have to say.

You are now going to replace any fear you may have with a feeling of confidence and excitement. Any time you find yourself feeling nervous; simply take a few deep breaths and let all your negative feelings drift away. Just relax and let go. Notice how calm and wonderful you are feeling; just by taking a few deep breaths and exhaling all fear and anxiety.

I'd like you to imagine yourself in front of a large audience. You are now beginning your speech. Picture how calm and confident you are. All your words are spoken with strength in a clear, concise manner. Your demeanor shows how capable and competent you are. The audience is captivated by what you are saying, and they are really enjoying listening to you. You realize that you are speaking effortlessly. All your words and expressions are coming completely naturally to you. What once seemed a terrifying experience; has now become second nature, and it feels amazing to have accomplished such a feat.

From this day forward, you will no longer have any trouble speaking in front of an audience. Any unpleasant thoughts you once had about public speaking are now a thing of the past. You are a confident, well spoken person, and it feels wonderful to have conquered your fear!

## **Procrastination**

*Jennifer Reagan, CHP*

I want you to sit back, recline in your chair. Now close your eyes and feel your body relaxing. Letting go of any tension, let your muscles relax throughout your whole body.

Now imagine yourself sitting at a beautiful desk, sitting in a comfortable chair... thinking about the things you need to get done. You are feeling good, you are relaxed and in control. You are ready to begin the process because you feel so good and you are ready to take on the task before you.

Imagine yourself writing with your favorite pen on your favorite stationary paper. You are preparing to begin the task at hand. You are feeling confident in getting this done. You feel good and in control. There is no stress or putting it off. You enjoy getting things done early and on time. As you are relaxing, you are thinking about the things you need to work on.

Imagine as you are doing this, you smell a flowery smell coming through the window with a gentle breeze. This helps you to feel good and focused. Now begin to write a list of the tasks needed to be done. This feels easy to you because you enjoy getting things done on time.

You are now feeling wonderful and calm and in control because you accomplished the list and you are feeling prepared. You will arrive to your appointments on time; you have finished the task at hand, feeling so wonderful. Now let go of all the negativity that comes with procrastination. You feel the freedom from the stress and worry about getting projects finished on time, arriving at appointments on time.

Envision yourself feeling so good, so happy because you now are experiencing relief, you feel in control with a positive outcome. You feel so wonderful when you are getting stuff done on time.

## **Procrastination II**

*By K. James Carpenter, CHP*

You've come here today to get your life more organized and orderly... and that's good... the mind likes things to be orderly. You've made a wonderful decision. But first, let's talk about why you made this decision...

Before today, you tended to put off tasks that needed to be done. Maybe because you just didn't feel like doing them, or maybe you thought you could do them tomorrow, or even the day after tomorrow, or maybe you would put off tasks that you considered unpleasant... And then you might have rewarded yourself for making the decision to procrastinate by playing games... or watching TV... or reading a book. Yes, all of those things are more fun... and rewarding yourself is also good.

But procrastinating has made your life much harder than it could be. Some tasks, like mowing the lawn... or doing laundry... or washing dishes... are so much harder if you put them off... instead of just going ahead and completing the task.

I'd like you to imagine one of those unpleasant tasks you have to complete, one that in the past you tended to put off... and when you have that task in your mind... I'd like for you to imagine what you have to do to complete that task... good... now imagine yourself going through the steps it takes to complete that task... and when you've completed the task in your mind... feel the sense of accomplishment... notice how good it makes you feel now that the job is done... and how happy you are to have it completed.

And each and every time you get a job done, remember the feeling you have right now... that sense of accomplishment... how good you feel having completed that task, when the task needed to be completed.

Now that you've conquered the urge to procrastinate, you'll find that you're no longer rushing to get your jobs done... you have plenty of time for all your tasks... and you also know you will be able to reward yourself for jobs well done once they are done.



## HYPNOTHERAPY SCRIPTS IV

Every day you'll find that you're becoming more and more organized... and as you become more organized... and more and more successful... you'll see that there is plenty of time for leisure activity.

Each day you make a list of what need to be done... it can be a written list... or a mental list... either list is fine... and with this list you are able to determine which tasks on the list are most important... and you'll start on those tasks first. And when you've completed that first task, you'll remember how good you feel right now... and you'll be filled with pride... because you have conquered the urge to procrastinate.

**Regression to Release Fears / Phobias**

*By Joan Beasley, CHP*

To be used only by mental health practitioners

Let your mind drift back in time and as you begin to drift easily...easily back in time...see yourself become younger and younger...and know that you are safe. You are protected by your own positive energy...

You may view past experiences as if you are a spectator watching TV and know that you will view past experiences from a safe distance...you need only to remember that you are in control...you can see past frustrations and fears without feeling the emotion of it...you can see them close up or you don't have to see them at all...

If you choose to terminate your session at any time...all you need to do is open your eyes or count from one to five and return to full consciousness.

If you are ready to proceed...just let your mind drift back and think about what bothers you and keeps you bound...whatever your fear is...your impatience...what frightens you...and know that here and now you are safe...you view yourself as a detective...you are curious...eager to learn of the origin of your fear and frustration...eager to investigate all clues...

You are back now to the time you first experienced your fear and as you view the first episode of your fear or frustration... Is this the very first time you felt this fear?

Continue now to go back further in time...see yourself become younger...and younger...and go back to the next incident that caused you to become fearful or frustrated...again see it on a TV screen and you have the remote. You are safe...you are a spectator viewing your past with no emotion attached. You gain more understanding with each recall.

Okay, now...relax and I want you to view this scene on your TV screen and when you begin to feel more comfortable and realize that the past has no influence on you in this present...view the incidents and begin to understand why you

## HYPNOTHERAPY SCRIPTS IV

became fearful in the beginning...As you learn about your past...let the screen come a little closer to you...and now begin to let go and release old emotional ties to the past...let go of any fear...frustration...or pain and release old emotional ties to the past...let go of fear...anger...pain...and as you release old emotional ties to the past...you allow the screen to come closer and closer and you realize that the memories are losing their hold on you... forever.

Now, whenever you are ready...you can imagine turning off the TV that tied you to the past... turn off the remote and release yourself from the past...just watch the TV and remote fade away...they grow more and more faint...and now are disappearing altogether. Along with them you are releasing all the fear and you begin to feel a healing taking place...healing from all past... fears... or pain...healing and soothing...while you are feeling very relaxed ...and accomplished.

Now, your body...your mind...your heart...your whole self is free of your old blocks of fear, frustration, pain and impatience...you are completely free and no longer need those blocks to live your present life...your painful memories have disappeared and they have lost their strength and vanished...now you are totally and completely free...you feel relieved as if a burden has been lifted from your shoulders...you can breathe...completely free...you will continue to experience this freedom... every day.

**Relaxation for I.V.F. Anxiety**  
(In vitro fertilization)

*By James Kerwin, CHP*

As you lie there listening to my voice, being so aware of the building noises, the traffic going by and that music playing softly in the background ... you know that none of them matters to you at the moment... **pause...** none of them matters **except the sound of my voice ... hear what I say,** ... and forget what you don't need to remember, ... pause ...

As you lie there you know without thinking about it that because it is (insert day) today, then it naturally follows that tomorrow will be (insert day), that's just the way it is, ... that's the way nature works, ... **Isn't It,** you know that mother nature has a perfect balance and things happen in a natural way, ... **day follows night, summer follows spring, ... It just happens.** You know that tomorrow morning the sun **is going to rise in the East, so it follows that it Will set in the West, You know,** that's just the way it is, ... things in nature just happen **when It is ready,** ... no one has to think about it, or lie awake worrying about **It.** In fact you probably know yourself that things work better when you don't have to stop and think about **It ...** (use whatever *info you get from Initial interview: hobby / skill client led*) You can probably remember when you had your first driving lesson ... that feeling of awkwardness as you tried to remember the many, many skills and hand movements you had to master on a conscious level, the clutch, gears, mirrors, signals,... maneuvers and **you can remember** how unnatural **It** felt to you at first **don't you?**

But now you do **It,** all without thinking, without worrying and **It** is smooth and trouble free as you carry on doing, **It ...** successfully without thought or worry, Why? Because you are **now doing It** at the Unconscious Level where everything just happens for **your wellbeing and your benefit** even now your unconscious is listening to my voice and remembering what you have to remember and forgetting what you need to forget. Your unconscious is always listening, ... isn't it?

And that's the great thing about **Mother Nature... because everything happens when the conditions are ready and right, right and ready.** Think of the way the farmer sows his crops, he knows when the conditions are right as he implants his seeds into Mother earth he knows that once those seeds are planted

deep in her soil she automatically nourishes and protects them until they germinate and grow **within her ... pause ... no worries It just happens,**

*“Take your time with this section keep a close eye on the client and let her changing demeanor govern the speed and the delivery”*

**And** You probably realize now that all round you in Nature, ... the birds, the bees, the insects, the animals, even the vegetation only bloom and become fertile and bountiful when Conditions are right, ... **that’s just the way It is.** And so now would be a good time when you’re ready **now...**to gather all those worries, anxieties and misgivings and I would like you **now** to imagine all those negative feelings doubts and worries as you take them and compress them into a box or a sack or whatever you would like to put them into so that from **now on** you won’t have to see or feel or even be aware of them ever again, ...pause you **now** have the ability to close them away so that from **now** on you will never have those negative feelings again, ... because you have them and you can **now** get rid of whatever you put them in and you can float it away you can send it away you can get rid of it now for ever. You can do that **Now ... pause ...** And now you will probably start to feel a wonderful sense of relief and relaxation sweeping over you as you get ready for me to count from ... use preferred method to end session.

## **Releasing Pain**

*By Beverly Claussen, CHP*

As you relax, I want you to feel or think about your pain. This pain that wakes you up at night...this pain that gets in your way of doing what you want...that interferes in your life... Imagine a hand touching where it hurts. Take another slow, deep breath as you imagine or visualize a hand on the pain. In your imagination, see a hand on your pain if you can. If you can't, that's ok, just think about a hand resting on your pain. You can imagine or feel the soothing warmth of this hand on your pain.

As you feel this hand on your pain, I want you to say 'It feels better already.' I want you to eliminate the 'pain' word – stop using it. Replace it with 'It feels better'.

Now, I want you to see, imagine, visualize or feel that 'it' spot, the 'it' that you used to call pain. As you do, it seems to be getting smaller and smaller, the heaviness is being replaced with lightness. The hand is still there. As you see or feel more lightness, you begin to smile. With each breath you take, more lightness appears, and your smile gets bigger.

As the 'it' spot gets brighter, whenever you like, the hand that's resting on 'it', ....picks 'it' then, the hand turns up and opens, slowly, ...gently...and the 'it' just floats away, getting even smaller and lighter, until it completely disappears. As 'it' floats away, you feel lightness, comfort, looseness, and complete relief.

## **Restful Sleep**

*By Daniel S. Jordan, CHP*

I'd like you to use your imagination. Picture yourself on a beautiful beach on a warm summer's day. There is a cool, gentle breeze and not a cloud in the sky. It is a perfect day. This is your very own private beach, and nothing can disturb you here. You are alone and there is nowhere that you need to be. Allow yourself to completely dedicate this special time to you; for there are no tasks or responsibilities to worry about right now. Just let your mind be free to roam wherever you like.

Notice how wonderful you are feeling. Your mind and body are beginning to fall into a state of bliss. Peaceful, calm, and filled with happiness; you are able to appreciate how magical it is to be alive. You understand how precious time is and how lucky you are to have the opportunity to share it with the ones you love.

You are now becoming very sleepy. What a wonderful feeling it is to sleep. It is something that does not require you to do anything, but just relax and let go. It is absolutely effortless. By sleeping you are allowing yourself the opportunity to rejuvenate and be cleansed of any negativity that you may be experiencing.

Anything on your mind that may have been bothering you, is now going to drift away. Let all of your unpleasant thoughts disappear. Allow your mind to be free; free to experience positive thoughts or think about nothing at all. Allow yourself to be filled with peace and serenity.

If you find that you are having a difficult time sleeping, take a few deep breaths. This is an easy, but often forgotten way to calm your mind. By taking deep breaths you will notice how much more relaxed and tired you are becoming; drawing yourself closer to a natural state of slumber.

From now on it will be easy to fall asleep at night. You are going to be able to rest soundly without interruption. Any difficulty sleeping continuously throughout the night will no longer be an issue. If you unintentionally awake without reason; you will be able to quickly fall right back to sleep. If you awake to use the restroom; once you are finished you will naturally and effortlessly doze back into a pleasant, deep sleep. Tonight and every night from this day forward, you are going

## HYPNOTHERAPY SCRIPTS IV

to have a wonderful, peaceful nights rest, and will awake the next day feeling refreshed and fully alert.



## Sanctuary Mansion

*By Renee Dutreaux, CHP*

Note: [cr] indicates that the facilitator (therapist) is asking and receiving the client's response, so as to monitor the progress and effectiveness of the imaging, but more importantly, to continually modify the script accordingly. This script is meant to be somewhat open ended so that the client's own imagination and subconscious needs can be brought forth and the client's outcomes and intentions realized through their own personal relevance and imaging. This vehicle of ownership will provide not only a richer experience and unique experience, but more insight and depth than the therapist would most likely be able to duplicate.

“You are feeling peaceful, serene, and know that good things are coming to you. You are open and eager for adventure and discovery. You find yourself standing at the top of a forested mountain overlooking a verdant valley cut by a meandering stream. You see what you perceived to be lush gardens, waterfalls, small lakes, meadows, and pools in the valley below. The air is fresh with pine, mint and Jasmine. [cr]

A cacophony of bird trills and songs is calling you to the valley floor below. A hawk lands on a near by branch to your left and locks on to your gaze. [cr] The bird's short terse calls beckon you to follow him. He hops to a branch on your right and bobs his head. You take several steps toward the hawk entering a path bending to the right and sloping downward. As you move down the path, the Hawk flies ahead of you circling, soaring, gliding, and then alighting on a tree. You realize that you are descending deeper and deeper down the mountainside so that in a short while you will arrive at the valley below. As you descend, you feel more and more relaxed, more and more at ease, more and more enjoyment with every step. Delight and expectations arise as you ponder what insights, gifts and surprises await you. You sense that this is where you will find your Sanctuary, a safe respite and refuge. You know in the deepest part of your being that you will discover the answers that you seek, the comfort you desire, the healing of your body, mind, and refreshment for your spirit. As you descend deeper and deeper and deeper into the canyon you revel in all the good things in your life and how much you appreciate them. You are filled with gratitude and are opening up to receiving more and more good things.” [cr]

“Your descent is completed, the path ending in a meadow filled with

## HYPNOTHERAPY SCRIPTS IV

wildflowers, butterflies, and bees happily pollinating, visiting flower after flower. Rabbits dart about. A pair of hummingbirds play tag in dog-fight swoops overhead. The sun's rays sink into your body, warming your very essence. A welcoming, gentle breeze, scented with lilacs and tangerine, cools and refreshes. [cr].

Hawk swoops over your head to the far side of the meadow, perching on a tree top. You cross the meadow quickly, arriving at the base of the tree. You greet the hawk, thanking him for showing you the way. Hawk drops a leaf. It floats lazily down, coming to rest a few feet in front of you. Bending to pick up the leaf, you discover a golden key beneath it. As you retrieve the key, you hear what sounds like a chime or singing bowl [cr]. The key is on a platinum chain. You put the necklace with the key over your head for safekeeping. As you cradle the key in your hand, you realize that it lies over your heart. [cr]

The chime sounds again. Curious, you find yourself moving toward the origin of the sound. Awe and excitement fill your awareness; before you is a glittering wall of giant crystals. As you examine the magnificent structure, you see a portion that might be a door with an indentation that could be a keyhole. [cr].

With great curiosity, awe and expectation, you insert the key. The crystal portal dissolves in a mist revealing a magnificent landscape of flowering trees, gardens of delight, pools, waterfalls, and what could only be described as a castle or mansion. [cr]"

"The hawk bids you onward through the fragrant, colorful gardens. It's obvious now that this is your Sanctuary, your gardens, your mansion, your home away from home. Eagerly you approach the mansion; as you mount the front steps you feel that your home and these grounds are sacred. As you approach the double stained-glass doors and reach for the door latch, the chime sounds once again. The doors open revealing a most friendly and adorable robot. The robot greets you in a bubbly tone saying how extremely pleased and happy he is that you have come home to visit [cr].

Robot explains that there are many rooms in your mansion and that each contains special knowledge, gifts, healing, and insights for you on your journey through life. He offers his services as your messenger, secretary, accountant, cook, personal assistant, and one that he will respond to all of your inquiries and that he will be available when he is called. [cr]"

“Robot insist that you be aware of the iridium shield that completely encompasses the mountain, valley and all that is contained within the crystal walls. He explains, as only a robot can, that iridium is the second densest of all metals, that it is a paramagnet that it is attracted to magnetic fields. The robot explains that the iridium shield is a shiny silvery gold and that it is more resistant to corrosion than any metal. He explains that iridium is one of the rarest earth metals and it occurs in the platinum family. The significance of the iridium shield, he adds, is that it will allow only positive, loving, healing, and good vibrations filled with light to enter the shield. No darkens, negativity, distress, fear, low vibrations, or ill feelings can ever penetrate. The robot adds that special exhaust vents embedded within the shield immediately evacuate, any and all negative thoughts, resistance, traumatic emotions, negative feelings, etc. by virtue of the paramagnetism of the iridium shield. Robot explains that it may actually be beneficial to express negativity, pain, angst, or sadness since it will be evacuated and removed. [cr] Robot then asks if you have any questions for the robot? [cr]. Do you have any questions for the robot? [cr] Robot would like you to give him a name. [cr] Have you given the robot a name?” [cr]

“Good, you are feeling relaxed and happy to be here, happy to have discovered your very own sanctuary that you can visit anytime. Now it is time to explore your Mansion, room by room.

There are an infinite number of rooms in you mansion, as many as you can imagine. Recall your intention, what it is that you are seeking at this time. What is it again that you want to know, learn about, deal with, or change? [cr]. The room that you will visit will contain \_\_\_\_\_ (depends on client’s intention). [cr]. You are walking down the hall to the room that you have chosen. You are standing in front of the door; it opens welcoming you in. You enter the room. What is in this room?

Describe what you see. “[cr] How do you feel? What do you sense? [cr]”

Depending upon the subject’s goal, and what the subject senses in the room, vehicles will be created and suggestions given to meet those goals. For example, if someone is concerned about their personal image than a magic mirror would reflect back to them what they would like to see. Vehicles would present themselves creating a makeover; hair, clothing, charm lessons, etc . Moreover, facilitation and healing of the source of the image distortion or lack of self

## HYPNOTHERAPY SCRIPTS IV

acceptance, etc. would be addressed in non-threatening and self-enhancing ways. Post-hypnotic suggestions would include accepting positive aspects of themselves and permission to make appropriate changes. Suggesting would be made to return to the sanctuary frequently for respite, rejuvenation, healing, introspection, guidance, and divination, etc. and to explore the other rooms in the Mansion and the grounds.

Upon leaving and prior to returning to normal waking reality, the client would uncover a treasure box that contains gift(s) or of client's own imagination. The suggestion is made that this gift is real and will be carried into their waking state and be realized.

Upon waking from the trance state, the client would be asked to journal their experiences, including feels, expectations, any discoveries, comments, etc. The client and therapist would review this information together and discuss/reinforce how this information could be helpful, how to implement desired change and reflect upon the appropriateness of future sessions. The client would be offered the vehicle of self-guided imagery so that they could visit and explore other aspects beneath the iridium dome.

The contents and purposes of rooms and grounds are malleable and limited to one's imagination and purpose. What follows are several suggestions.

**A viewing room:** A video screen used for regressions and rescripting with remote controls that allow for fast-forward, rewind, insertion, delete, reprogramming, etc.

**The Holodeck:** There are 2 forms of simulated programs; one in which the client interacts with the characters and the programs and one in which the clients is within the projected program, but only as an observer and is not able to interact with the program or the characters. Programs generated would be created from the client's intentions, quests, desires, and needs, etc. Attributes and information gained may then be taken into the waking state to facilitate the client's needs and intentions.

**Computer room:** A computer is available that can be used to access information useful to the client.

The client can also create their own computer program to facilitate what it is that they seek.

## HYPNOTHERAPY SCRIPTS IV

Indicator Chamber: This room contains indicators and control knobs that can be used to discover the level of certain conditions and then to modulate them with the control dials. A read out screen provides additional information regarding the situation or condition.

Vending machines: Offer tonics and snacks that will facilitate the wants and needs of the client.

Juke box: Plays selections of tunes that assist the client in elevating moods and offers lyrics that may be insightful, instructive, or helpful, etc.

The grounds may offer features like the 'Wishing Well', Hammock for relaxation, Gazebo for hanging out with friends, Handball court or Bowling lawn to hit/strike obstacles that hinder one's path.

## **Shyness**

*By Janice Bethia Dodd, CHP*

You feel relaxed, calm, and happy. You are enjoying meeting new people. You are excited about expanding your circle of friends. You look forward to learning more about your new acquaintances. You find yourself smiling at strangers and saying hello. It feels good to do that. You are proud of yourself for speaking to them. You initiate a short conversation with at least one new person each day you go out into the world or go to work. You feel relaxed as you speak with that person.

You are calm in-group social situations. You are friendly at parties and get-togethers. You think it's easy to speak with new potential romantic partners. You happily accept or ask for a date with confidence. You are gracious no matter what the reply. Your self-esteem remains high.

You are comfortable expressing your ideas and thoughts with other people. You are comfortable being honest about your feelings with people. You have self-confidence. You believe in your own worth and value. You see yourself as a self-confident person. You speak up for yourself when it is necessary. You can assert yourself without fear of being judged or of what others might think. You are pleased with yourself when you do so.

You communicate with ease at work. You share your ideas at meetings and when speaking to your boss. You are helpful, charming, and gracious when speaking with clients. You are proud of how you initiate contact with clients to ask what you can do to assist them.

From now on, you will find speaking to others is rewarding and something you do with confidence.

## Success

*Marl Renfro, CHP*

We all know the big difference between people who are successful and those who never seem to achieve a life of their dreams. I know you know achieving success begins with the way you think about yourself and your abilities. If you always think the way you have thought, you will always end up with the same result. This counts for both the successful and those who never seem to get what they want out of life. Because you now know this, you always think positive about your own success.

I want you to just realize that any less than absolutely positive thinking you have ever had is now being replaced with thoughts of pure success. All your thinking has become influenced with the powerful visualization of affluence, prosperity and the success you want and desire. Notice that as you are there relaxed and calm, the most amazing thing is happening: All your positive goals are becoming achievable and you know this without a doubt. You will start moving toward an affluent life that is rightfully yours.

You are is totally and completely enthusiastic about this new idea of success and it infects your entire being because it fills you with optimism, passion and the energy you need to accomplish your goals.

I want you to remember back to when you were a young child, to a time when you were especially excited about something coming up. Go ahead, think back to when you were especially enthusiastic and filled with excitement about something coming up. Have that in mind? Great, hold that feeling and now, notice you can have that same level of enthusiasm for any goal you set for yourself. All you have to do is want it and it can be yours.

But first you need a goal, so just relax and take a few moments to design your perfect future. Imagine what success look and feels like to you. What would you like to do? Is your goal is to own your own business, new cars, have a house in the country, be a millionaire? Imagine your life as a perfect success now. Who would you like to be? What would you like to be doing? Imagine your successful future as specific as you can.

## HYPNOTHERAPY SCRIPTS IV

Now, I want you to project yourself to that future date. Is it one year in the future? Three years? Five years? Really see yourself there in your future life, very clearly imagine yourself doing all those things that you just imagined. All these things can be yours. You can have any level of success you can imagine. All you have to do is imagine it, want it and it will be yours. Just want it and let it happen. Keep imagining this future as clearly as you can. If the images don't come too clearly at first, that's okay. Just imagine hearing people congratulating you on your success, feel yourself experiencing your successful new life. What are you doing? Are you walking around your mansion, what are you looking at, how does the the air smell, what is the temperature?

Whatever it is you are doing just experience you success because you are successful. Know all the success you imagine is yours. Take a few more moments to imagine the texture of the clothes you are wearing. Feel them now. Listen to the sounds around you. What are the sounds of success you now achieve? What is the color of the checkbook to your multimillion-dollar savings account? Is it green and smells like rich leather?

Keep visualizing these things and in just a moment I am going to do you a great big favor, something you will never forget. I am going to give you a key word to summarize your goal, and then I'll count up to five, and you'll open your eyes but not before I reach five.

This word I am going to give you is your key to remind you that any success you want can be yours, all you have to do is want it and it will be yours, because success is already yours. Success is yours now. You are successful. Are you ready for this special word? Yes? This key word is "success." Whenever you hear the word "success" or whenever you say the word "success" to yourself, you will instantly remember that time when as a child you were especially enthusiastic and filled with excitement about that special up-coming event, and then as you hear or say the word "success" you will realize you now feel that same level of excitement and enthusiasm about your own success



## **Self Esteem I**

*Cheryl Miller, CHP*

Now imagine yourself standing at the edge of a beautiful lake in a mountain meadow. The water is very still and as you gaze into it you see your reflection. As you continue to look further you see yourself as you truly are.

First you see the light in your gorgeous eyes...next you look and see the great smile that is infectious...that always brings smiles out in others...continue looking at each of your beautiful physical features, acknowledge each one...Continue relaxing and you will now see your other wonderful characteristics...your positive attitude, your ability to work successfully with many people, continue...seeing how efficiently you are able to accomplish many tasks simultaneously.

You make good decisions and have the courage to implement them. You are a joy to be around. You can easily, effortlessly, and successfully meet any situation that arises. You know that you are resourceful and strongly self-sufficient. You are valued by yourself and others for just being you. Negative comments from others have no impact on you, your positive self-esteem or self-confidence. You know longer say or think negative things about yourself. Your subconscious cancels all negative comments directed to or about you whether from yourself or from outside sources. You know your thoughts and opinions are valuable and you are secure in speaking your truth, speaking up for yourself and speaking tactfully in a straight forward manner.

Knowing that you are intelligently and fully capable in caring for yourself, you calmly and assertively state your mind and requests. You take great pride and feel enthusiastic about being independent and self-reliant. You feel brave, beautiful, attractive and joyful any time you look in the mirror. Whenever you take a drink you feel all of these wonderful characteristics that are the essence of who you are flow through you. You are a loving, happy, self-confident, fulfilled individual.

## **Self Esteem II**

*By Michael Hanson, CHP*

Relaxing more and more you are comfortable with yourself. Happiness is a right given to everyone, and you deserve to be happy. You are the only one that can make you happy. You will be confident in the knowledge that you are unique and special. As you go through your day you will not miss an opportunity to turn a negative impact into a positive impact in your life. Realizing that you are the one responsible for your wellbeing, and happiness means you will have made progress. You will take pride in the things you do, and your tasks will reflect your worthiness to yourself and others.

As a unique and special person you will begin to treat yourself accordingly. You will have the respect for yourself that is fitting and proper. After all if you don't respect yourself you won't be able to ask for respect from others.

You are a person of value and you have many contributions to give to your surroundings. From now on you will embrace yourself and your worthiness. You will be proud of your accomplishments as others congratulate you. You will accept recognition with grace and humility. You deserve the best.

## Sleep Hygiene

*By Nancy Crider, CHP*

You are relaxed and comfortable. You feel your breath going in and out. As you relax even more, you will see yourself preparing for bed. This is your safe room. It is quite and comfortable. Your bed will be soft and inviting. You will notice your pillows how they are ready for your head. You feel yourself so heavy with tiredness. You make it to your bed and you feel yourself being so heavy as you lay on the bed. The sheets are soft and inviting. As you lay down, you feel your body wanting to rest. It's tired and heavy. Your muscles are relaxing while sinking deeper and deeper into your bed. Feel them as they relax starting from your feet.

Go up your legs noticing how they are relaxing. They continue to relax into the bed as you go on up to your abdominal area. The breath is going in and out... Slower and deeper... Your shoulders feel heaviness and also relax. Your forehead lets go of any stress or strain. All is relaxed as you do one more final scan through your body. (Pause as you allow time for them to scan.) Once the body is relaxed your mind will begin to think of a beautiful cloud of softness that is relaxing to lie on. It has soft pastel colors lining it. You feel yourself drifting on it. You are slowly sinking down as your body rests on it. So slow... deeper into a good restful sleep...

Your going to have a restful nights sleep and feel refreshed in the morning. You're drifting deeper and deeper down into sleep. You are adjusted. Drifting deeper and deeper. You are so happy to feel this rest. Your body has longed for a restful nights sleep and this will be a pleasant experience for you. You will remind yourself that it's easy to get a good night rest. You are enjoying the experience and knowing that your body is recovering as it sleeps. You may even drift into dreams. Your dreams will be of pretty and comforting events. You will see people you like and love. You can go to a place that you have wanted to see. You will enjoy the experience as you sleep in a deep restful stage. You're in control of these safe beautiful dreams. You will stay in a good sleep while your body does it repairs and gets you ready for the next day. You will not be aware of this process for your entire mind is telling you are beautiful and wonderful things.

When you wake the next morning, you will feel so refreshed and happy. You will stretch and enjoy how your body feels. You are so proud of yourself for having such a restful night with beautiful dreams. You will swing your legs to the

## HYPNOTHERAPY SCRIPTS IV

side of the bed and give another large stretch. Take a deep breath and feel how good your body feels in the morning. You will notice how your body has done its repairs to prepare you for this day. You have a fresh outlook on the day and ready to have an energetic day. You're positive in your thinking and will know that each night can be a restful one for you.

## Sleep Well Script

*Dr. Diane Ursone, CHP*

Relax in your chair with your feet flat on the floor. Your hands are separated, and your back rests in a comfortable position. Close your eyes and imagine walking in a garden. The garden is very quiet, and you wander undisturbed. This garden is very safe and very quiet. There is a mist in the air—a cool, soft, wet mist that brushes your skin with micro-drops of clean, clear water. As you wander on the garden path, the mist thickens around you. Your body is just the right temperature as the cool droplets form a thickening, rolling fog. You continue to wander on the garden path, undisturbed in the quiet, the fog envelops you like a thick blanket. The quiet of the garden takes on an even more muted sense, and any sound that you hear relaxes you more deeply. There is a familiar scent of sea and salt in the dense fog as it rolls over you carrying away every care and concern you might have—leaving you feeling light and relaxed—walking through the heavy mist.

### *Progressive Imagery*

Allow the mist of the thickening fog to flow over you, relaxing every muscle of your body. As you move through the fog you feel the cool moisture on your face, and your temples begin to relax. You feel the fog enveloping you as gravity gently pulls your shoulders down to their natural position. As your shoulders continue to relax, you feel completely at ease. Any sounds that you may hear through the fog, simply allow you to relax more deeply as the sound of my voice becomes as comfortable as the fog. My words will soon blend together, and your subconscious will know what they mean. The mind is simply unwinding, like a big spring. Letting go.

Allow the dense fog to continue over your arms, and your wrists. You may notice a tingling sensation in your hands, as you are beginning to deeply relax and the body functions slow down. Breathing becomes deeper as you breathe in and out. Feel your body resting in a safe sense of deep and peaceful relaxation. You feel the fog on your back and all the muscles and tendons around your vertebrae unwind, and the back automatically settles into its natural position. The fog flows through your chest and waist, through your hips, surrounds your thighs and your knees. You barely see your ankles as the fog swirls around your feet---and all stress, all concerns and worries in the form of tension or tightness are left behind--

useless to you now. And as tensions and tightness drift off into the fog, you feel deeply relaxed as you breathe in and out. With every breath—in and out—you go deeper and deeper, allowing yourself to become more deeply relaxed, inhaling the relaxation and exhaling any tension or tightness so that you may go deeper and deeper... simply letting go.

‘Sleep’, you imagine what it would be like to become so deeply relaxed that you experience a relaxation level that is as deep as sleep. Imagine what it would be like to be asleep. So sleep now. Sleep, sleep. Deeper and deeper asleep. Sleep now. Imagine a pleasant unconsciousness where there are no thoughts. A peaceful unconsciousness. Deeper and deeper asleep. Deeper into unconsciousness. You sleep, sleep. Drifting deeply. Sleep. Sleep.

### *Sleep Well*

Imagine now that a whirlpool is swirling around in your mind. Swirling in the whirlpool are thoughts of your mom and thoughts of your dad; there may be thoughts about the library and events accomplished or events not yet completed. These thoughts are of things that may not change or may take a long time to change; they are thoughts that may require resolution. You will release these thoughts now, so that you give your body the rest it deserves. Whatever is in these thoughts, family, work, stresses, the past, guilt, worry... you release them now so you can rest. As the whirlpool continues to swirl, round and round, you reach down and pull the plug. You pull the plug on the swirling thoughts. All of your thoughts just swirl and circle the drain. Circle round and round. Down the drain they go. Let them all get sucked down the drain now as you pull the plug, swirling down and drifting away. Draining away. Every last negative thought just drifts and drains away. (pause)

As you relax more deeply now, deeper and deeper, you make a promise to yourself that will help you sleep. Deeper and deeper. You make the promise that you will only think of resolving worries and stress during your alert time. Your alert time is when you want to be awake—when you need to be awake. You agree to think about resolutions and problem-solving only during your alert time. So, for now, you release all concerns and stresses and worries. One by one you let them go. One by one, they drift from you on a beam of light. As you release your worries to the beam of light, the light gets brighter and brighter. You feel the warmth from the light as it beams away all of your stress, concerns and worries. You feel the warmth of the light and a relaxing peaceful calm comes to your body.

## HYPNOTHERAPY SCRIPTS IV

You feel relaxed, serene, peaceful and very tranquil. You allow the warmth and the light to relax your body as you release all tensions and tightness that may have been trapped within you. These tensions flow out of you into the light; held by the light these thoughts are suspended there, perhaps transformed. You let them go. Let them go for now. Out of your mind; out of your body.

Released from your mind, you let them go. The light envelops them; as you release all tensions in the form of thoughts and feelings, you relax more deeply, much more deeply. You feel your breathing—slow and deep---in and out—as your mind quiets and your body rests. Breathing deeply and slowly—your mind begins to drift as you allow it to sleep, sleep. You may even say the word, “sleep” to yourself as your mind drifts, drifts deeper. Your mind drifts and wanders in the direction of deep, peaceful sleep. Your body relaxes as though melting into the mattress. Your body simply lets go, simply lets go. You relax, sleep, as your body gets heavier and you allow the mattress to support all of your weight now. The mattress supports your body as you drift and float toward a deep, deep sleep. You are sleeping deeply now. Resting deeply now in a peaceful, deep sleep. If you happen to turn or awaken briefly, you tell yourself that you are going back to sleep, so that you sleep all the way through. Sleep. You tell your body that it’s OK now to sleep. Sleep all the way through until it is your time to waken. At that time, when it is time to waken, you will feel rested. At that time, you will feel well-rested. For now, you sleep the sleep that you deserve. Sleep naturally and deeply.

You simply trust that your mind and body will do what’s natural, so let go and release yourself fully and completely to sleep, natural, fulfilling sleep. Trusting that you can simply let go now. Fully and naturally sleeping—sleep that allows you to feel better during your alert and waking hours when you think more clearly, because you now have the ability to sleep—naturally and deeply. Sleep.

## **Smoking Cessation I**

*By Nancy Zahra Love, CHP*

You can be very happy for your decision to see me for quitting smoking as this represents one of the smartest things you can do for a better present and future life. So, today is the day you have decided to become a non-smoker, and this will be extremely easy for you to achieve. You have so many reasons to take this excellent opportunity to improve your life on every level.

Taking several deep breaths, notice the cool air entering thru your nostrils, and swirling around inside, spreading fresh, clean air, like a loving hug, or a kiss from spirit to every cell and tissue in your body. Air is a powerful cleanser, the lungs and skin are two of the largest organs in your body. With each breath it's as if you are bathing your tissues in healing light and love. In addition to breathing thru your lungs you are also breathing thru your skin. Your skin and lungs, as well as your heart thank you for cleaning up your air quality and environment, their gratitude knows no bounds.

Today you are creating a new identity; repeat after me, "I am a NON-SMOKER", "My self-image, will power, and resolve to be healthier is much, much stronger than any brief, passing thoughts of smoking". "Just thinking of smoking now is almost revolting to me", "I remind myself frequently how great I feel as a NON-SMOKER", "I enjoy so many benefits, too many to list, including, easier breathing, moving, eating, and sleeping", "I now no longer have any reason to cough, or try to hack up junk out of my lungs", "My body is taking care of removing all the toxins and residues left over from smoking, and I feel so clean and clear, inside and out!"

You certainly can appreciate the countless ways your quality of life will change for the better; your health and circulation will dramatically respond to quitting, rewarding you with increased sexual function and pleasure almost right away, easier deep breathing and more enjoyable exercise will be another benefit, your sense of smell and taste will get stronger, allowing you much more enjoyment from your food, your environment will be so much cleaner and easier to clean, less often, you will save tons of money, have less reason to need medical treatment down the road, live longer, and help those among family and friends who have had to breathe second-hand smoke all these years. Sharing with others inspires you to reap another benefit of serving others by helping them to quit smoking as well.



## HYPNOTHERAPY SCRIPTS IV

See yourself as the healthier you, sharing your active life with other healthy people; enjoying exercise, socializing, and outdoor activities - smoke-free. Imagine yourself acting as a mentor for friends, family, neighbors, younger, or older folks who admire your healthy resolve. Recognize the immense personal power you demonstrate each day as you continue to set a wonderful example for others. Realize how much they look up to you and appreciate your helpful example.

You are so much happier now, knowing you have surpassed this obstacle in your life. Feeling better and better everyday, you need to tell others and share your amazement at how easy it is, knowing it can be this easy for others too. "I am so happy to share my well-being and this simple solution with other smokers, encouraging them to find similar results", "I wish to help many to quit smoking, creating a beautiful ripple of healing in the world", "I easily and comfortably work, sit, or play alongside others who smoke, and feel just fine", "I feel stronger every day, knowing my health will steadily improve and increase benefits to me over my longer lifespan".

Daily, you trust in your firm determination, and perseverance to accomplish your goal. In large part, due to asking for help from a greater spiritual presence, whether it be Jesus, God, or Mother Mary; either angels, ancestors, spirit guides or friends 'on the other side', you know for a certainty that their help and support is a major tribute to your increasing strength of will. Your actions are congruent with your intentions to lead a blessed life. You affirm your body as a sacred temple, celebrating healthy self-love, new-found strength of character, and faith in unseen help which are all consistently contributing to your success.

Repeat after me: "Every day, in every way, I'm getting better and better." You constantly remember, and repeat to yourself hourly, "I remind myself often of my accomplishment, and confirm my resolve; I am a NON-SMOKER!", "Being a non-smoker is the best thing I have ever done, for myself, as well as for others".

## **Smoking Cessation II**

*By Charles D. Messinger, CHP*

Today is an Exciting Day! You are now on the road to Great Achievement. Today you have Overcome Many Problems in Your Life. Imagine Your Now Traveling down the road to Great Success. You are Feeling Refreshed with More Physical and Mental Energy than what you have for Many Years, Because You See and Feel this Energy, Because You No Longer Have the Desire to smoke. Imagine All the Long Walks you are now able to Take Without losing your breath because you can and Are Able To.

You No Longer need or desire to smoke anymore. You Have the Confidence to Change the Way You Look and Feel About Yourself. You See as Well as Know You are Able to Exercise without the need to smoke. You Now Have the Confidence to Show Yourself and Others you Care about Yourself, And See Yourself as never wanting or needing to smoke again. Imagine and Smell all the Beautiful Flowers you are able to hold in your hands. And not have to carry any smoking items. Smell the Wonderful Different Smells you have been missing And Feel Refreshed Over this Achievement.

You Now Will Always Find Extra Money since you stopped smoking. Imagine and Count the Dollars you are now able to save for that Special Vacation you could never afford before. Smell how Much Better food tastes and smells. Be Proud of Yourself. This Is THE NEW YOU! Keep up the Good Work!

### **Smoking Cessation III**

*By Rhonda Armbrust, CHP*

You have decided to quit smoking. As you relax and breathe deeply, you can imagine yourself free and as you relax you can see yourself with more energy, feeling healthy and happy because you have accomplished this and you feel wonderful.

Now you are able to breathe deeply and cleanse your lungs. You are at peace knowing you will live longer and be there for your loved ones. Imagine yourself enjoying life without thinking about your previous habit. If you ever think about this you will immediately say “STOP” and all desire will vanish. All those things that you enjoy doing will be enhanced as now you are free. Imagine the fresh smell of your home and car now that you have accomplished this. See the admiration others have for you in their faces. You are an inspiration for others now.

Feel the strength and energy returning to your body more and more each day. Recognize that you have so much to look forward to. You are now free and happy, energized, looking wonderful and so healthy!

## **Smoking Cessation IV**

*By Tom Corbett, CHP*

It is difficult to write a stop smoking script as I alter it to suit the subject - i.e. First we have to find out what is the most important reason that they wish to stop. It could be their health, the money, their children's health with passive smoking etc. Once this is established then I alter the script to suit and although my script does cover all of these, it is imperative to put the most emphasis on what they see as the most important.

My script has the added bonus of the immediately making the subject feel that they breath better, therefore giving them more confidence in the hypnosis and the hypnotist.

Following is just a basic script that has to be altered to suit the subject to give the most impact.

(Your subject is already under hypnosis)

You have come here today because you wish to stop smoking.  
And when this session is over you will no longer crave for cigarettes and the habit of picking up a cigarette pack will be gone forever.

Now completely relaxed - From this moment on you will be a non smoker  
(Repeat)

From this moment on you will never feel like another cigarette again (Repeat  
Twice More)

You know that smoking is making you sicker and sicker with every cigarette you smoke (Repeat)

You know that you children, (If they have children) family and friends breathe in your smoke when you smoke near them and that it is doing them harm (Repeat)

From this moment on you are a non smoker (Repeat Twice) - You will be so proud to tell people that you have become a non smoker (Repeat) You will be the envy of all your friends because you have proved that you are no longer a slave to the dreaded nicotine fix (repeat)

## HYPNOTHERAPY SCRIPTS IV

From this moment on you will no longer give your hard earned money to the poison tobacco growers and the greedy governments (Repeat) From this moment on all the money you wasted on cigarettes you will be able to spend on those luxuries you always wanted but could never afford (repeat)

NOW RELAX – breathing deeply we are sinking a little deeper into relaxation (Repeat once more)

In a moment when I tell you a purple mist will begin to form in front of your face (Repeat) – Even with your eyes closed you will be able to see it (repeat) – On my word I want you to inhale the mist into your lungs and then exhale it back into the air (repeat) You will take three deep breaths of the mist and you will notice that when you exhale the mist has turned from purple to dark grey – This is because it has taken toxic residue from your lungs that was left by the poisonous tobacco you used to smoke and when I awaken you – you will find that you can breath more easily (Repeat)

The mist is beginning to form right now – You can see it – now take those three deep breaths – That’s it, breath it in deeply and exhale that awful grey poison out of your body (Play this by ear saying the words as they take the three deep breaths) Now you can feel yourself breathing better than you have for a long time, and what a great feeling.

You are now a very proud non smoker and you will never have the craving for cigarettes again (Repeat)  
Waking process.

Well that is a rough guide to one of my scripts; I normally make it shorter and more targeted.

## **Stress Management**

*By Patricia Dancing Elk, CHP*

Close your eyes and take a deep breath... and as you exhale, allow your muscles to relax, softer, and softer and softer still. Take another deep breath, and as you exhale, imagine energy in the form of a warm, liquid white light coming from above your head. Imagine that it flows over your body like the finest, warmest summer rain that falls through all the layers and the levels of your energy system just the same.

Feel this energy as it falls gently and lightly, so fine and so pure... steadily and without reservation, touching every part of you, refreshing every part of you just the same. This warm, liquid, white light is innocent energy which doesn't judge, and doesn't mind,... clearing and cleansing, bringing moisture and rejuvenation, hope and life, clarity and fine flow to make you bright and new, radiant and sparkling fresh.

Take a deep breath now in and out, and then another, and another – draw this wonderful warm, liquid ,white light energy into your system, drink it in; then see it soften and flow away from you. See any stress or tension in your body, softening and relaxing, just relaxing and becoming softer with each breath until the tension becomes liquid and flows away from your body.

Know that whenever you encounter stress all you need is to close your eyes and see this warm, liquid white light coming from above your head, flowing over you and taking with it all tension and stress.

**Successful Achiever**

*By Roger K. Sie, CHP*

You are a successful achiever. You believe in yourself and your abilities. Whatever goals you have, they are achievable. Just because you give it 100% of your abilities, attentions and efforts to make it become reality.

You are a wonderful person. Once you decided to do something, your mind... your subconscious mind will automatically program it for you towards the goal... leads you to the destination smoothly and quickly. Everything is in your control, and it follows the path leading you to succeed.

Just because you realize and believe that “what the mind can conceive, the mind can achieve.” You are special, you are a winner, and you are a successful achiever in your life.

**The Carnival**  
(Finding oneself)

*By Renee Dutreaux, CHP*

Note: [cr] indicates that the facilitator (therapist) is receiving the client's response, to monitor the progress and effectiveness of the imaging, but more importantly, to continually modify the script accordingly. This script is meant to be somewhat open ended so that the client's own imagination and subconscious needs can be brought forth and the client's outcomes and intentions realized through their own personal relevance and imaging. This vehicle of ownership will provide not only a richer experience and unique experience, but more insight and depth than the therapist would most likely be able to duplicate.

Note: The use of '.....' indicate pauses in the delivery of the script.

“(Name), you are very relaxed and feeling good. We are going on an adventure, one that you have chosen to discover more about yourself and what it is that you truly want to do, be, and have. This journey will give you insight and answers to what you seek.

You are able to respond to my questions so that together we can explore more deeply what it is that you are seeking. Are you ready to begin your adventure?  
[cr] Good!”

“It's a magnificent evening; a refreshing breeze ruffles your hair. We are walking towards a swirl of bright colored lights. Laughter, giggles, and children's delighted screams sift through the night air.

There is a carnival just ahead! What fun! You look to the right and notice a pier, a sandy beach, and reflected lights dancing on the ocean waves. This is not just any carnival, is the Carnival of

Dreams where wishes come true. What you see? .... What do you feel? [cr]”

“The Carnival is filled with numerous rides and booths, the choice seems limitless. The ticket booth is strait ahead. You purchase the unlimited forever tickets. It's so exciting to be here. Families, children, all kinds of people are having fun together. Each one is here to discover something for themselves. The



## HYPNOTHERAPY SCRIPTS IV

booths, rides, and Funhouse each have unique adventures of their own allowing you to discover and explore the answers that you seek. You are feeling happy, peaceful, joyfully anticipating what you will discover about yourself, dreams, and desires. Are you ready to have fun and explore?” [cr]’

“Recall why you have come here. Please remind me what it is that you wish to discover for yourself.” [cr]

Choose an attraction, a ride or booth. What have you chosen? Good. Now it is time to have some fun. [cr]”

[If necessary, the client will be coached to formulate a specific intention that describes what it is that they are seeking and the clinician will suggest an attraction and give it a name. ]

“Ok...good. The attraction that you seek is just ahead. Do you see it? Tell me when we are there. [cr].”

The balance of the script will depend on what attraction the client chooses and what exactly the client seeks, modified, as necessary, by the therapist. The client’s interaction with the attraction will be facilitated so that the client receives the answers that are sought. For example, if the attraction is some type of skill game, then the prize would gift the answer, or some aspect of that answer. If the client has difficulty with the game, then the resistance would be dealt with and overcome so that the client could see themselves as successful achieving what they were seeking. Positive reinforcement, expectancy, and social rewards given during the exploration would enhance the client’s experience.

The client will be asked to be aware of smells, tastes, temperatures, sounds, and their own feelings during the imagination experience. Post-hypnotic suggestions will be given during the session, as necessary, depending upon what has been uncovered and experienced and what the client has intended.

The therapist will guide the client to other attractions that will progressively deal with deeper or more problematic concerns. The hypnotic session will end when the client and therapist feel that the goals for the session have been met. Following the hypnotic session, the client and therapist will go over what occurred to not only clarify the client’s experiences, but to reinforce the positive elements and to set the stage for any possible further sessions. It is important that the client

## HYPNOTHERAPY SCRIPTS IV

be able to frame their imagination experience within the context of their waking state so as to incorporate the experiences gained as valid and meaningful.

Furthermore, the client will be informed that they may visit the carnival anytime to seek answers for themselves.

Possible carnival attractions:

Fortune Teller,

The Tunnel of Love

Skill games with Prizes

Magic Pictures (that make you look beautiful),

Bumper Cars (that bump away all your troubles),

Roller Coaster (that gets you quickly anywhere and through anything effortlessly),

Boat Ride (allows one to relax, be peaceful, and rock gently)

Ferris Wheel (allows you to be on top of the world and get the big perspective)

Food booths (Magic foods & drinks with mental or physical boosts, etc.),

Balloon Clown (Shape your life anyway you like).

**The Muse's well  
For Writer's Burnout**

*By Susan K. McClafferty, CHP*

I want you to use your imagination for a moment, to see yourself standing in a beautiful garden. It's a clear autumn day, and the scent of sunlight on fallen leaves and rich dark loam perfumes the air.

The glory of Nature is all around you... you see it in the bright azure sky and fluffy white clouds, the pale pink roses spilling over a low stone fence, the tall orange tiger lilies... the marigolds, and multi-colored asters. Scarlet poppies gently bow their heads as you stroll along the garden path... taking your time, your pace unhurried ... more relaxed than you have ever been... pulled along by the soothing sound of bubbling water...

Intrigued by the sound, you move farther along the gravel path, still relaxed, still full of wonder at the lushness of the garden... and finally, you arrive at a place where fresh, pure water bubbles up out of the earth, flowing down a slight incline to form a deep green pool...

This pool is the idea well, a legendary spot where Muses gather to fill their imaginations with fresh, new, innovative ideas... and the water from this beautiful well is their magic elixir. A few moments spent beside the bubbling Idea Well stirs the imagination, and revives creativity, bringing new enthusiasm for the creative process and a deep desire to write...it heals old wounds so the scars no longer exist, and past hurts at the hands of unkind editors fade into the background.

You sit down beside the well, and feel the cool mist rising from the waters caress your warm skin... your brow, your cheeks, your hands and neck...and your writer's wounds fade away. Rejections from agents and editors melt into nothing, replaced by the remembered satisfaction of a ten page day... the incomparable thrill of falling in love with a character and knowing that he or she is a part of you...the absolute certainty that your work lives and breathes. . . the thrill of a new book's very first page...

As the good feelings fill your memory, your reluctance to write goes away. You life is enriched by a new surge of creativity. Ideas are as abundant as the water in the Muse's well.

## HYPNOTHERAPY SCRIPTS IV

It is such a marvelous feeling to sit down at the computer and write. You can hardly wait for the next day to begin, because you know it will bring new challenges, and you are more than able to meet that challenge. The Muse's well has worked its magic on you. You are a new writer, set free from your past, aware of your talents, bubbling with creativity. You are falling in love with the process of writing all over again, and each day your love for writing deepens. You are gifted. You are creative. You are unique. You are once again a working writer.

If at any time, if you feel a reluctance to write, you have only to go back to your garden, and sit by the Muse's well to fill yourself up again. It is yours to use if you should ever need it.

## **Tinnitus**

*By Anja Jeffries, CHP*

So pay close attention. I want you to go to the source of the sound you hear. It can be anywhere in your body. Wherever the source is of the sound you hear **IT CAN BE SILENCED**. And even if you do not hear the sound right now ... your subconscious mind knows exactly the source of the sound you have been hearing. This sound that you want to **SILENCE** right now... If you like, you can imagine walking through your body. (Yes, that's right. Do provide more deepening if necessary)

**NOW** go to this place, the source of this sound. You can imagine that the source of this sound comes from a place in you body like **A ROOM**. And you enter the room you look around. Perhaps you see that the sound comes from something like a radio. You walk over to this radio and as you hear this sound you also see a button of the radio. Reach over and turn the button down. Down, down... Yes that's right – all the way down until this radio is all quite. **SILENCE!** Some of these kinds of radios even have a **SWITCH** off button to turn **THE SOUND COMPLETELY OFF**. Switch off the radio. You may even want to unplug it. And as it is all silence in your head now and you only hear my voice - you start looking around. What does this room look like? Look at all the details. The Furniture, tables, chairs, decorations?... And **ENJOY** this wonderful room. And as a slight breeze touches your arm you realize that the window is open and you walk over the window and you look out into the world. You feel the breeze on your face and you smell the fresh air and the flowers and maybe even the sweet smell from a small little bakery. And as you take this all in – what you see, what you feel, and what you smell - you can also start hearing all kind of pleasant noise. The birds, the wind, imagine all these **PLEASANT NOISES** that nature provides. And the **PEACE AND HARMONY** you feel in side **NOW** - in your head. Fully in **BALANCE**... And as you are enjoying all this – you can make this **ROOM DISAPPEAR** now and stand in nature - in this free and open space that is now your place – completely free.

In the **PAST** you have suffered from Tinnitus. And now you are free of it. Your subconscious mind knows exactly what do to and will always make sure that this problem stays away. After you wake up you will forget any of the things I said. You will remember that I spoke to you. But still everything will fade out of your

## HYPNOTHERAPY SCRIPTS IV

memory and so you can allow your subconscious mind to work for you without disturbance of you thinking and heal you always.

**Test Taking - Autosuggestion**

*By Golie Zarabi, CHP*

Positive Affirmations & Suggestions:

I feel rested... I feel relaxed... I feel prepared... I feel relaxed... I feel prepared...I am calm... I am intelligent... I am prepared...My muscles are relaxed...I am rested... I am confident... I am prepared...I let go of all tension... I know the material...I am prepared... I am calm...

As you take a deep breath in and out... in and out... Slowly... Visualize yourself in the classroom... receiving the exam... You are confident... You are prepared... Notice yourself view the exam... As you look at the exam... You are confident ...You are relaxed... You are pleased... You are confident... All the questions look familiar to you... Because you are prepared... You know the material... You are calm... You are confident... You are relaxed... You are rested...

Concentrate on your breathing...with each breath...you feel calm... and more relaxed...You are peaceful... You are tranquil...You are content... As you count to the number three you will open your eyes feeling completely peaceful.

## **Traffic Law Compliance**

*By Nancy Crider, CHP*

By using your imagination, I want you to see yourself relaxed and on time for your driving excursion. You are walking up step by step to your vehicle with relaxation and awareness that you are a safe driver. You are observant to your surroundings. You open the door and sit in your seat to drive. You feel the seat beneath you as you comfortably adjust. Mirrors are in place. The steering wheel is at its correct position. Your hands grip the wheel and feel how it moves. You notice these things and you feel more confident and relaxed that you will arrive at your destination safe and on time. Place the seat belt on as well and feel how it secures you safely. You are taking all the precautions to be a safe driver and a conscientious one. You feel pride in taking on this new ritual for your safety.

You begin to start the engine hearing the hum. You notice how the engine sounds and will use it as one of the guidelines to help you maintain the correct speed. Begin your driving journey. As you are driving you will notice the speedometer and compare it to how the images pass by as you watch the road. You enter into traffic noticing how your speed compares to theirs. You will feel calm and relaxed even if people are passing you by. You are observant to your speed and that you are being a safe and responsible driver. You will take pride in this. You are safe and responsible. You are doing great.

You feel confident that you are observing your speed, maintaining the guidelines in regard to how fast you are driving, and remembering that this will benefit yourself by being safe, save financial money, and keep your driving record clean. You are showing responsibility and feeling so proud of yourself while doing this. You're observing your surroundings and noticing the changes in speed as they occur. You glance down at your speedometer occasionally to remind yourself of the speed as well.

You will notice the changes in speed of the car by hearing the engine. These triggers will help you remember to maintain the speed limit. You feel safe, secure, and relaxed in your ability to be a good driver. You will arrive at your destination with confidence and pride of your safe procedure of getting there. You will feel relaxed by the trip and have even more desire to continue to be a safe driver by watching the speedometer. You will be successful from here on in regards to managing your speed as you drive.



**Traumatic Event - (Childhood or recent past)**

*By Cathy Roll, CHP*

To be done only by mental health pros

I want you to use your imagination now...I want you to picture a giant movie screen in a darkened theatre. You are seated in the audience and the movie begins...The movie stars you as the main character and you are going to watch yourself on the screen. I want you to see yourself now on the screen as the movie begins. See yourself now as the movie begins and you see the beginning of your troubling event...you see where you were right before the event...You see the final moment right before the event happens. Now I want you to freeze the frame. You have frozen the frame of the movie right before the event occurs. Now imagine that the frozen scene is being transferred to a giant etch-a-sketch. The etch-a-sketch turns the frozen movie scene into a black and white etch-a-sketch drawing of the scene...

Take a minute to turn the scene into the etch-a-sketch drawing...let me know when you have it by nodding your head...good...now imagine that the scene is 'unfreezing' and continues to the event...the lines or the etch-a-sketch move in a cartoon fashion to form the event and continue on through the end of the movie, or event. Now play the event to the end of the movie on your etch-a-sketch...when it is over, I want you to imagine that you can reach out and touch the giant etch-a-sketch and shrink it down to a hand held size. You remember how to erase the pictures on an etch-a-sketch...I want you to imagine you are holding your etch-a-sketch above your head and shake it. Shake it until all of the pictures of the event disappear. Imagine shaking your etch-a-sketch until it no longer contains any trace of the picture or movie or event. When it is has disappeared 100% let me know by nodding your head...good.

Now take the blank etch-a-sketch and make it large again...now turn it into a movie screen...now imagine a brand new movie starring you...Imagine yourself on the movie screen and you are again in the audience watching yourself... imagine yourself on the screen in your perfect vacation spot. It is a spot that is perfect for you...it is the perfect time of year and the perfect temperature... See your face and how relaxed it is...see yourself happy and free...see yourself without a care in the world...completely relaxed and completely free of any past events. Now step into the movie and put yourself in the scene. Feel how it feels to

## HYPNOTHERAPY SCRIPTS IV

be on vacation in your perfect spot, take a moment to see the sites and hear the sounds. Feel any feelings that you would feel on your perfect vacation...

You will find that a smile is beginning to form on your lips...you can not help it...the smile gets bigger and wider...You want to laugh because it feels so good to be in your perfect spot... See your vacation spot through your own eyes and hear the sounds with your own ears...feel the temperature on your skin...feel the breeze. Now take 3 deep breaths and with every breath, imagine the feeling of being in your spot getting stronger. From this point on, whenever the traumatic event crosses your mind, you will immediately take 3 deep breaths and remember this totally relaxed, totally free feeling engulf your mind and body.

## **Wealth and Prosperity**

*By Rhonda Armbrust, CHP*

Take a deep breath and as you let it out, imagine that you are now free to achieve the goals you set for yourself. You can now move beyond any and all obstacles and create the lifestyle that you desire. This will give you a great sense of peace and accomplishment. Now you will be able to provide for those you are responsible for and provide for your own needs as you recognize that you live in an abundant world where there is enough for everyone.

Imagine yourself doing all of those fun things you have desired to do. Feel the excitement of having many choices and the thrill of seeing how much you have accomplished. Imagine yourself traveling to exotic places, if that is what you would like to do. Look around you at the new, unexplored scenery waiting for you. Visualize yourself living in your new home or succeeding at your desired business. See yourself in these places as the highly successful person you are.

Now you know that when you decide on a course of action you will be able to take the necessary steps to bring it to fruition. You are confident in your ability to create the life you desire.

You are now living the life of your dreams, carefree and happy.

## **Weight Loss I**

*David Griffiths, CHP*

Imagine you are walking along your favorite beach. On your back you are carrying a military style backpack. Inside the backpack you are carrying 15 kilograms of bricks. As you walk further along the beach you notice that more and more all you can concentrate on is the heavy weight on your back. You sink heavily into the soft sand, making every step harder.

Now I'm going to take the backpack from you, slipping it off your shoulders. Your body enjoys the freedom. As you stroll further up the beach you now become aware that it's a beautiful sunny day. You enjoy the sounds of the waves breaking lightly on the shore and the distant seagull cries. Take in the fresh, invigorating smells of the open ocean as you lightly and effortlessly continue your journey. Feel how free and alive, how energized and rejuvenated you are.

To shed this much weight and feel as great as you do right now simply eat smaller, healthy portions. Put your cutlery down between bites and chew until your food becomes a paste consistency. If you feel puckish between meals, try a refreshing glass of water or alternatively, three teaspoons of yoghurt. Take a long brisk walk every day. As your energy grows and grows you will want to do more and more exercise to obtain your goal even faster.

Once again, eat smaller healthy portions of food. Cutlery down between bites and only swallow food of a paste consistency. Take a long brisk walk every day. As your energy grows, you will want to do more exercise to reach your goal even faster.

## **Weight Loss II**

*By Rev. Rachel Frank, M.S.*

You are now very relaxed. Take a moment to enjoy how wonderful you feel in this moment. As you look around you notice a full-length mirror next to you. As you approach the mirror you see its covered in words of how you view your body. They are words that are not appealing to you. You look down and see window cleaner and paper towels. Spray the mirror with the cleaner and wipe it off with the paper towels. As you clean the mirror the negative words and self-image of your body begins to disappear as the mirror becomes cleaner and clearer. When you are done cleaning the mirror you decide to look at yourself. You smile as you realize how wonderful you look. You look trim, lean, toned, and attractive. Your arms and legs are very toned and feel great. Your abdomen is flat and attractive. Take several moments to enjoy looking at your wonderful body.

You notice that there is a table next to the mirror with a plate on it. As you approach the table you see all the unhealthy foods you used to eat on the plate. There are snack foods high in sugar and sodium, high fat foods, ice cream, and soda. Think about the worst tasting food you have ever eaten. Really think about the smell, taste, and texture of this food. When you have a clear picture in mind look again at the plate of unhealthy foods and imagine that they all smell, tastes, and feel like that food you despise. Now that the unhealthy foods are unappealing you decide to bring over the trash can next to the table and you dump the food plate and all into the garbage. As you throw away the unhealthy food you feel free and happy at having released them.

Now take a clean plate from the corner of the table and fill it with wonderful healthy foods like fruits, vegetables, lean meats, fish, and whole grain snacks and food. You feel fulfilled and refreshed just looking at the healthy food on the plate. You realize these foods make you feel wonderful, healthy, energized, and happy. These are the foods you will be attracted to and get satisfaction from eating. Pick your favorite piece of healthy food from the plate and carry it over to the mirror with you. As you look into the mirror and see your healthy and attractive body with the healthy food you realize the connection between the two. You love how you look and you love the new healthy foods that fuel your body. You have been on a journey to improve your life and have succeeded. You achieved your health goals. You are filled with love of your body and confidence in yourself. You have complete control over the foods you eat and your weight.

### **Weight Loss III**

*By Jacqueline Swett, CHP*

Today you start on a new journey... the journey of freedom from food obsession. Food is for me to enjoy and nourish my body. Food is my bodies' fuel! Imagine you are making a choice today. A choice that will lead you to joy... release... and increased energy... Yes ... imagine how good you are feeling each and every time you eat moderately. Each day you notice just a little bit more energy...you notice you are happier when you wake up in the morning...knowing you have another wonderful day to make good food choices again. You now make balanced food choices. Imagine the happiness you are experiencing ...you just love it! You are so proud of yourself.

You realize that by just taking one day at a time eating healthy is leading you to your goal. Each day that passes...each week that goes by you see more and more changes in your body. Imagine starting to incorporate exercise each day...yes nice walks in the beautiful summertime...you can now take a nice long walk along the beach...or a swim in the ocean...or join a gym. Imagine having such desires! Imagine life with choices that are positive for your health. You are surprised by your strength! Imagine what the end result is going to be like when you feel this good by simply clearing your mind and focusing on how awesome you feel.

You notice some clothes are getting loose...and this brings you such a joy! Yes joy! All you need to do is just keep it simple in what you eat each day. Imagine eating and being satisfied with what is on your plate. Eating healthy is freedom! Standing up for yourself empowers you! Yes...you feel healthy, energized and grateful.

## **Weight Loss and Exercise**

By Cathy Roll, CHP

I want you to use your imagination now...pretend or imagine that you every cell in your body has a face. Some cells have happy faces, like the smiley's you see on emoticons or emails. Some cells, cells that may feel neglected, have sad faces...they want to be used and be healthy and happy and productive. Maybe some of the fat cells in your body feel that they are not being used for their purpose. They are in your body to be used as energy for building other cells, muscles...to give you an abundance of energy...they are sad because their energy is being stored in the cells and not used. They are talking to you...can you hear them? They are saying, "Use me, we want to be helpful...release us to do our job... providing you with energy."

Other cells, like the cells in your muscles, organs, heart, brain and all of your being are talking to you too. They are saying, "We want to be helpful, use us! We can make you strong, healthy and happy!" You begin to listen to your body...the cells are getting louder... you can even feel them vibrate with enthusiasm...you can even see them all begin to smile because they know that you are listening to them. Imagine now that you are going to do an imaginary scan of your body starting at your head...focus on your head and every cell inside your brain, your scalp, your, eyes and ears...every part of your head...see or imagine all of the cells as smiley faces...see them or imagine them beaming with smiles...see them applauding you as you pay attention to them...see every cell as happy and healthy...move your attention down to your neck and see all of those cells as happy...search for any unhappy cells and see their faces turning into smiles...focus now on your shoulders and chest and arms...search for any unhappy cells...tell them that you love them, especially your heart cells...thank them for taking care of you and agree to take care of them as well...focus now on your stomach area...feel all of your organs and thank them for taking care of you and agree to take care of them...focus on your pelvis area and thank all organs and cells...bless them...see their happy faces as they awaken to their purpose...focus on your legs...search for any unused energy in your cells...sometimes the energy will store in your body as cellulite or fat...see the energy wake up and smile...see the energy cells glow and go into action...feel how energized your body is becoming...

Focus on your feet and thank your feet for taking care of you and see how each cell responds with a happy face...see every cell in your body as

## HYPNOTHERAPY SCRIPTS IV

happy...singing...thanking you for listening to them...knowing that you will take care of them by using them...feeding them good, nutritious food...using their energy by exercising...releasing their purpose and potential...Just take a moment now for your thoughts and your body to align...to agree with one another that you love each other and agree to take care of one another...see your body and mind agree to act in perfect harmony... As you think of this new agreement...you smile...you breathe deeply...you thank your body and watch as it in turn thanks you...your thoughts and your cells are now the best of friends...all is well...all is healthy...all is happy...all is in harmony.



## **Weight Loss Portion Control Script**

*By Jan Hansen, CHP*

Now, listen to my voice. Feel how calm and relaxed you are. Imagine that you are sitting down to a beautiful table full of colorful fresh fruit and vegetables. There is a platter of assorted fish and chicken prepared in a healthy, satisfying way. There is a large crystal glass full of ice cold water. Smell how good the fruit and vegetables smell. When you put food into your mouth, you think about every bite and how it is going to feel in your body. You are very careful about the amount of food that you eat. You know that a serving of protein is the size of a deck of cards. A serving of fruit is one piece of fruit. You eat fresh fruit and vegetables whenever you can. A serving of starchy vegetables is ½ cup. A serving of green vegetables is 1 cup.

You have a large salad with every lunch and dinner with low fat dressing. You only use enough dressing to lightly moisten your salad. When you eat bread, pasta or tortillas, you always choose whole wheat. You remember to only take one serving at each meal. You carefully chew every bite and enjoy each bite that you take. Imagine how good it tastes and how good it feels in your body. Listen to the crunch of the crisp, fresh fruit and vegetables. You appreciate your food and you are grateful that you can afford healthy food like this and that you are giving your body the nutrients that it needs to stay healthy and active.

You don't eat food unless you are truly hungry. You stop eating at least 4 hours before your bedtime. You know that you are making good, positive changes in your life. You know that it takes 20 minutes for your body to tell you that you have had enough to eat, so you chew your food slowly enjoying each and every bite. You know that it is ok to leave food on your plate. You know that it is important to take care of yourself. Imagine yourself several months from now. You are thinner and trimmer. You are able to move about easier. You can breathe easier. You have more energy.

You know how important it is to control the portions of the food that you eat. You know how important it is to eat healthy food. Your friends and family are all complimenting you on how good you look; how clear and smooth your skin looks; your hair is healthy and shiny. They are all very proud of the changes that you have made. You feel like you have complete control over your weight now and you do.

## **Weight Reduction Script**

*Dr. Diane Ursone*

Relax in your chair with your feet flat on the floor. Your hands are separated, and your back rests in a comfortable position. Close your eyes and imagine a vibrant garden where you wander undisturbed— a garden where you have been before or one you imagine going to in the future. This garden is very safe, and as you look around, the colors become brighter and more vibrant in the warm sun of a cool, clear day. You hear the sounds of nature carried on a gentle breeze that brushes your skin lightly. There is a sweet familiar scent in the garden air as your gaze goes upward to an endless blue sky---a crisp, cool blue. One or two puffs of cloud drift by, carrying away with them every care and concern you might have---leaving you feeling light and relaxed.

### *Progressive Imagery*

Allow the white light of the sun to flow through you, relaxing every muscle fiber, cell and tissue. As the light spills over the top of your head and flows down your face, feel your temples relax. Imagine the creases in your forehead and around your eyes releasing as the light continues to flow over your face, down the front of your neck and at the same time down the back of the head, neck and shoulders. Allow gravity to pull the shoulders down into their natural position. Your mind may wander and drift or become foggy and drowsy. Whatever happens, it is completely natural. Any outside sounds you hear, simply allow you to relax more deeply with the sound of my voice becoming a comfortable feeling in the background. My words will soon blend together; your subconscious will know what they mean. The mind is simply unwinding, like a big spring. Letting go.

Allow the white light to continue to flow through the arms, the elbows, through your wrists and out your fingers. You may notice a tingling sensation in your hands, which shows you are beginning to deeply relax as the body functions slow down. Breathing becomes deeper as you breathe in and out. Feel your body resting in a safe sense of deep and peaceful relaxation. The white light continues to flow down your back, and all the muscles and tendons around the vertebrae unwind, and the back automatically settles into its natural position. The light flows through your chest and waist, through the hips and thighs to your knees, ankles and out your toes---pushing out all stress, all concerns and worries in the form of tension or tightness. Useless to you now, all tension, all tightness flow through the tips of

your fingers and toes—out and away—leaving you loose and relaxed as you go deeper and deeper—as you breathe slowly and deeply. And now with each breath that you take, allow yourself to go deeper and deeper. Allow yourself to become more deeply relaxed, inhaling the light of relaxation and exhaling any tension or tightness so that you may go deeper and deeper... simply letting go.

And now the conscious mind needs to be acknowledged for its exceptional ability to rationalize, analyze and make decisions—things we're going to put aside until later. Now the conscious mind becomes quiet so that the subconscious mind receives suggestions. The conscious mind moves aside now, and the subconscious is able to imagine things very clearly. The subconscious mind imagines pictures, images, sounds, and feelings. The conscious mind simply moves aside, while the subconscious images become brighter and brighter. With each breath, breathing in and out, deeper and deeper. Clear crisp images as you are deeply, deeply relaxed. (Pause.)

### *Eliminating Excess*

Now imagine having had a fulfilling day with completely satisfying meals. You are relaxing, enjoying your free time. And you have a craving; you want to eat a certain food. It's OK. You will create a thinner healthier you with these desires. You have choices. You have three alternatives that will always leave you satisfied. You won't miss a thing; you will experience satisfaction and become a thinner person in the process. Now is the time to tune your subconscious so that you get what you want and still create a thinner, healthier, happier body. Listen to the three choices that you will make when it comes to food.

Number One---You choose to look for substitutes that are less fattening and still give you a great amount of satisfaction. You begin to taste test and notice that you still have everything you desire by eating a less fattening substitute. You are seeking and finding and choosing less fattening alternatives that leave you feeling thinner, happier and healthier. You like your substitute foods now. Your taste buds like them and you feel thinner, happier and healthier. You like yourself more. You have choices under control with the satisfying substitute foods. You feel fine with your choices.

Number Two---You notice that if and when you eat your favorite food---or its substitute, you cut the quantity down and still feel satisfied. Notice that you even eat half the quantity and still you are satisfied. You are satisfied with less. So you

## HYPNOTHERAPY SCRIPTS IV

choose to eat less. You are eating slower, savoring the taste, and you simply need less and less. It's the quality that satisfies you now. You do not like the feeling of eating quantity; you feel satisfied with less; you feel lighter and thinner and these feelings make you happy and energized. To your amazement you eat less and less and feel more and more satisfied. You've had enough and you feel fine. You see the small portion now and you feel satisfied. You are achieving a balance in your life, by eating less, by feeling satisfied, completely satisfied. You feel fine with less; you still choose what you want; you choose what you need. You need less of it to feel satisfied. You feel fine.

Number Three---You may choose to completely avoid a problematic food in the evening or during the day for a while. You may decide to completely eliminate eating this food for a lighter, thinner, healthier you. You give it up for now and ask yourself, "How long can I go without this food?" It may be days, it may be weeks, it may be months; but you are going without it and focusing on your thinness. You want to feel thin, feel good more than you want to eat this food. You have a burning desire to choose thinness over this food. You've had enough. You release your desire for this food. You release it and it releases you and you have a peaceful sense of freedom. You feel free without eating this food. You choose to pass it by this time. You see it and you pass it by. You put these foods out of your mind and you are free. You are free to choose. You are satisfied without them.

You are free and you like yourself better this way. You have a higher self-esteem. You like engaging in the thinner habits you have chosen, because they are leading to the habits of a thinner person. You have the lifestyle of a person who's thinner and thinner, and you are more in control of your choices. You're gaining control over your eating habits and noticing other positive changes in your life. You've taken your power back from those foods, and you feel great. You feel SELF empowered. You choose success. You have mastered one of your greatest challenges and never again will any food dominate you. You are the master of your choices now that you are in control. You have mastered this problem and now you have more faith in your abilities. You have more control, more inner strength. You like the choices you make. You are putting your choices in perspective and in moderation and you like the strong you. You are thinner and thinner through these choices, and you are achieving a balance with this moderation in your life. You're thinner, happier, healthier, and you have an overall positive self-image. You are satisfied with your choices and you feel fine. You feel great.

## **You Are Your Creator**

*By Vince Kramer, CHP*

Take a moment to completely release the last bit of tension in your body... relax deeply... As you relax into your power, realize that you are the creator of your own life. As you think, you are...what you perceive, you can achieve.

You are one with God...with the Higher source...one with everyone and everything you come into contact with throughout the day. You see evidence in everything around you of the powerful creator that you are. You are source energy...and have access to all the knowledge of the universe. You were born with this entire knowledge... break free from the limiting beliefs you have accepted and tap into this infinite knowingness.

Listen to your heart...trust your intuition...know that only you know what is best for you. Only your heart has the right answers...trust it, believe in it and the answers you get from it. There are no rights or wrongs only what feels good to you...that bring you joy and peace.

As you experience life you observe those things that you do and don't want in your life. Through all of these experiences...YOU KNOW exactly what you do want. As you become aware of what you do want, you will know the questions to ask your inner self, your powerful self, the creator within on how to make them reality. You listen for the answers you seek from within every time you seek advice...trust the answers you receive because only you know what is right for you.

You are a powerful manifester...what you think...will be. The statements you make, the thoughts you have become reality. Think only positive thoughts... thoughts of what you want. Erase from your mind any possibility of not achieving your wants and desires. Understand that negative thoughts will be manifested also. Consciously and subconsciously remove those negative thoughts and replace them with positive ones. From now on you choose to think and manifest only what is right for you. From here on out, you will decide the path you take, the abundance in your life, and how you experience each now moment. Surround yourself with positive people...experience joy and have fun...live in the present moment.

You are manifested...you are powerful...you are your creator.