

Hypnotherapy Scripts II

100+ Scripts

ORIGINAL SCRIPTS

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

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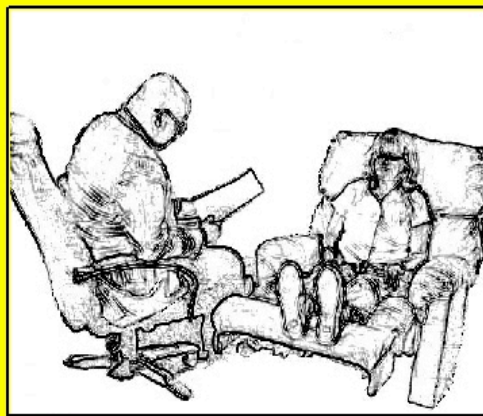
Deepeners

Analytical Vehicles

Clinical Scripts

Awakenings

& more . . .



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HYPNOTHERAPY SCRIPTS

This manual contains original hypnotherapy scripts that have been created by students and instructors of the American International Association and Associates.

The materials in this manual have been designed to be used by hypnosis professionals and those trained in the field of mental health.

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.

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Body Scan Relaxation

By Sandra E. Snay, CHT

I would like you to sit comfortable. Be sure that your head and neck are very comfortable and you are in a relaxed position. We are going to start by taking in a deep breath in and letting it out slowly counting down 3 ... 2 ... 1. Slowly breathing out. Visualize your breath as a color. Breathing in the stream of colored air. A smooth soft ribbon of air into your lungs and letting it out slowly 3 ... 2 ... 1. One more time recognizing it more this time. Feeling the air flow in and relaxing more and more.....exhale 3 ... 2 ... 1. Good.

As you continue breathing nice and slowly, let's focus on the top of your head. Imagine it being wrapped in a warm soft cloth. Feel the warmth around your head. Relaxing every muscle in your head and moving down your forehead. Feel the warmth in your ears and down through your face as you release and relax all the muscles. Your eyes, cheeks, and chin. Relaxing and continuing to breath 3 ... 2 ... 1. Relax more and more. Your breathing is slowing down much more as you relax. Everything is okay and you are feeling wonderful. Relax your neck muscles, the back and front of your neck and your shoulders. Letting go of all the tension. Letting go and feeling very comfortable and relaxed. Breathing still 3 ... 2 ... 1 deeper and deeper into relaxation. Relax your arms and fingers feeling the air circulating all through your body as you breath in and out 3 ... 2 ... 1. Your chest is relaxing and if you tighten your stomach muscles, let go and feel them relax. Down into you hips and legs. Breathing and relaxing 3 ... 2 ... 1. The front of your legs are relaxing all the way down and around to your calves then to your ankles, feet and toes. Enjoy the peace and stillness. Breathing and relaxing with each breath. I am going to count down from 5 to 1 and you will relax even more. Feeling the lightness of your body more and more. 5 ... 4 ... 3 Letting go. Relax. 2 ... You can trust that everything is fine and you have complete control at all times. 1... Relax. You are enjoying the relaxation more and more.

We are now going to begin to walk down a boardwalk. The walking is relaxing and light. No effort and very enjoyable. It is warm and the sun is just perfect. The light is beautiful and the breeze is very comforting. As we continue to walk this boardwalk notice a few steps ahead is a smooth gray soft wooden stairway of 12 steps. Let's take each step counting down from 12, you will find yourself relaxing more and more. Let's begin now. 12 ... 11 ... 10 relaxing, deeper and deeper 9 ...

HYPNOTHERAPY SCRIPTS II - Original Scripts

8 ...7 ... 6 ... 5 relaxing more. Let go of any tension in your body. You have never been more relaxed than you are right now. 4 ... 3 ... 2 ... 1. Very relaxed. You are doing great.

Take a few moments right now to think about how relaxed you are on a scale of 1-5. I will be counting from 1 to 5 and I would like you to raise a finger on your right hand when I reach the number that you feel you are relaxed at. One, Two, Three, Four and Five. Okay wonderful. You are so comfortable. In look up ahead you will see a great big fluffy comfortable lounge chair. It is so warm and perfect and we are going to go to this chair to relax even more. Let's walk a few steps to the chair and the closer we get to it you are relaxing even deeper. Good. We are at the chair. Lye down in the chair and take in the peace and relaxation for several moments. Enjoy...

Beach Induction

By Craig Rowan, CHP

Close your eyes...and take a deep breath ... Holding it in ... now exhale and relax ... Take another deep breath ... holding it in ... now slowly exhale and relax ... Take one more deep breath ... holding it in ... now exhale ... releasing all your stress.

Now I want you to picture yourself on a tropical beach ... a safe, relaxing place... Feeling the bright, warm sun shining on your skin ... As you walk along the beach, you feel the soft, warm sand between your toes ... You walk over to a nice, shaded beach chair ...to relax ... as you sit there you begin to feel the cool breeze blow across your face ... You look out at the ocean and notice the bright, beautiful blue water as it rolls in ... You lay back and close your eyes ... as you listen to the waves crashing ... becoming very relax ... The more that you hear the waves crash along the shore ... the more relaxed you become ... going deeper and deeper ... letting go of all the tension and stress in your body ... feeling more relaxed ...

You are now relaxing more and more ... feeling the relaxation move down ... beginning with your head ... now down through your shoulders ... now into your chest and arms ... becoming more relaxed ... now moving down into your legs and ankles ... now the relaxation is moving into your feet and out through your toes ... now totally relaxed and completely at ease ...

Beach Induction II

By Gina Dimare, CHI

You are sitting ... at the edge of the water ... on a beautiful ... deserted beach ... It's a beautiful day ...

The waves are washing up ... to your feet ...

As each wave washes up ... and moves away ... it is taking ... the tension ... from each part of your body ... starting with your toes ...

Feel the waves washing ... over your toes ... and feet ... pulling all the stress ... from your toes ... and feet ... and washing it out to sea ...

Feel another wave wash up ... and pull all the tension from your calves ... and knees ... feel the next wave ... wash all the tension ... from your thighs ... and your hips. ... Washing it all down ... and out to sea ...

As the next wave ... washes over you ... you feel it wash all the tension from your lower abdominal muscles ... and your low ... back ... the motion.. Of the waves ... relaxing you ... deeper and deeper ...

The next wave ... takes all the tension ... from your upper back ... and your stomach ... and your chest ... washing it all away ... down ... down ... and out to sea ... and you are more and more relaxed ... by the waves ...

You feel the next wave ... pull the tension from your arms ... and shoulders ... out your fingertips ... and out to sea ...

Another wave ... washes in ... and you feel your neck ... and throat ... relax ... All the muscles ... of your chin and jaw ... relaxing ... you feel your jaw hang loose ... and your teeth do not touch ... you may feel your mouth ... water slightly ... this is fine ... if you feel you need to swallow ... just swallow ... and that will relax you even more ...

HYPNOTHERAPY SCRIPTS II - Original Scripts

The next wave ... takes all the tension ... from your cheeks and nose ... and from the area ... around your eyes ... relaxing every muscle ... Your eyelids are very ... very ... heavy now ...

The next wave takes all the tension ... from your scalp and head ... pulling all the tension ... down ... down ... down ... and out to sea ... relaxing you more ... and more ...

Cleansing

By Dan Miranda. CHT

Close your eyes and begin to relax ... Relax all the muscles in your body and allow yourself to sink deep into the chair ... Take in a deep breath ... and hold it ... *wait three seconds*. Let it out slowly ... good. Take in another deep breath ... and hold it ... *wait three seconds*. Let it out slowly ... yes. With each exhale, you will fall deeper and deeper into a more relaxed state of mind ... Take one more deep breath ... and hold it ... *wait three seconds*. Let it out slowly ... excellent.

You are now cleansing your body of all its negative energy. You are cleansing your entire body starting at your feet and ending with the top of your head ... Feel all the muscles in your toes, feet, and ankles ... Visualize the tense and negative energy in your feet as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath ... Exhale ... Perfect ... Feel all the muscles in your calves, shins, and knees ... Visualize the tense and negative energy in your calves, shins, and knees as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath ... Exhale ... Nice ... Feel all the muscles in your pelvis and stomach ... Visualize the tense and negative energy in your pelvis and stomach as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath... Exhale... ... Feel all the muscles in your chest and back... Visualize the tense and negative energy in your chest and back as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath... Exhale ... Good ... Feel all the muscles in your arms ... Visualize the tense and negative energy in your arms as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath ... Exhale Feel all the muscles in your hands and fingers ... Visualize the tense and negative energy in your hands and fingers as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath ... Exhale ... Excellent ... Feel all the muscles in your neck and shoulders ... Visualize the tense and negative energy in your neck and shoulders as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud travel up through your body and release with your breath ... Exhale Visualize any remaining tense and negative energy in any part of your body as a dark, thick cloud ... Take a deep breath in. Hold. On your exhale, feel this cloud

HYPNOTHERAPY SCRIPTS II - Original Scripts

travel up through your body and release with your breath ... Exhale ... Perfect ... Your body is now free of all stress. There is nothing you need to do and no where you need to be ... Each breath you take cleans your body, mind, and spirit, drifting you deeper and deeper into the depths of your subconscious mind.

You are now totally focused on your breathing ... Take in a deep breath ... and hold it... *wait three seconds*. Let it out slowly ... Take in another deep breath ... and hold it... *wait three seconds*. Let it out slowly ... with each exhale, you will drift deeper and deeper into a more relaxed state of mind.

Eyestrain

By Unknown Author

I use a pendulum during this induction. For stage shows the use of an object is visually appealing, but this method is good for clinical induction as well.

Make yourself comfortable in your chair. Place your hands on your lap and relax. Now, keeping your head level, don't bend your head back, look at the pendulum. Focus all of your attention directly at this object.

[Holding the pendulum above the seated subject's head about 5 – 6 feet away and at about a 45 degree angle from their vantage point, is important to quicken this eye strain method]

Forget about everything else, keep your attention only upon the pendulum. As you stare at it you will notice an aura surrounding it, some may say it is glowing. When you begin to see the aura, or you have difficulty keeping it in focus, you will notice that your eyes are getting tired, very tired.

Continue to look directly at the pendulum, focus hard. Your eyes are getting heavier and heavier. You are getting sleepy, but you must continue to look at the object.

Okay, your focus is strained. It is difficult to keep your eyes open. I will count backwards from 10 to 1 and as I do you will become sleepy, allowing your eyes to close tightly, you will become totally relaxed, you will go very deep, when I reach 1 you will be completely asleep.

10, 9, 8...your eyes are closing, do not strain too keep them open, allow your eyes to close and allow yourself to drift off. 7...6...5...Your eyes are almost completely closed. Relax, fall deeper and deeper. 4...3...2...1. Your eyes are tightly shut and you are totally relaxed... drifting off ... deeper and deeper.

Magic Boat

By Stacey Hewitt, CHT

Imagine that you are going on a picnic, going with your family and favorite people to a special place for a picnic.

You arrive at your picnic spot. It is located near a softly babbling stream of fresh, clear water, in a beautiful forest. It is a perfect summer day ... by a softly babbling stream. You are enjoying the beauty of nature, and as the sunlight shines through the trees you listen to the birds singing and the gentle flow of the water. You have all your favorite things to eat and drink. You can see and smell and taste them as you enjoy each mouthful.

Enjoy eating, drinking and being with your family and friends. Then when you are finished eating and drinking, you notice a small wooden boat docked by your picnic spot. It's your favorite color. It is dry, sturdy and strong. You may sit in the boat. As you sit in the boat you feel it gently rocking you back and forth. Relaxing you slowly.

As the boat rocks and relaxes you deeper and deeper, you pretend it's a magic boat that can sail anywhere and you are the captain. You are in control. This gently rocking boat and softly babbling stream can take you anywhere. You are the captain of this gently rocking and relaxing boat. You can drift downstream in this boat and go where you want and as fast or as slow as you wish, just by thinking about it. You can dock the boat and visit your friends or you can lazily drift down stream and be taken to a far off country. Anywhere you want to go this gently rocking and relaxing boat will take you. You're the captain and you're in charge. You might sail pass people on the shore or captains on other boats. They will all smile and wave, happy to see you comfortable, safe and secure, on your journey ... as you are being relaxed deeper and deeper by the gently rocking boat.

Magic Beach Blanket

By Stacey Hewitt, CHT

Imagine that you are going to the beach, going with your favorite people to your favorite beach. You arrive, the sky is clear, the sun is brilliantly warm and the sea's waves roll in calmly. You feel the sun's warmth on your body and smell the salt in the air. You hear the circling seagulls.

Enjoy playing in the sand and the water with your family and friends. You play with your family and friends until you are exhausted and can play no more. Tired from play, you see a blanket spread out in front of you on the sand. It is a blanket for you. A blanket for you to rest upon. It's your favorite color, smooth and soft. You may sit on it, or lie on it.

As you rest on the soft, comfortable blanket you being to pretend it's a flying blanket. You are the pilot of this flying blanket. You are in control. You can fly just a few inches above the sand, above the water or higher even than the circling sea gulls. You are the pilot. You can go where you want and as fast or as slow as you wish. Just by thinking about it, you can travel wherever you want. You can land and visit your friends or you can land in another country, or anywhere you like. You're the pilot and you're in charge. You might fly over the oceans and see fish swimming or fly by trees and see birds in a nest. You can go anywhere. You can speed up and slow down.

Enjoy going where you want to go. Take all the time you need to feel very comfortable on this soft and safe blanket. When you are ready you can find a nice, comfortable landing spot and land your flying blanket. When you have landed, let me know by lifting one finger.

Relaxation

By Woodward Cox, CHT

I want you to use your imagination for a little while.

I want you to imagine that you are standing in a beautiful meadow full of flowers of all shapes and sizes.

As you begin to see the different colors and shapes with your minds eye, you begin to notice their wonderful fragrance filling your sense of smell.

Breathe in that fragrance once. Now breathe in deep again. Now one more time, slowly exhaling. Good.

Now you may begin to hear the sounds of birds calling to me another.

They sound as if they are singing a beautiful love song you've heard before.

Now you may begin to notice the warmth of the sun on your hands and your face.

It's not too hot or bright - It's just perfect.

On the ground a few feet ahead of you lies a comfortable and warm blanket with a feather pillow spread out on the grass.

You feel an overwhelming urge to lie down on this soft warm blanket and rest your head.

And as you begin to lie down on this nice warm blanket you feel relaxed and peaceful, enjoying the moment.

You gently lay your head down on the comforting feather pillow. You feel how soft it is and how it perfectly caresses the back of your head.

You imagined it would be.

As you lie down on your back and look up to the clear blue sky you begin to feel

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heaviness in your eyes and feel them slowly closing.

Your arms and legs become like soft putty under the gentle warm sun in the clear blue sky.

You close your eyes now and immediately feel completely relaxed while enjoying the sounds and feelings of this peaceful meadow.

Now you can just rest for a while as you listen to the suggestions I'm going to give you.

Simple

By Unknown Author

Please sit comfortably. Rest your feet flat on the floor and rest your hands on your lap. First close your eyes and count backwards from 5. That's right 4...3...2...1. Now open your eyes. That is how hypnosis feels. You are aware of everything and can feel yourself seated in the chair, and you can hear everything around you.

Now drop your head forward, placing your chin toward your chest. Keeping your eyes open roll them up and back as though you were looking inside of your head, looking at your brain. This is difficult and a strain but keep your eyes pointed inside. Take a deep breath, fill your lungs all the way up as you continue to look up and back... Pause for a few seconds... Again take in a deep breath, hold it...exhale slowly. As you continue to look up you feel your eyes becoming heavy. Allow your eyelids to grow heavy and close down... now exhale slowly.

Good, relax all the muscles in your body from the top of your head down to your toes. Let all of your muscles turn loose, and limp and wonderfully relaxed... Now, draw your attention to your eyelids. Even though your eyelids are closed and comfortable, **imagine** they are closing down all over again, even more heavy and tired and lazy than before. Relax your eyelids, down to the point where it feels as if they are as tight as a ban vault.

You will now find that your eyelids are tight as they could be, they are sealed shut.

Push hard against that relaxation and find the harder you try the more tired and relaxed those eyelids are becoming.

Now stop trying, send another wave of relaxation throughout your body. Your eyelids aren't really sealed shut; it just feels as if they are. You are now relaxing very deeply.

Now, I'm going to help you to relax even more deeply, and that is how I'm going to do it. In a moment I'll count 1, 2, 3, when I reach the number three you can open your eyes for a second before I gesture and say the word "sleep." When I say the word "sleep", just allow your eyelids to close down and find you're going into a deep

trance.

Beginning now, 1, 2, 3... opening those eyelids, ready now, "sleep", relaxing much deeper than before, two times deeper... Good... Once again, 1, 2, 3, opening those eyelids, ready now, "sleep", relaxing... deep...deeper...even deeper.

Good... One more time... 1, 2, 3, opening your eyes, ready now, "sleep", relaxing much deeper than before, two times deeper again... Great.

You are now relaxing your body very deeply, and as you relax your body you're relaxing the mind.

Now, I'm going to help you to relax the mind even more deeply. I want you to begin counting down backwards from 10, counting out loud, and repeating the words "deeper and deeper" after each number.

Each time you say the words "deeper and deeper", you're doubling the relaxation of your mind, especially the counting part of your mind.

By the time you've counted just a few of those numbers you'll find you've succeeded in relaxing your mind so deeply that you just count anymore, the numbers are gone, forgotten from your mind.

Start counting now, losing the numbers to relaxation as you count, beginning now...

That's it. Good. Now relax even more deeply, and as you do so make an effort and try to locate those forgotten numbers and find that you've succeeded, they've faded completely from the mind. Haven't you?

Walk Through Field

By Dan Miranda, CHT

You are now overlooking a beautiful, tranquil meadow ... Bright yellow apples, luscious red strawberries, deep lavender plums, and every other fruit hangs on the bushes and shrubs filling your mind with bright colors and scents. As I count back from ten to one, you will fall deeper and deeper into a more relaxed state of mind. The more relaxed you feel, the deeper you go, and the deeper you go, the more relaxed you feel.

One ... You see baby deer eating grass, hear birds singing, feel the gentle breeze and warm sun-rays traveling through your body. In the distance, you hear the sound of moving water. This sound is very relaxing and you want to be closer. Run across the meadow toward the waves feeling the gentle breeze and warm sun-rays on your face.

Two, Three... You find a soft grassy trail and begin to walk along the trail. Feel the soft grass massaging your feet and the loose soil molding under your toes. Take in all the reds, greens, yellows, and other colors of the fruit bushes and bright flowers. As you look up, take in the blues and purples of the beautiful sky. Hear all the birds in the orchard chirping their own enchanting song. As you walk along this path, you see a patch of bright blueberries to your left. Take the blueberries and smell them. Feel the soft, fragile blueberries in your hand and take a bite, consuming the color blue and allowing it to consume you.

Four ... You see a soft grassy trail winding through an orchard of colorful fruit bushes and small green shrubbery smelling all the fragrances as you begin to walk onto the soft green trail. As your walking along through this orchard, you decide to turn off the path and go your own way. The grass here is slightly taller, now gently caressing your ankles. Take in all the reds, greens, yellows, and other colors of the fruit bushes and bright flowers. As you make your own way through the orchard, you see a patch of bright red strawberries to your left. Take the strawberries and smell them. Feel the soft, fragile strawberries in your hand and take a bite, consuming the color red and allowing it to consume you.

Wave Induction

By Colette Kelso, CHT

Close your eyes and take three deep breaths, getting more comfortable with each breath ... I want to imagine an elaborate staircase, any kind of staircase ... I want you to walk down the steps, counting from 10 to 1 ... Ten, nine, you feel relaxed as you descend ... eight, seven six, each step takes you deeper and deeper into relaxation ... five, four, three ... you're going down, your eyelashes have miniature weights on them ... two, one, and you're at the bottom and you've left everything else behind ... There is a large veranda in front of you. Imagine how beautiful it is, palm trees all around... There is a path at the edge of the veranda ... follow that path, knowing you are going someplace very relaxing, very dream-like ... The path takes you to a white, sandy beach ... Feel the warmth of the sand on your feet ... the softness of the sand ...

You reach the waters edge, where the tide gently comes in white, frothy ebbs and flows ... You lay down there at the edge of the water... It doesn't matter what you're wearing or not wearing ... You just want to feel the water ... The first eddy of a wave comes in and surrounds your whole body ... It's not above your face, so you can still breathe and smile ... The temperature is just right ... Your hair flows out with the water around your head ... The water flows back down around your shoulders ... your hands cup the sand and water ... and down around your feet, pulling all the tension, all the worry out of your body and leaves it to drift out to sea ... Then slowly up to the top of your head, you breathe in and almost float ... and back out to sea again as you exhale and all your worries drift off to sea ... Up to your head again, and the world is silent for a moment as you breathe in ... and then exhale as the wave washes away all your concerns, out through the bottoms of your feet and away with the ocean ... Up, breathe in and feel that floating sensation ... And back again as you breathe out and the water nestles around your body, pulling all the tension away ...

HYPNOTHERAPY SCRIPTS II - Original Scripts

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DEPTH TESTS

- 26 Balloons
- 27 Clock
- 28 Finger Counting
- 29 Magnetic Shoe

Balloons

By Katja Sjoblom, CHT

I would like you to imagine that you are holding on to 10 helium balloons ... Each one a different beautiful bright color ... I want you to visualize letting go of one balloon at a time ... Each balloon has a number from 1 to 10... Number 10 being the most relaxed you have ever been and number 1 being the least relaxed you have ever been ... Now I want you to let go of one balloon at a time ... stop at the number that best shows how relaxed you are right now...

Continuing to relax ... tell me what number you are relaxed at between 1 and 10?

Clock

By Shannon Ruane M.S., CRC, LPC

I would like you to now imagine you're standing in front of a large clock about the same height as you. A wide sturdy clock showing the numbers 1 through 12 in large bold lettering. Imagine that the symbol for 1 o'clock represents the least relaxed you can be ... as if you are totally awake and alert to your surroundings ... and 12 o'clock represents the deepest that you could be relaxed. In between, you see the numbers on the clock representing different levels of relaxation ... and I would like to ask you to imagine you are positioning the large hand of the clock on the number that represents the level of relaxation you are feeling right now. Please take a moment to consider where you feel you may be and imagine you are placing the hand on the number representing your current relaxed state ...

Tell me now, which number on the clock have you selected?

Finger Counting

By Rachel Power, CHP

Now keeping your eyes closed ... Relax. I want you to imagine that you are holding your hands out in front of you. Your hands represent the numbers 1 through 10. Imagine that the number 1 is the least relaxed you could be ... as if you were wide awake ... and the number 10 is the deepest you could be relaxed. The numbers between 1 and 10 represents all the varying degrees of relaxation that you could be experiencing. One of these numbers represents exactly how relaxed you feel right now. I want you to think about these numbers and exactly how relaxed you feel.

In just a moment I will ask you to tell me which number represents how relaxed you feel. ... So now, remaining completely relaxed ... Tell me which number are you relaxed at right now?

Magnetic Shoe

By Rachel Power, CHT

I would like you to use your imagination now. I want you to imagine that your (Right or Left) shoe is made out of metal and I am holding a very powerful magnet in my hand. As I pass the industrial strength magnet above your (Right/Left) shoe, you can feel the magnet pulling your foot up. You start to feel your foot rise. Up, Up, Up. Feel the magnet pulling at your shoe. Your foot is rising off the floor. Your shoe feels lighter as it goes up into the air. Allow your foot to rise...Higher and higher in the air...The magnet is so strong, your foot is going straight up into the air.. Now on the count of five I am going to gently touch the toe of your shoe and as soon as I do, the magnetic will be gone and your foot will drop back to the floor with great force. You will then go into a deep relaxed state of mind, even more relaxed than you are right now. One... Two... Three... Four... and Five (touch shoe) Allow yourself to go deeper and deeper... Relax... Relax.

HYPNOTHERAPY SCRIPTS II - Original Scripts

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DEEPENERS

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Airplane Landing

By Charles M. Butts, CHT

I'm going to ask you to use your imagination. Imagine you are in a large passenger plane, coming home from a business trip. See the other passengers. Hear the sounds made by the passengers and the stewardess. Look out the window and see the white fluffy clouds. The plane is preparing to land, has dropped to 10,000 feet and is now in the approach pattern. When the tires of the plane touch the ground, you will be in a wonderful state of complete mental and physical relaxation.

Hear the instructions from the stewardess – All passengers return to your seats and fasten your safety belts. As the plane descends, the stewardess will announce the altitude at every 1,000 feet and it will increase the level of your wonderful state of relaxation. Hear the stewardess. We are now at 9,000 feet. You are getting more and more relaxed. We have descended to 8,000 feet. Your eyelids are getting heavier and heavier.

We are now down to 7,000 feet. You would like to open your eyes, but you can't. It's as if they are glued together. Down to 6,000 feet. You are getting sleepier and sleepier. Down to 5,000 feet. More and more relaxed. Let all thoughts leave your mind. 4,000 feet – relaxing deeper still. Now, every descent of 1,000 feet will double your relaxation. Down to 3,000 feet – enjoy this feeling of total relaxation, let it happen. Down to 2,000 feet – more and more relaxed now. Down to 1,000 feet – much more relaxed and enjoying this feeling of profound peace and relaxation and – touchdown. The tires are on the landing strip. You are now in a wonderful state of complete mental and physical relaxation. Sleep deeply.

Arm Drop

By Ryan Van Otten, CHP

OK, I'm going to reach over and pick up your left arm (picks up arm until arm is extended as if sleepwalking). You will find that this arm will stay up all by itself for a little while (keep supporting arm, lessen the support until arm stays up by itself). Good. Now, I'd like you to, as your arm begins to feel heavier and begins to want to drop down to your thigh, relax more deeply and let your arm come down as an indication that you are relaxing more deeply and fully. That's good, allow that arm to come down only as quickly as you relax much more deeply, fully good... and as that arm touches your leg you become twice as relaxed, (arm touches leg) ... good.

Candle

By Ryan Van Otten, CHT

Imagine in your minds eye a single candle that is lit.

Focus your mind on the flame of the candle, notice the flickering and dancing of the flame as the yellows and reds swirl around.

Keep the candle in your mind as you go very gently and very deeply, into a profound state of relaxation ... and as the flame flickers and dances, you may notice a warm glow around the flame... See the wax melt from the wick and drip down, down, down and just relaxing at the base... And if you find your mind wandering away from the flame of the candle, just bring it gently back to the warmth of that flame ... And as you keep the flame of the candle there in your mind, I will count down from 10 to 1 ... Each number will make you 10 times more comfortable and relaxed than you are now ... And as I count down each number you will see that candle's wax drip down, down, down further into relaxation ... See that warm light as a halo above the candle...

10 – A drip of wax beads near the flame...

9 - 8 – columns are forming along side the shortening candle...

7 – The flame flickers making you feel more relaxed...

6 – Dripping down, down...

5 - 4 – Deeper, deeper, you are feeling very relaxed...

3 – Deeper more

2 – Feeling as relaxed as can be...

1 - deeply, deeply relaxed...

You are now very deeply relaxed and each and every suggestion that is made will go deeply into your mind.

County Fair

By Charles M. Butts, CHT

Now that you are relaxed, I want you to focus on your breathing. Notice that each time you exhale, your level of relaxation is increased.

I want you to imagine yourself in a county fair setting. You enjoyed going to the fair so much when you were younger. Relive that enjoyment. Take in all the sights and aromas of the fair. See all the rides, the concession booths, the games, and the people enjoying themselves. Take in the aromas of the popcorn, the hotdogs, and the hamburgers, and of course, the cotton candy.

One game booth draws your attention. Across the front of the booth is a large yellow banner that reads, "Reach your desired level of relaxation". You stop and talk to the attendant. As you are talking, you notice that there are ten balloons (you pick the colors) attached to the board at the back of the booth. You also notice that there is a folded piece of paper in each balloon, but of course, you can't tell what the paper says. You also notice that on the counter before you are ten darts, in colors matching the balloons, one color for each balloon. By the darts is a sign that reads, "Tools for reaching your desired level of relaxation".

You pick up the first dart that matches the color of the first balloon and hurl it at balloon number 1. The balloon bursts and the paper unfolds and it reads "You are completely relaxed". You watch and read the note as it falls down and settles on the ground.

You pick up the second dart (that matches the color of the 2nd balloon) and toss it at balloon number 2. Your aim is perfect. The balloon bursts, the note unfolds and you read it as it slowly falls to the ground. It reads, "My body is relaxing more and more".

You pick up the third dart and throw it at balloon number 3. The balloon bursts and the note falls out. The note reads "All tension is leaving my body". You follow the note with your eyes as it gently falls to rest on the ground. Focus on your breathing. Notice how each time you exhale it increases your level of relaxation.

HYPNOTHERAPY SCRIPTS II - Original Scripts

You now pick up dart number 4 and throw it at balloon number 4. The balloon bursts and the note falls out. It reads “My body is completely relaxed”. Again you follow the note with your eyes and read it while it is falling until it gently comes to rest on the ground.

You now pick up dart number 5. You are getting quite good at this. You toss the dart at balloon number 5 and it bursts. The note falls out and it reads, “It feels so good to have complete physical relaxation”. You continue to read this note as it gently falls to the ground.

At this point, it feels so good to relax that you wish you could relax your mind. You pick up dart number 6 and break balloon number 6. The note falls out and it reads “Your wish is granted. You will now relax your mind”. Let all thoughts leave your mind. You read the note, with your eyes following it, all the way down to the ground.

Anxiously, you pick up dart number 7 and break balloon number 7. The note falls out and reads, “All busy thoughts are now leaving your mind. Your mind is relaxing”. Again you read the note all the way down, until it settles on the ground.

You can’t wait to break the next balloon. You pick up dart number 8 and hurl it at balloon number 8. It’s a direct hit and the piece of paper falls out. The paper unfolds and reads “You are doing wonderful. Your mind and body is relaxing completely.” You read the note on its complete journey down to the ground. Complete relaxation. Let it happen.

You like this game. Your mind is relaxed, your body is relaxed, and you feel wonderful.

Continuing; you break balloon number 9. The paper falls out and reads “Your mind and body is relaxing more and more, with each breath you take. Deeper and deeper relaxation.” Enjoy this feeling of deep mental and physical relaxation, this feeling of total peace and relaxation. Let it happen.

This time you notice it takes longer for the paper to drop to the ground. You have more time to read the message; the message of complete relaxation. The note falls down, down, and comes to rest on the ground.

HYPNOTHERAPY SCRIPTS II - Original Scripts

In eager anticipation, you pick up the last dart and break the last balloon. The note that falls out is a larger and the words are bolder. It reads, “You are totally and completely relaxed – mind and body – in the highest state of total relaxation that you have ever experienced.” Now, take a moment to enjoy this achievement; profound peace and complete total relaxation.

You follow the note with your eyes as it slowly descends and finds its place on top of the other notes, culminating in your state of utter, complete and total relaxation. Enjoy this feeling of profound peace, total mental and physical relaxation.

Escalator

By Katja Sjoblom, CHT

I want you to imagine yourself standing at the top of an escalator...In a little while I'm going to take you down the escalator all the way to the bottom...and the further down you get the escalator the more relaxed you will feel...When you first step onto the escalator you are immediately going to feel a deep sense of relaxation...more relaxed than you have ever felt before...a feeling of complete peace...

Now I would like you to step onto the escalator holding on to the side railings...you are feeling peaceful and deeply relaxed...you can feel the escalator descending...and with every step you are carried down the escalator you go deeper and deeper into relaxation...as the escalator is slowly moving down you go deeper and deeper and feel more and more relaxed...it's a wonderful feeling...you are now almost halfway down and as you get to the halfway marker of the escalator you will feel ten times more relaxed...any outside sounds are now fading in the distance...all you want to focus on is your own relaxation...the escalator continues to move you further down getting closer and closer to the bottom...feeling so relaxed...and now that you are almost at the bottom you feel a hundred times more relaxed... you are now reaching the bottom allowing yourself to let go completely...feeling deeply, deeply relaxed.

Flower Deepener

By AIA Author

A bunch of flowers just arrived. You open the package and begin to place the flowers in a vase. As you select each flower you pause for a second to smell the beautiful aroma coming from the pedals. Each time you place a flower into the vase you relax more, going deeper and deeper.

Each flower has such a great smell, you are taking your time, enjoying each and every flower.

You are doubling your relaxation with each flower you smell and place into the vase.

[allow some time, maybe two minutes to pass, silently, allow the patient to perform the task]

You are now near the end of the flowers. There are only two left. Pick one up *[pause]*, smell it and take in the great aroma. Now place it into the vase. Go deeper, deeper.

Now you are at the end of your task, Pick up the final flower, take a deep breath in, enjoy the beautiful smell coming from the pedals. Go very deep now...relax...deeper...deeper...deeper.

Hang Gliding

By Shannon Ruane M.S., CRC, LPC

Now that you are feeling more relaxed and comfortable – I want you to visualize you are standing atop a mountain overlooking a vast beautiful beach with white sand. Imagine you're now beginning to glide off this mountain steering a large colorful glider with long wings....in front of you, you see the beautiful blue sky....large white clouds...you can smell the ocean as you glide through the air...feeling very calm and light....As you look over to the beach, you notice there are 10 clouds leading downward – waiting to glide you effortlessly and gently to the sand...The clouds will lead you down, down, down...these are the clouds that will lead you deep into relaxation...and in a moment, as I begin to count, you will glide yourself calmly through these beautiful clouds...you will find the deeper down you glide, the more comfortable and relaxed you become.

I am going to count as you begin to glide through the first cloud...imagine how peaceful and relaxing this feels as you go deeper into relaxation...

10 - Deeply relaxed...

9 - Gliding lower and lower

8 - More and more relaxed

7 - Deeper and Deeper

6 - 5 More and more and more relaxed

4 - Deeply relaxed, gliding lower and lower

3 - More and more relaxed

2 - Almost at the bottom now, just one more cloud to drift through...and

1 - Deep, deep relaxation ... all the way down...

Now that you have reached the sand and are totally relaxed... just allow yourself to let go completely as you go deeper and deeper...

Pinwheel

By Charles M. Butts, CHT

Now that you are relaxed, mentally and physically, I want you to focus on your breathing. Each time you exhale, your level of relaxation increases. Now I want you to use your imagination. Imagine that you have in your hand a pinwheel, one of those toys you used to play with as a child. When you blow into it, it spins faster and faster. See how your pinwheel has seven blades, one blade for each of the colors of the rainbow. One blade is red, one is orange, one is yellow, one is green, one is blue, one is indigo and the last one is violet. As you are picturing this, focus on your breathing. Slowly, regularly, and deeply. Each time you exhale, it doubles your wonderful state of relaxation. A slight breeze comes up and you notice as the pinwheel spins faster, it changes color. It is now emitting a very relaxing soft green. Relax your mind and body completely. As the breeze increases, the color changes to a darker, deeper green. It's such a pretty color. It fills your mind and body with relaxation. Deeper and deeper relaxed. Deeper and deeper to sleep. The breeze picks up and the speed of the pinwheel increases again. Now you see a soft, blue color that fills you mind and body with relaxation.

Enjoy this feeling of profound peace and total relaxation. Your mind is relaxed. Your body is relaxed. As the speed of the pinwheel increases even more, it emits a deeper, darker blue. The prettiest shade of blue that you have ever seen permeates your entire body, sending wave after wave of relaxation through every muscle of your body. Each wave of relaxation is stronger than the last, but weaker than the next. Let it happen. Total mental and physical relaxation. Enjoy this wonderful sensation of profound peace and complete mental and physical relaxation.

Rain Forest

By Maxwell T. Vergo, MD

Take a deep breath... and exhale. Take another deep breath... and exhale. Take a third deep breath, but this time hold it for three seconds... then exhale. You feel yourself sinking deeper and deeper into relaxation... you want to sink deeper and deeper...

Using your imagination, picture yourself at the edge of a rain forest. You can feel the warmth of sun on your back but the damp coolness of the precipitation from the forest on your front, especially your bare arms and legs. You are looking down a gradual slope, but everywhere you look all you see is shades of green punctuated by sharp, vivid colors representing flowers and birds... pick out the first bird you see and look at it closer with your binoculars. It is a mixture of red... yellow... green... and blue. So beautiful that you can't believe your eyes. The ground is covered with green bushes and small trees and the taller trees seem to be forming a green ceiling... each branch intertwines with one or two other branches forming a thatch roof. The sun only penetrates through at the weak points but it focuses as a ray of light on the forest below.

You look down the gradual slope before you and you see a dirt path that has been partially groomed recently. The path curves back and forth down the hill. You see artificial steps that have been created using blocks of wood. When you count the steps there appear to be about 20 of them. You are about to descend down these steps and with each step you will become more deeply relaxed... feeling more tired with every step... 20...19... as the moist coolness engulfs your body your muscles relax... 18...17... you are climbing down, down into the forest...16...15... more tired with every step... 14...13... deeper and deeper... 12...11... you notice how deep and comfortable your breathing has become since starting... 10...9... sinking further and further... 8...7... more relaxed then ever before... 6...5... your muscles are so tired and heavy... 4...3... your eyes feel so tired and comfortable closed...2...1... you are in a very deep state of relaxation and it feels so peaceful to be like this....

Row of Candles

By Shannon Ruane M.S., CRC, LPC

Now that you are feeling more relaxed and comfortable – I want you to visualize you are calmly walking down a peaceful hallway...in front of you, you see the soft lights of beautiful candles flickering on either side of the hallway.....you can smell the sweet scent of the candles...feeling very calm and relaxed as you walk down the hallway...As you walk calmly, you notice there are 10 windows that hold these candles throughout the hall...as you walk past these windows with candles, I want you to visualize the candles slowly flicker out as you pass by...with each flickering candle, you are lead deeper and deeper into relaxation.

The candles will lead you down, down, down...these are the candles that will lead you deep into relaxation...and in a moment, as I begin to count, you will envision yourself calmly walking down this hallway, past the first candle lit window...and then the next...you will find the further down the hallway you walk...flickering out the candles... the more comfortable and relaxed you become.

I am going to count as you begin down this hallway full of ten candle lit windows...imagine how peaceful and relaxing this feels as you go past each window...the candles flicker out...and with each candle, you enter deeper and deeper into relaxation...

10 - Deeply relaxed...

9 - Walking further and further

8 - More and more relaxed

7 - Deeper and Deeper

6 -5 More and more and more relaxed

4 - Deeply relaxed, further and further

3 - More and more relaxed

HYPNOTHERAPY SCRIPTS II - Original Scripts

2 - Almost to the last window now, just one more set of candles...and

1 - Deep, deep relaxation ... all the way down...

Now that you have reached the last window and are totally relaxed....just allow yourself to let go completely as you go deeper and deeper.....

Sailboats

By Rachel Power, CHP

I want you to think real hard right now.... Using your imagination, I want you to think about being on a beautiful tropical island. I'd like you to imagine you lying on the beach in a comfortable hammock. You're listening to the soft rumble of the waves as the palm trees sway above you, keeping you shaded from the sun. Imagine you relaxing there in your hammock.Relaxing.... Having no worries... It's a beautiful day. The temperature is perfect, you couldn't ask for anything better.

Best of all, there's nothing there to disturb you. Go ahead and imagine that there's no loud music, crying children ... there's nothing there to distract you. You find yourself completely safe, comfortable and relaxed.

See yourself, as you sway in the gentle breeze. Now, you notice 20 beautiful sailboats across the horizon. You can't help but notice all the wonderful colors of their sails. Look at the multi shades of blue... red's... Even purple. They're floating ever so effortlessly across the sea-foam green colored ocean water. The sailboats are softly bouncing in a slow rhythmic movement.

As you look more closely at the sailboats, you notice each sail is numbered. The first one you see is number 20. Notice that it bobs over the horizon out of sight. But as the wind blows... the next sailboat is in sight and in the folds of the sail is the number 19. You are just taking it easy in your hammock, deeply breathing in the aroma of the ocean air. As sailboat number 19 disappears... sailboat number 18 appears. Your imagination has you mesmerized in a deep trance... Relaxing you to the point that you feel you may go to sleep. But you can't take your eyes off the sailboats... Number 17... Number 16, moving smoothly across the water... Almost dissolving into the waves... Number 15, continues on its way... Number 14 blows on by and you are becoming very ... Very tired. Sailboat number 13 arrives and you find yourself soooo relaxed and you can't help but enjoy this... so completely... you allow yourself to let go. Number 12... You consent to fall into the wonderful dream. Number 11... Number 10... you continue to see the sailboats sail by with the numbers displayed adamantly on their sails... Number 9... passes by. Number 8, you become twice as relaxed as before. Number 7, as you observe the sails...6, you are sooo comfortable... 5, you're open and totally safe... Number 4, soooo relaxed.

HYPNOTHERAPY SCRIPTS II - Original Scripts

Number 3, and as you watch, you swing back and forth... Number 2, you're going to a dreamland. As you see the last boat go by, ... Number 1, You finally arrive... Let yourself go... Completely... relaxed.

Spiral Staircase

By Rachel Power, CHT

While you sit comfortably and relaxed, I want you to visualize, deep inside your mind, a gorgeous wooden spiral staircase. This stunning spiral staircase has shiny dark cherry wood railings. As you gaze down the staircase, the steps have an exquisite thick burgundy wine colored carpet. As your eyes follow the steps down, you notice there are 15 steps leading to the ground level. These steps are cascading gently downward. Down....Down....Down....Sending you into a deep relaxation state. In a second, as I begin to count, you will descend this spiral staircase. And as you go down each step, you will find that you will feel more comfortable and more relaxed. The further you descend, the deeper your relaxation.

Now visualize walking over to the staircase and slowly starting your descent. You step down on the first leading step,

10- Let yourself relax

9- Soooo comfortable

8- Deeply relaxed

7- Let yourself go

6- More and more relaxed

5-4 Down...Down...Down

3- Deep, deep relaxation

2- Only one more step to the landing

1- All the way down ... Your in your deepest relaxation

Now that you've arrived at the bottom landing, you are completely relaxed. Permit yourself to relax freely and completely. Go deeper....Deeper

Wave Crashing

By Stacey Hewitt, CHT

In a moment I'm going to relax you more deeply and completely. In a moment I'm going to begin counting backwards from 10 to 1.

The moment I say the number 10...you will... in your minds eye, see yourself sitting on an incredibly soft beach blanket at the beach on a most perfect day. The sun's warmth covers your body and calms you. You are alone on the beach, safe and comfortable. As you sit on the beach the tranquilizing sounds of the gently crashing waves relaxes you. As each wave crashes against the shore...you relax more deeply.

Starting with the number 9, and with each additional number, we will begin counting the waves as they gently break against the shore. As each wave gently crashes against the shore you relax more deeply.

The moment I say the number one you will simply sink into that soft beach blanket and rest completely relaxed...

Ready?

Number 10, ...you are lazily sitting at the beach the wind gently blowing through your hair. Ten ..

Nine, the sun's warmth is soothing....waves slowly crashing against the shore.... relaxing and letting go. Nine ...

Eight, reclining into a more comfortable, calm, peaceful position on the beach blanket ...the waves softly crashing against the beach

Seven ... deeper relaxed

Six ... waves slowly crash ...

Five ... waves rolling in, relaxing you more completely

Four ... deeper relaxed

HYPNOTHERAPY SCRIPTS II - Original Scripts

Three ... breathe in deeply ...

Two ... the waves softly crash in the background... On the next number, number one, simply sinking into that soft beach blanket, becoming more calm, more peaceful, more relaxed ...

One ... Sinking into that soft beach blanket, let every muscle go limp and loose as you sink into a more calm, peaceful state of relaxation.

Word Deepener

AIA Author

Now that you are relaxed, I'd like you to take another, deeper, breath. And as you do, feel yourself sinking even deeper into the chair, as all the muscles in your back relax... deeper and deeper... into the chair.

And over the course of the next few minutes, during the time we are working together, each time I say the word deeper, you will find yourself relaxing even more, relaxing deeper into the chair... relaxing deeper into the hypnotic state.

For the changes you have chosen to make today, you are allowing yourself to go into a deeper concentration... a deeper focus that you ever imagined. You can feel yourself now, going even deeper within yourself, to a place where you know all things are possible. Where you have the deeper conviction... the deeper assurance... the deeper knowledge that lies within you.

And as we begin... and throughout our session... whenever you hear me say the word deeper, your focus and attention will become even deeper... more acute, more precise.

And as you relax even deeper into the hypnotic state, let us begin...

ANALYTICAL VEHICLES

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A Walk on the Beach

By Shannon Ruane M.S., CRC, LPC

I would like you to imagine you are walking along a beach... You're feeling relaxed and content... walking calmly near the rise and fall of the ocean... I would now like you to visualize seeing several sticks lying on the sand... In just a moment, I am going to instruct you to begin selecting a stick, and I would like you to imagine you're tracing the letter A in the sand, near the rise and fall of the tide. After you trace the letter A, I'd like you to imagine the ocean water rising up and slowly washing away your letter. Once the tide has receded, I would like you to then trace the letter B. Visualize the water rising again and slowly washing away your letter ... then I would like you to select a new stick from the beach and trace the letter C... again the water will wash this letter away and you will continue throughout all of the letters of the alphabet... D... then E... with each letter that is washed away by the ocean, you will select different sticks to use...some are thick...some are thin and break after you trace the letter...

When you begin this task and start with the letter A, I will continue speaking, but do not listen to me. You will hear me speaking, but I want you to tune me out and focus on the task you're engaged in – paying close attention to your collection of sticks and you're design of each letter in the sand. I will continue talking to your subconscious mind, which will be hearing me and following the suggestions I am providing. Remember you will be analyzing the group of sticks you have located and drawing the alphabet into the sand... starting with the letter A and continuing to the end with the letter Z... waiting for the tide to wash each letter away before you are able to trace the next letter... paying no attention to me and what I am saying... when you have completed your task and have reached the very last letter of the alphabet... just sit back and relax and listen to me again. At this time you will be in a deep hypnotic level...

Now, it is time to begin the task... begin searching the beach for the sticks you need for your project... take your time and pay close attention to the task at hand, paying no further attention to me... Just begin tracing the first letter into the sand... waiting for the tide to rise and wash it away... then you'll move on to the next letter... Each letter that is washed away with the tide will cause you to relax more and more... the more letters that are rinsed from the sand will allow you to ease more deeply and more readily into hypnosis... the closer you come to the letter Z, the

HYPNOTHERAPY SCRIPTS II - Original Scripts

deeper into hypnosis you will go... With each letter and with each rise of the tide, you drift down and down... deeper and deeper... as you go further into the hypnotic state...

(Script Begins Here)

Animals

By Maxwell T. Vergo, MD

I am about to give you a task that you will perform using your imagination. With each successful step towards completing this task, you will notice that you are becoming more and more relaxed... going deeper and deeper into hypnosis.

Here is the task I would like you to perform. Start by thinking of the name of an animal that starts with the letter A... spell it out clearly in your mind...good. Now create an image of that animal using your imagination. .. be as vivid and detailed as possible... take your time... good. Now allow your animal to run away. Next, think of the name of an animal that starts with the letter B...again spell it out clearly in your mind ...good. Now create an image of that animal using your imagination... and you can feel yourself sinking deeper into your chair with relaxation with each completion of an animal that corresponds to a letter. If you can't think of an animal's name to go along with a letter at any time, then just move onto the next letter and come back to it at some later time. When I tell you, but not now, you will continue performing this task starting with the letter C and going all the way to the letter Z. With each animal you name and create an image of you will notice yourself going deeper and deeper into relaxation. While you are performing this task, I will be talking to you but you will not be paying attention to me... You will only be paying attention to your task of naming and creating images of animals for the letters of the alphabet. You will not pay attention to me until you have completed your task completely by naming and creating an image of an animal that corresponds to the letter Z. At this time you will be remarkably relaxed and will be able to listen to my suggestions in an open way.

So let's begin now... Start with the letter C... choose an animal's name that begins with C... clearly spell out that animal's name... create a detailed image of that animal... then let it run away before starting with D... the whole time you are not paying any attention to what I am saying... until you are done with your task...you are allowing me to talk directly to your subconscious...while you continue to imagine animal's names and images... the closer to Z you get the more deeply relaxed you become...

Assigned Seating

By Gina Dimare, CHT

You are standing ... at the blackboard ... of an empty classroom ...

It's the first .. day ... of school ... and the children ... have not ... yet ... arrived ...

There are five rows ... of five desks each ... and the numbers one to twenty-six ... written ... on the board ...

You must write the name ... of each child ... on the board next to the number ... of the seat ... they are assigned ...

Each child's name ... begins ... with a different letter ... of the alphabet ... Seat one ... occupied ... by the child ... whose name ... begins with B ...and so forth ...

In a minute ...you will begin writing each child's name ... on the board ... next to the seat ... you know ... is assigned to themwhen you get to the letter ...that begins your name ... write that down too ...

As you write the names ... I will be talking to you ... but you will not make any effort to pay attention ... to what I'm saying ... you will continue writing names ...

If you finish ...you may then sit quietly and listen ... to what I am saying ... until I'm through ...

Counting Backwards by Threes

By Charles M. Butts, CHT

Very soon I will have you start counting backwards, by 3's, from 60 to 0. Each number you reach will make your eyelids grow heavier and heavier. Each number you reach will make you more and more relaxed. By the time you reach 0 – and possible before, you will be in a wonderful state of complete mental and physical relaxation. You will notice that as you count, I will be talking to you, but the sound of my voice does not stop you from completing your task. Now begin.

(As the subjects' count becomes erratic; slows down, misses numbers, etc., you begin)

Each number you reach deepens your level of relaxation. Each number you reach makes you sleepier and sleepier. Your eyelids are so heavy, they feel like lead. You find that you cannot open them. You are going deeper and deeper to sleep. Now, you don't want to open your eyes. It feels so good to relax.

Stacking Letters

By Woodward Cox, CHP

For this exercise, I want you to close your eyes, make yourself comfortable and listen to my instructions very carefully. If you follow my instructions carefully you will be successful.

I would like for you to imagine that there is a short pole in front of you sitting on a low lying table. To the right of the pole is a box of thin plastic stacking rings. And each ring is marked with one letter of the alphabet from A to Z.

Your task is to take the lettered rings out of the box and place them in alphabetical sequence on the pole in front of you. You will begin by finding the A ring in the box and sliding it down the pole in front of you.

You will then go back to the box and find the B ring and then slide it down the pole where it will sit on top of the A ring. You will do this with every ring until you get the pole filled with the letters from A to Z with the Z sitting on top. You will then take all the lettered rings beginning with the letter Z and place them one by one back in the box and you will have completed your task.

In just a few moments I'll ask you to begin. While you are performing this task I will be talking to you, giving you suggestions. You won't pay any attention to what I am saying to you even though you will hear me speaking to you. When you are finished with your task you can begin to listen to me again, placing all your focus on what I speak to you. At that point you will be relaxed and your mind will be open to the suggestions I will be giving you.

Now, go ahead and begin your task, beginning with reaching into the box, getting the A ring and sliding it down the pole, remembering to follow the instructions carefully.

(Begin suggestions)

Waxing the Car

By Woodward Cox, CHP

In a few moments I'm going to give you a task to perform. I want you to follow my instructions very carefully. I am going to ask you to use your imagination for this task.

Now close your eyes.

I want you to imagine that you are standing in front of beautiful red sportscar. It's a beautiful car but it needs a good waxing in one spot on the hood to make it even more beautiful. I want you to find that dull spot in your mind.

In your left hand you see a cloth with car polish on it.

In a few moments, when I tell you to begin, I will ask you to take that cloth with polish on it and begin to rub the polish in a clockwise direction on that dull spot that you found. You will then see that your spot is a pasty white color because of the polish.

Then with your right index finger you will write the capital letter A in that pasty white spot being careful to keep the A within the boundaries of the pasty white spot. You will then see it clearly in your mind. Using your left hand again you will rub more polish onto the dull spot, which erases the A. Then again with your right index finger, you will write the capital letter B. After you have done this and see that letter clearly in your mind, you will then begin using the cloth in your left hand again and in a clockwise direction rub more polish onto the dull spot, erasing the B.

You will continue doing this with each letter of the alphabet, in sequence, till you have written and erased all letters up to and including the Z. By this time your cloth will be out of polish and the dull spot will be shiny just like the rest of the car, making it completely beautiful.

Now, while you are performing this task I will be talking to you and giving you suggestions.

You won't need to pay any attention to what I am telling you consciously, because

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your subconscious mind will be listening to the suggestions.

When you are finished with your task, then you may begin to listen to me again.

Now go ahead and begin your task, paying careful attention to the instructions I have already given you.

(Begin suggestions)

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A Daily Schedule

By Sandra E. Snay CHT

Your time is an important part of your life. Your time is valuable and does benefit you. Without a schedule, too much time is spent trying to remember what we want to do or need to do.

When you schedule in exercise, meals, spending and fun time for yourself you will find that you are able to do everything you want. Planning meals saves time and money for other things you want to do.

Your subconscious mind now knows that a schedule is a priority. You want to make a list of your daily tasks in a schedule. Put everything in place. Take a moment now to think of some things that you love to do and know that you now have time to do them by starting a daily schedule book for the week.

The schedule will stop your conscious mind from questioning many of the things that you hesitate doing. You will stop thinking about all the things you need to do, as everything will be written in your daily schedule. When you have a schedule, you happily go by it. It keeps you in control and on track. You will be healthier and happier. Your time is now more valuable and you have more time to do things for yourself.

You will find the need to start a daily schedule book immediately upon coming out of the hypnotic state you are currently in.

Alcohol

By Ryan Van Otten, CHT

Now that you are feeling relaxed and because you are feeling this you begin the sensation of freedom from all your anxiety, tensions, and fear. You realize that you are more confident and sure of yourself because you have taken an enormous first step towards helping yourself.

Now as you are feeling this strength from inside yourself, it is motivating you to overcome any and all obstacles that may be in your way of your professional life, social life, family life, and happiness.

You will find that from this moment on you are developing more self-control. You now face every situation as a calm and relaxed individual. Your thinking and creativity is clear. You are sharp at all times.

You begin to feel that your self respect and confidence are growing more and more each and every moment; day by day in all of your ways. You now are aware that in the past your drinking was an escape and a weakness that you are replacing with self-control, strength, and confidence. You are becoming a person who is now happy and a person with a positive attitude towards life. Now you are succeeding and you have all the abilities and tools for this success.

Anxiety

By Heiko Gazner, CHT

If you listen to my voice, then you will go into a relaxed state and let go, because you want to learn many new things and reduce your anxiety. And as you begin to relax more, you'll find that changing is much easier than you had ever imagined. If you have fears over things in life that lead to anxiety you will be able to overcome these fears as of now.

You told me that your thoughts and emotions control you, rather than you are in control of them.

Sometimes, you may feel as if something bad is about to happen for no clear reason. As if you are about to have to do something, but you don't know what.

This common anxiety or fear is usually generated by an unconscious response to the 'misuse' of the imagination. Basically, the 'back part' of the mind is getting the message from the imagination that something bad is going to happen, and so creates a state of readiness in the mind and body: anxiety.

This may partly be due to experiences in the past, or a lack of an ability to tolerate uncertainty - not knowing what is going to happen, but whatever the reason, the mind can learn to relax and take things as they come.

And this is how this fear and anxiety session works. By enabling you to enter a calm and relaxed frame of mind, the unconscious mind can learn to 're-set' its responses to things back to normal, allowing you to enjoy every day with less anxiety, and more comfort.

Anxiety about Medical Procedures

By Maxwell T. Vergo, MD

You are a happy person. You want to do things that will help you continue to be a happy, carefree, and energetic person. If there is an important procedure or test needed to help maintain your health, then you want to do it so you can get back to enjoying your life. You have a strong faith and belief that by allowing this procedure or test to happen it will make you feel more confident and secure in yourself and your life. Nothing can make you lose that faith.

If the test or procedure entails you lying in a difficult position or in a dark tube, then you will go to a safe place... imagine it now. A place where you feel so relaxed and carefree... no troubles in the world. Nothing can harm you there... it is peaceful whenever you imagine yourself in this safe place. While in this safe place the procedure or test has no choice but to go optimally. You have set yourself up for success and the people around you praise you for your bravery and confidence. You have set an example for many others who are in your debt.

The procedure or test will only make you stronger... actually... the further along in the procedure or test you are, the more energized and optimistic you will feel. Nothing can shake your confidence. You are so lucky to be undergoing this procedure or test because you will be a more peaceful and whole after it is completed.

ASSISTING MY SPOUSE *(complete session)*

By AIA Author

I want you to close your eyes and relax. Become aware of your breathing, and with each breath you take you will feel more relaxed. Take a deep breathe... feeling relaxed and comfortable... take another deep breath... feeling even more relaxed... breath deeply again and hold your breath for three seconds... you are now fully relaxed and listening to me as I speak to your sub-conscious mind... it hears me and listens to everything I am saying.

Now as you relax I want you to use your imagination. You are coming home from work as you usually do everyday. And today as you drive home you are filled with deep love and caring for your wife/partner. You are aware of her love and caring for you and all the things she does at home to make you feel happy and comfortable. And as you think about these wonderful acts of love and kindness that your wife shows to you every day since you have been married, you are now filled with an even deeper love for her. You want to respond to her love in ways that she will really appreciate.

(DEEPNER: I want you to imagine that you are walking down a red carpeted soft staircase of ten steps. As you take each step down the staircase you will feel even more relaxed and thoughts of love for your wife will fill you.

One...relaxed....Two....deeper into relaxation...you are sooo appreciative of all that your wife does for you...Three....feelings of love for her....Four.....deep sense of admiration and respect for her....Five....relaxed....Six....you are filled with a desire to show her how much you appreciate her....Seven.....you want to be a partner in life to her in an even better and helpful way than in the past....Eight....deeply relaxed.....you will be open to my suggestions to assist your wife who loves you so much....Nine....you are feeling wonderful and filled with thoughts of assisting your wife at home....Ten...deeply relaxed)

When you drive home every day your thoughts will be how to assist your wife...beginning from today, as you greet her at the end of a day of work you will offer to help her with the household chores. You will first spend quality time with her before relaxing on the couch. On three days of the week you will offer to prepare the evening supper for the family. She does most of the housework and this is a full-time job just like yours. Three days a week you will prepare the family supper. She will really appreciate it if you will spend time with her at home and share the household

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duties. She will see a new you and this will fill you with pride and greater belonging. She will look up to you as a real man who is kind and considerate and caring...a real man.

You will not leave your clothes, or books and stuff lying around on the floor. You will tidy up after you. As you come home everyday whenever you approach the front door you will have thoughts of helping your wife with household duties and spending time with her ... feeling very comfortable and relaxed...having positive thoughts of helping your wife... One...you are feeling light ... comfortable ... Two... your mind is clearing... Three... you are inspired to love and help your wife from today onwards... Four... your eyes are opening... and Five... wide awake.

Bedwetting

By Craig Rowan, CHT

Now that you're fully relaxed... I want you to imagine your every morning when you wake up feeling great... You feel wide awake and you are ready to go...

If you need to wake up at night, it is now very easy to get up... You are fully awake and you go to the bathroom... knowing that you are in the bathroom ... You will urinate in the toilet and then return back to bed... returning to sleep very, quickly easily... You wake up in the morning remembering getting up during the night...

You will no longer sleep through wetting your bed... You will immediately awake... Wide awake at the urge to urinate allowing you plenty of time to get to the bathroom.... It is not your fault that you wet the bed... You are simply sleeping too deep... For now on you are going to sleep lighter and lighter... You will no longer go into a deep sleep when you sleep... You will feel better about yourself because you are now in control of this problem... Every night when you awake to urinate... You will feel better and better about yourself because you are successful... Now every dry night will reinforce your success...

Believing in Yourself

AIA Author

(This was created for a specific client, using HER criteria.)

From now on, starting this very moment, you know yourself and are aware of who you are as a person of intelligence, creativity, strength, confidence, and success. You know what you like, what you need in your life, and what you want. You have the confidence and the ability to take on any task. Believing in yourself and being positive gives you the confidence that you need to achieve anything that you imagine yourself having, doing, BEING.

When attempting something new, the first thing that comes into your mind are the words “I can do this.” You know that what you can conceive with your mind, your mind can also achieve. Just because you haven’t done something before, or you haven’t used a particular skill in awhile doesn’t stop you. Just because you may not know how to do something doesn’t deter you, because you know that doing new things is fun. You realize that doing things you haven’t done before is how you grow as a person. You are open-minded. You move ahead with confidence that you will succeed.

You are in harmony with yourself and with the universe. Your own beliefs, values, wants, and needs are right for you. Others’ expectations and needs are not important to you. You recognize that others’ expectations and needs are their responsibility. And from this moment on, you will exercise your right to BE you.

Just because you haven’t expressed those beliefs, those wants, those desires to yourself in the past does not stop you from fully knowing and embracing them now. From this moment on, you will automatically maintain your sense of self and your awareness of what you believe and want. You will find that you easily stay in the present, paying attention to what you want and how you feel in that moment. You will automatically maintain your own personal space and your boundaries, separate from others’ energies.

You are confident because you know you are a winner. You manage your life skillfully, confidently, and with ease.

Cancer Pain Reduction

By Maxwell T. Vergo, MD

I would like you to use your imagination. As you listen to my voice and imagine what I ask you to, you will notice that your pain is able to be controlled by you. If you use your imagination, then you will be able to reduce your pain to a level that does not interfere with your activities of daily living.

Imagine being in the middle of a large, flat field... it could be somewhere in America's heartland. Instead of being a human, you are one of many pieces of wheat in this vast field... can you see yourself there? What color are you?... What can you smell?... Is it a cloudy day or is it a day where the blue sky goes on from horizon to horizon with a glowing white ball of energy in the center of the sky representing the sun?... Can you feel the other pieces of wheat gently rubbing against you as you sway lightly in the wind?

I want you to imagine that the wind that surrounds you is your pain. Allow the wind to stir you and the other pieces of wheat with the intensity that it is currently effecting you... good. Now imagine the wind picks up in intensity and speed just a bit... a small gust... and as this happens you notice that your pain intensifies... but not significantly enough to cause you any added distress. You realize that you were able to change the way you experienced your pain. Now imagine the wind slowing down and decreasing in intensity by at least half... clearly visualize the wheat all around you settling down and only slowly swaying from side to side... with the decreased intensity of wind you will notice your pain is also reduced in intensity. The slower and more calm the wind blowing against you becomes, the less pain you experience. If you make the wind stop, then the wheat will be at a standstill...completely at rest and in balance... with no pain.

From this time forward when pain is distressing, you will come to the wide open field and become a piece of wheat in your imagination and slow down the intensity of the wind until you are comfortable.

Change Now

By Sandra E. Snay, CHT

(Use any habit script to follow this script)

There are many changes that we want in our life be it from not wanting to curse any longer, loose weight, stop gambling, stop spending money so foolishly, love more, control anger, have more joy in our life, have freedom to be who we want to be and to obtain a powerful and great life.

Today you choose to stop running in circles. Your change is here and now. You stop feeding yourself unwanted habits. You are at the end of the round and round journey today. Your attitude changes today. Now... You are no longer going to walk in circles day after day after day in the wilderness. You have a new attitude... a get up and move direction. There is no time to wait any longer. Too much time has already gone by. What you have been through has not been a waste. It has made you a stronger and fearless person. You have no fear to stop this cycle and move on to a full life of joy, peace and freedom to be the person you want to be. Move out of the past and live into the future now...

Your subconscious mind knows how to achieve joy in your life. Create thoughts of what you want possible in your life. Create what you want in your future. Let go of your past and build a new beginning for yourself. Choose whatever you want. You now have a freedom that you never experienced before and are in full control of your desires.

Chakra Healing

By Lashell Moon, CHP

Become aware of a brilliant white light about 4 feet above your head. This is a powerful healing light. On your next inhalation, imagine this light moving down into the top of your head or crown chakra. It feels warm and wonderful. As it moves all the way down your spine and legs and out through your feet, your whole body relaxes deeply. It travels through the floor and down into the earth where it mixes with nurturing Earth energy and begins to travel back up and into your feet.

Become aware of your feet. Feel them upon the floor beneath you. Imagine that this beautiful white light grounds you as it massages your feet. Your feet feel relaxed and warm. Take a nice deep breath and imagine this healing light flowing up your legs and into the first chakra at the base of your spine where you find your root energy center that glows the color red. As this healing white light mixes with the first chakra, it moves in a counter clockwise manner and removes any cloudy or stuck energy. The red color glows brighter red and becomes clear. The energy within this chakra is moving perfectly in a clockwise manner and feels great. You feel more self-empowered and able to move forward with your life's goals.

On your next inhalation, this healing white light moves up into your second chakra just below your navel, which is glowing orange. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The orange color glows brighter orange and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of creativity and sexuality. Your creativity is enhanced and you experience what feels healthy and appropriate sexually.

On your next inhalation, this healing white light moves up into your third chakra at the solar plexus, which is glowing yellow. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The yellow color glows brighter yellow and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of personal will. You find it easy to let go of limiting thoughts and feelings in order to align your personal will with your Higher Will that is all wise and knowing and knows exactly how to respond to every area of your life.

On your next inhalation, this healing white light moves up into your heart center, which is glowing green. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The green color glows brighter green and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of emotions and unconditional love. You find your heart opening to more love in your life, and you love yourself more and more every day.

On your next inhalation, this healing white light moves up into your throat, which is glowing sky blue. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The sky blue color glows brighter sky blue and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of communication and hearing clearly. You find that you now easily and effortlessly communicate from a centered place of love in your heart and hear and communicate truth and goodness in a harmonious manner.

On your next inhalation, this healing white light moves up into your third eye, which is glowing indigo. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The indigo color glows brighter indigo and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of intuition and inner vision. You can now see clearly and easily gain intuitive insights.

On your next inhalation, this healing white light moves up into your crown chakra, which is glowing violet. The white light moves in a counter clockwise manner and removes any cloudy or stuck energy. The violet color glows brighter violet and becomes clear. The energy within this chakra is now moving perfectly in a clockwise manner and feels great. This is your center of direct connection with Spirit. You feel your connection with all that is. You feel the love of your Creator all around you, supporting you in all that you experience.

The beam of light moves back up into the ball of white light about 4 feet above your head. You feel enveloped in a warm blanket of well-being as the light extends to the furthers reaches of the Universe. You know that you are intimately connected with both the heavens and the earth, and play a role of being a wonderful conduit of love and light upon planet Earth.

Chewing Tobacco, Quit

By Otto Hayman, CHT

You have decided to quit using Chewing Tobacco. You have gotten rid of all Chewing Tobacco containers in the house, car, and anywhere you spend leisure time at.

You will find it easy to fight the urge to use Chewing Tobacco. When you get the urge... You will feel relaxed, your fingers will be relaxed, and you will not reach for Chewing Tobacco.

You have made a decision to not Chew Tobacco. You will find it easier and easier to stop Chewing Tobacco. You will feel free of the desire to Chew Tobacco as each day passes.

You will feel the strength to stay away from Chewing Tobacco, and you will... stay away from Chewing Tobacco, and... you will not chew it.

Choosing the Issue

By AIA Author

See yourself now at the top of a stairway...and as you look down to the floor below, you are aware there are ten steps from the top, where you are standing, to the bottom. This is a special stairway, for it is taking you where you want to go...it is taking you to a place where you easily, successfully, make the changes you want for yourself...where you allow yourself to make the changes that give you more of what you want for yourself in your life...so that you can be, and do, and have all things you want for yourself to be, and do, and have.

And as you walk down this special stairway, as you count the steps, beginning with “one”, each step, each number, takes you deeper, and deeper into the hypnotic state, where all changes are possible, and where you allow yourself to be all you are meant to be.

Begin the journey down the stairway, now, counting now, “one,” “two,” and then to the next step. Remember, with each step, say the number to yourself, “three,” “four” and so forth, until you get to “ten” at the bottom of the staircase. Continue to count the steps to yourself, even as I talk with you, for you have a strong mind that can easily manage more than one thing at a time... and it is important to make the counting take you deeper and deeper into the hypnotic state as walk down the steps.

And when you get to the bottom, just before you step off the stairway to the floor, let me know you are there...

(Wait for that response)

Now, as you step to the floor and look ahead of you, you see along hallway. There are doors on both sides of the hallway. Each door looks just the same. Each person has a special hallway created just for them. The number of doors in YOUR hallway is up to you. Only you know how many doors there are. Look down the hallway, walking toward it slowly. Take your time.

Allow your subconscious mind to guide you. Your subconscious mind will tell you how many doors there are. It will also tell you which door to choose today.

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As you approach that door, you know it is the RIGHT door for the changes you want today. There are changes behind each door. All the changes are good changes... all the changes are positive changes... all the changes allow to be, and do, and have more of what you want to be, and do, and have for yourself in your life today. And ONE door is the RIGHT door... behind one door are the changes you are choosing for yourself today.

Allow yourself to open that door now...and step into that room... where it is peaceful, calm... and safe... to make the changes you want to make today. Let the white light... the brilliant, white light... surround you... as you feel the rightness of your decision to go into this room...as you relax...and settle into a peace so much more than you ever imagined...

And as the white light surrounds you, look around and find a place to rest, to relax, to BE... to make the changes you have decided to make today.

When you are relaxed and ready... let me know what changes you are making for yourself today.

Completing a Task

By Otto Hayman, CHT

You are taking a stand in your life, and have decided to improve your lifestyle once and for all.

You are wanting to go back to school to become a ... (Put title here), and today is the day to put things in motion for your new career, and... You will not put off doing the things you have to do, to be committed to your new career.

You will organize the things you have to do, and you will do them in an orderly fashion, and you will complete all tasks and get them out of the way.

You will write down all of the tasks, and you will check off each one as you get closer to your objective.

You will keep a positive approach with your decisions, and you will be successful upon completion of each task, until everything has been fully completed to ensure reaching your final goal of going back to school to be a.. (Put title here).

Creativity

By AIA Author

Your desire to unleash the creativity that you feel inside of you, so strong, is your reason for coming to me today. Right now, your creativity is ready to be released and unleashed in your life. You are capable of accomplishing everything you have ever wanted as your creative abilities are now being activated in this instant.

You possess the ability to tap into newfound inspirations at will. Now that you have decided that you want to be wildly creative at all times... then that you are. Your subconscious mind accepts and absolutely supports every creative endeavor you desire. Creativity continuously flows out of you like crystal clear water from a faucet.

You are always in complete control of your creativity. You can intensify your creative juices whenever you want through the power of your conscious command and your subconscious mind will always willingly comply.

Within 1 week from today you are going to look back at all the new and exciting things that you have created with such exhilaration. The free flowing feeling you will experience in your very first week will have you convinced that the flood gates of creativity have officially been blown wide-open and this is only the beginning...

Two weeks from today you will have mastered controlling your creativity on command with such success, that there is no interruption to the inner satisfaction you experience at this point because creativity is now your second nature.

Absolutely nothing can slow down you or your continuous creativity!!! You constantly impress yourself and everyone around you with all the innovating ideas you keep coming up with each and every day!!! You are completely comfortable with your increased creative energies.

In less than 30 days from today you will be enjoying a whole new way of life and creating everything that you deeply desire effortlessly. Feelings of frustration are a thing of the past for you and you are always certain that your creative forces will kick in at the most appropriate and perfect time... every time.

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Today you have taken the necessary action in seeking the assistance of your supreme... and able to accomplish anything you ask... subconscious mind. At this very minute and all waking hours hereafter, you will always be keenly aware that you are directly connected to your creativity source every single second. You are now ready to awaken as the powerful and creative person that you were born to be.

Dealing with Addiction Script

By Colette Kelso, CHT

So you are addicted to (whatever)... But now, today, you are ready to leave it behind...! The behavior has controlled your life for too long... You are ready now... Imagine what it feels like to (whatever)... Imagine doing it over and over again until you truly, completely want to STOP...! You are committed to quitting... Completely... from here on in... Imagine your life free of addiction... You are healthy... You are in control... and you finally feel the way you want to feel... Free of compulsion... That nagging feeling is replaced with a few deep breaths with your eyes closed... Take a few deep breaths... See how it calms your mind... Your body... You are free...! You will feel the impulse from time to time to feed your addiction... But it has been transformed into a different need, the need to relax and calm yourself... You can't even remember the habit, because the new you wants something better... You just know you feel compelled to take a few deep breaths with your eyes closed... You know you are free when you take a few deep breaths... With a smile on your face... Then you are back in alignment... Connected to your Source... And from this source comes the desire and the intention to quit this behavior... Feel the serenity, the peace, that comes from being free of a tired, old, heavy habit... You see The chains of addiction, that once held you down... They float away... They disintegrate... They are no longer attached to your ankles... You, too, float a little now that the weight has been lifted... This is your natural state, being free of addiction... You are like the small child that you once were before you were compelled to (whatever)... See his child in your mind... Visualize her/him as you were... Free of addiction... Happy and healthy... You think thoughts about play... About fairy tales... She/he is smiling and laughing... running free... To remember this state, you have only to take 3 calming breaths with your eyes closed... Touch your nose any time and you will remember this innocent state... And you are back there, before the addiction... Now you can imagine your life free of addiction, because there was a time, a good time... And now, today, you are free again... You breathe deeply... You are calm and serene... With a smile on your face... This is the way you were meant to be... This pure state... Remember who you are... The child born free is within you... You finally feel the way you want to feel...

De-Stress and Exercise

By Gina Dimare, CHT

This was written for a client who was going on vacation, and was concerned that she would go off her diet and exercise plan while away and undo the progress she had made. She was also concerned that she would be distracted from her trip by worrying about her home situation, which is not good.

I want you to take a deep breath ... and let it go ... take a second deep breath ... and let it go ... take a third deep breath ... and say to yourself in your mind “I ... am the most powerful ... person ... in my life”, then let it go ... (built in quick deepener)

You are a strong ... and confident ... person ... You do ... whatever you set your mind to do ... Every day ... you do ... what is necessary ... and right ... to achieve ... your goals ...

You are looking forward to your trip ... You are looking forward to relaxing and spending time with friends .. putting all the stressful aspects of your life far out of your mind ...

Just relax and enjoy the beach ... Relax your body and your mind ...

You relax your mind with the sun the ocean breeze the sound of the waves and the warm soft sand ... you hear the seagulls cry ... and it relaxes your mind ... the rhythm of the water relaxes your mind ...

You relax . your body with a nice long bike ride In the morning before you head to the beach ... You relax your body with a ten fifteen even a twenty mile bike ride ...

It feels good to feel your muscles work ... as your muscles work your body relaxes ... You ride past all the familiar things you grew up with ... You feel the way you did before you went away to college ... strong and hopeful ... as you ride past these familiar places you become that positive carefree girl ...

You relax your body with exercise to start your day ... You relax your mind with the ocean the rest of the day ... Stressful thoughts have no place in your day ...

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You enjoy the time you spend with friends focused on them and present in that moment ...

It feels good to share this time with them and take this time to be good to yourself ... You deserve to be good to yourself ... and you deserve to share yourself with your friends ...

Eliminate Obsessive Thinking

By Bethany Couture, CHT

Quiet, peaceful, and still... That is the description of what your mind possesses at all times... Your thoughts will no longer be plagued with memories from the past...or to-dos of the future. You are to stay in this present...Calm and quiet. You are in complete control of your thoughts, and your thoughts will be clear, and in the now... Anytime you feel yourself drift into a pattern of obsessive thinking... just simply tell yourself to Stop... and your mind will be completely still and completely calm.

You will be one with yourself... and you will no longer race from one thought to the next...Less is more, and the less thoughts you have, the more value you will have to your thoughts... They will be more creative...peaceful...and loving... Your mind will think less... No more dwelling...No more obsessing... Just quiet, peaceful nothing.

You will find it easier to relax and unwind...You will find it easier to receive the answers you were looking for... and to find the connections you need... Because with your mind quiet, everything is going to fall into place on its own... What ever it is, it will suddenly, fall into your lap because you were quiet enough to listen...

This quiet will help you to remain calm during stressful moments...to be a better listener...to be a better friend...lover... parent... child... This quiet, calm mind will help you to feel better and to be a happier person.

Everything you desire can now be attained because you will now let it happen...You will no longer fight against yourself...or let yourself be a victim of the past... You are a new person... A person who can enjoy life because you are no longer obsessing over every little thing... You are living in the now and your mind is clear and is enjoying being in this moment as a balanced observer.

Forgiveness of Family

By AIA Author

As a child, you experienced a great deal of hurt pain and neglect by your family. You have virtually raised yourself. You learned at an early age to survive; to care of yourself as a parent should. It is clear that you have done a remarkable job with raising yourself and providing for yourself all the necessary elements to secure your on-going success. Take a moment now to congratulate yourself for all that you have accomplished.

As the result of these early experiences, you to still carry with you a great deal of unresolved negative feelings, emotions and thoughts toward your parents. You are unsure and confused at times how to resolves these conflicting feelings and emotions you have toward your parents. I offer to you a solution to this dilemma. Forgiveness.

Forgiveness is the process of ceasing to feel resentment, indignation or anger against another person for a perceived offense, difference or mistake, or ceasing to demand punishment or restitution.

Forgiveness may be granted by you without any expectation of compensation, and without any response on the part of the offender(s). Mahatma Gandhi said that “The weak can never forgive. Your parents are the product of their environment and upbringing. You have already moved beyond your environment and upbringing. You are clearly a strong person.

Forgiveness is the attribute of the strong.” You family can no longer hurt you.

Forgiveness will set you free from all the conflict, anger, fear and doubt, and allow you to move forward with your life in a positive way. Using your powerful imagination, I want you take all the unresolved feelings, emotions and thoughts that continue to dominate your mind and place them in a ball that you hold in your hand.

When you are ready, I want you to release this ball and allow it to float up into the sky where all the negatives it represent will no longer have any power over you. Nod your head as you begin to release this ball. The further the ball goes into the sky, the more relaxed, empowered and centered you will feel. Each day, you will be aware of the gift of freedom you have given yourself.

Fear of Flying

By Dr David Sellen, CHT

(following induction and deepening)

I want you see park, a park with trees, and green grass, everything that makes you happy. As you see the park, you are feeling happy, ready for fun, for a day of friends and play,....you see the some swings, the A-frame of the sides, the chain with the cupping seat, you hear the rustling of the swings as your friends swing, and laugh, and giggle, and as you go closer, you can hardly wait till it is your turn, and there is the swing, waiting and ready for you... it has been a await, but now you sit in the swing, your body is cupped by the warmth of the seat, your feet are safe and sure on the ground, you look to the sky, the sky is clear and inviting, there is laughter around you, and as your move, slowly, you move, and the cupping of the seat makes you feel like you can go high, you are being held oh so gently in your seat, as you move the swinging starts, and your friends call you and laugh with you.

You feel the breeze of your movement as the swing go back, and you lean back to help you go higher, and higher, stronger and stronger you feel, as you control your swing, the movement is a rhythm in your soul, back and forth, you lean and see the sky, the sky becomes closer and closer, call to you, you can reach for the sky, and your feel so peaceful, so joyous, so relaxed, just the movement, the blue sky, the voices of others saying higher, go higher,....; you swing for hours, no cares, no concerns, just you and the sky, the movement swaying you into a more relaxed state.

When it is time to stop, you slowing start slowing down the movement, you feel the sense of coming back to the ground, you love the sky ... you love the ground. You feel your feet as they scraped along the ground, it tickles, it feels good to stop, and soon the movement stops and you feel excited, but yet relaxed, you can hardly wait till the next time you can swing and touch the sky,

When you think of flying, of going to an airport or getting on a plane, as you sit in the seat you experience and feel right then, the cup of the swing gently holding you, the call of the sky, the rhythm of the movement, the joy of being in the blue feeling the peace and the relaxation of a good day on the swings...

Fear of flying in planes

By Woodward Cox, CHT

Beginning right now you are no longer feeling anxious about flying in airplanes. Traveling by plane no longer causes you stress or negative feelings. Traveling by plane is now an enjoyable passage of time for you.

As you travel to the airport to make your flight you will begin to feel energized. And as you pull into the parking lot and park your car, you are comforted knowing that you can quickly and safely reach your destination safe and sound.

And as you go through the security gate you wait patiently and calmly for your turn, all the while expecting no difficulties or problems of any kind.

And during this phase of your travel and at all phases of your plane travel, if you ever feel anxiety coming on, you can just breathe 3 deep breaths to return to a peaceful state of mind and body.

Now, as you will go through the security gate and find where you need to be, you can sit down with the peace of mind, knowing all will be well.

And as you will begin to board the plane, you are pleasantly excited by your new adventure of plane travel, because now it is a fun and happy experience for you.

When you take a seat on a plane you will notice how comfortable and relaxed you feel. And as soon as you sink into your assigned seat you are completely at ease.

The longer you sit there the more relaxed your mind and body will become.

When the plane you are on begins to taxi down the runway you are exhilarated, knowing that all will be well and a new adventure awaits you.

And as your plane lifts off, you can sit peacefully in your comfortable seat without any anxiety and may even find yourself smiling at how great it feels.

And when your plane begins to descend you begin to think of how great an experience this has become and how you can't wait to enjoy this experience again.

HYPNOTHERAPY SCRIPTS II - Original Scripts

As your plane lands safely on the ground you find that traveling by plane is a most enjoyable and relaxing way to travel.

You will have traveled safely and peacefully to your destination and look forward to the business or leisure you are attending to.

You are completely comfortable flying by plane.

Feeling rested after sleep

By Nicholas Thompson, CHT

With your minds eye, become aware of a beach, an isolated beach, with only you, the gentle waves, the warmth of the sand on your feet, the gentle breeze of the wind, you can smell the sweat smell of the ocean air. With every breath you take in, you become more relaxed, the tension leaves your body with every breath out... as you are looking at the ocean, you see palm trees, peacefully giving in to the wind, the movement is calling you to relax. Between the trees you see a place to lay down, so see yourself laying between the trees. Gentle breezes blowing softly over your body.

With every breath you go deeper and deeper into a peaceful relaxed feeling. Feel the peace and quietness, hearing only my voice and the sound of the waves. This is so relaxing, so peaceful, this is the place you know you want. This is your place, your special place for sleep. When you go there, you sleep peacefully, your dreams are calming as the waves wash the sand into the sea, so does your worries and anxieties, your dreams are peaceful, fulfilling dreams, dreams that make you feel free, and with the freedom you are so rested. The more you feel free, the more rested you become. As you lay there you sleep, and as you sleep, the ocean gently rocks you with its healing touch.

In your freedom, you choose when to awaken and how you will feel. The feeling you have now are the feelings you will continue to have through the day. You are in control, so when it is time to awaken, you will do so just before you normally wake up, and the peaceful, restful sleep will awaken you with more energy and life force than ever before, you will awaken everyday with the feelings of a full, peaceful, restful, positive feelings. Your energy will be great, your motivation will increase,
.....

Fencing

By Stacey Hewitt, CHT

I'd like you to imagine - that you are walking up to the doors at the venue for the competition. Before you walk in, you take a deep breath and slowly exhale. As you exhale all your cares, worries and stresses exit with your breath. You relax completely. Without needless stress or worries you are able to commit all your resources 100% to the tournament at hand. You are distraction free, relaxed and have 100% focus and concentration. You are relaxed. You are unstoppable.

As you enter, you take a deep breath and slowly exhale. You become even more relaxed and focused. You walk past the reception desk and on to the locker room... You open the door... and notice that usual locker room smell... the sweat... the heat. You become aware of the voices of the other people inside... the sounds of the showers... the opening and closing of lockers. You find an area to change. You sit down on the bench and begin to undress... noticing the coldness of the floor on your bare feet... you are feeling calm... your breathing even and effortless... you pull on your trousers... and now your doublet... you check your gloves and mask for punctures... As you run your hand over your fencing mask you feel the grating of the mesh against your palm... Now you pick up your sports bag, leave the changing rooms and head towards the competition area. You feel calm... yet focused... relaxed... yet ready.

You enter the competition arena and stand just inside... you look around noticing the spectators... you hear them talking and cheering... you watch the other competitors warming up with a calm detachment... you close your eyes and soak up the atmosphere... you feel loose and confident... You step forward and notice the texture of the fighting field... rough or smooth it will be problem free... You walk across to the registration area and after giving your details you find an area to begin your warm up... You pull out your swords... You notice the wear and bends they have received from other tournaments... You run your hand down their blades... feeling the cold steel... finding nicks from previous fights... You sand down the blades as you have done many times in the past... After your weapons are inspected you begin warming up... paying attention to... and loosening all your muscles... You begin to do some light thrust, lunges and footwork... You feel so loose... Your thrust crisp and smooth... You feel really in the moment... in the zone... in control... All the hard work at practice now showing in the effortlessness

HYPNOTHERAPY SCRIPTS II - Original Scripts

of your movements... You begin throwing a few thrust ...adding dagger parries...and now various high and low feints... Your lunges are so fluid... Your recoveries fast... Your techniques so accurate... Everything flowing together... your mind focused and alert... and now you're ready.

You hear your name being announced and you step on to the competition area... your breathing easy and controlled... You are feeling so alert and relaxed as the marshal signals the start of the fight... You move smoothly and easily... Your thrust and parry combinations coming together so easily... You're able to score almost at will... As you breath deeply you are able to slow your opponents action... You are aware of the techniques your opponent favors and are able to parry or counter thrust them without effort... You begin to work your arm shot, arm shot, head shot... your opponent is unable to answer your speed and accuracy... You are easily able to take your opponents sword off-line... everything you've worked on in practice now coming together... and then the fight is at an end... your breathing still almost normal... and the marshal is holding up your hand... as the crowd goes wild... you enjoy the applause... as you collect the tournament prize...

Forgetting

By Heiko Gazner, CHT

You can remember that sometimes you observe things and sometimes you miss them don't you? And you can think of a time when you were looking for something in plain sight and looked and looked and when you came back later there it was all along. And isn't it fascinating to note that the unconscious mind can choose just what to be aware of and what not to be aware of. There is a story of Milton Erickson who once went into a factory and became aware that the workers there could talk to each other and understand each other but that he couldn't hear a word they were saying because of the loud background noise of the factory. He realized the unconscious mind can choose to not be aware of certain things. And there is another story of an iron factory in Pittsburgh, which was extremely noisy.

One morning the workers of the factory all ran to each other and asked what was that loud noise. It took a new worker to remind them what silence sounded like... they had acquired the ability to totally tune out the noise of the factory and when the factory had shut down momentarily due to electrical problems the workers hadn't made the transition to hearing without the background noise. Now it is interesting that those people could go other places and find the lack of background noise quite natural but in their lives the unconscious mind had learned to simply tune out the noise of the factory. And isn't it interesting to speculate just how your unconscious mind can manage to undergo the experience of not being aware of things? Take for example the color blue. It can be true blue but it can also be an emotional state. And I don't know just how exactly your unconscious mind can make the switch to thinking of blue as only the feeling. That's right. There are many colors and for the next while your unconscious mind can forget to remember that feeling color and forget to even remember the name for that color because you don't need to be aware of it. And you can be aware of many things. You can be aware of the color of the grass or the color of the eggs you had back then for breakfast but isn't it easy to forget to remember that you don't need to even be aware of that exacting color. You might even be surprised that others are aware of some things that you are not but that's very common. You are trained to be aware of some things that others are aware of so it is very easy to let others notice some colorful things that you simply are not aware of. And you may not be aware of easily... but some things are simply easier to not be aware of like the make-up on the old lady's face that belongs only around her eyes or the bad jokes that are so easy to forget that you might as well have not heard of in the

HYPNOTHERAPY SCRIPTS II - Original Scripts

first place. You will notice more as a result of your ability to focus on the things that you wish to remember by holding you thumb and index finger together. Do it now focus on something you wish to remember from this session and lightly rub your thumb and index fingers together. Now every time you do this you will be able to remember.

Good Speller

By AIA Author

Today you are allowing your strong will and mind to create a new system of spelling, letting you be the good speller you really are...

Today you are letting go of all assumptions...all pre-conceived ideas...all judgments...and all old behaviors and thoughts about spelling.

That's right, just relax, allowing your mind to BE...just to BE BLANK.

And into this blank space, allow your mind to see your name....That's right, just draw the letters of your name so that you see them in your mind.

As you look at the letters, what color are they? (wait for response)

(If black: That's good. Now I want you to add color. Make the letters either red or blue. A bright vibrant, color...and nod when all the letters have changed to this bright, vibrant color.)

(If a specific color: That's good. Now I want you to make the letters bright...even brighter and more vibrant than they are now...and not when all the letters have become this really bright, vibrant color.)

Now as you look at that name...your name....the letters that represent YOU...you realize you feel a sensation in your body...a recognition that this is YOU, that this representation is RIGHT. Allow your body to feel the rightness, as you slowly read your name to yourself.

Where do you feel that sensation? (wait for response)

That's good. Now this is a special state of rightness for ANY word you see inside your mind, and this special state makes you able to determine if any word you have ever seen before is spelled correctly.

You are learning the new system now, and from today forward you are a good speller, because you know when words are spelled correctly. Here's how it works.

Take a deep breath, hold it, and exhale....As you exhale, allow any tension or stress to be released with that breath....And allow your mind to just BE. That's right, just BE... BLANK. Like you did a while ago. Stay relaxed and allow your mind to BE... BLANK... And then draw the letters that represent the word "spelling" ...that's right, just draw the letters for "spelling" in the bright, vibrant color you have chosen for your new spelling system.

(for a young child, choose a word you KNOW they can spell, like dog, cat, see)

See them there, maybe in front of you, maybe somewhat to the side, of even a little overhead... wherever they are is fine....see them there right now.

Now, read the letters to me... start on the left, and read each one aloud.

That's good.

(If they missed a letter, go back and have them correct it

... the picture needs one small change. See the letter ____ (whatever is incorrect...wait for them to nod) ...take a big eraser. Erase that letter, and draw the letter _____ in its place. Do that now... Good.

(When the word is spelled correctly, go on:)

Now check with your body and allow yourself to feel the rightness of that word. You can feel how right the word is because you have a special "rightness" barometer for spelling and your body will tell you when it is spelled correctly.

You can do this with any word you have ever seen!

Your mind is truly amazing. It stores everything. In your mind are all the words you have ever seen. To see them again, all you need to do is RELAX, let your mind BE...BLANK, and picture the word in the same place you pictured your name and the word "spelling" (or whatever word was used)

When you have drawn the word on the blank screen of your mind, check your special spelling barometer... that feeling in your body... to find out if you are right.

HYPNOTHERAPY SCRIPTS II - Original Scripts

Sometimes, you may need to change a letter to get the feeling of rightness in your body. But remember, all the words... as you have seen them spelled correctly.....are there. And from now on, from this moment forward, you see those words when you relax and draw the letters on the blank screen. From now on, you are a good speller. You know what the words look like when they are spelled correctly. You automatically check your spelling barometer when you are writing words.

From now on, you will use this system automatically.... you will use this process to be the excellent speller you are.

Guilt Release

By AIA Author

Now it is time to release all the guilt stored in your conscious and sub-conscious mind. As a result of this session you will no longer suffer from any physical or emotional disorder caused due to feelings of guilt.

I want you to visualize or imagine a ray of white light from the Universe above, falling on your head and covering your entire body. This light works like a vacuum cleaner. And when you imagine yourself flooded in this white light, please nod your head and let me know.

Now imagine this white light also working as a scanner of your body. Look inside you to check which parts you have stored the guilt. The guilt might have a shape too... maybe look like any object. Look at its colour...its shape and size. Now imagine all of this guilt being sucked into the vacuum cleaner. Release all that guilt to the Universal vacuum cleaner. Hear the buzzing sound as the vacuum cleaner is doing its work. Feel all those objects moving up through your head and floating into the white light... going higher up... and then disappear... never to return again. As the guilt is leaving you... you feel lighter and lighter.

Take your time and scan your body thoroughly... release every single bit of guilt to the white light. And when you feel all the guilt being released, please nod your head and let me know.

I want you now to go to any happy memory in your life... a memory which fills you with joy and happiness... a memory of peace and contentment... a memory of love and acceptance. And when you remember that memory, nod your head and let me know.

I want you now to take a deep breath and spread the joy and happiness into the space, which was created as a result of the release of guilt. Fill up the empty space now with this pleasant and beautiful memory. Remember the feeling of peace and joy... the laughter... the bliss.

Now make a promise to accept yourself unconditionally and without judgement. Forgive yourself for any wrong decisions or choices that you may have made in the

past. Also forgive those who may have contributed towards your wrong decisions or choices. You find it easy to do it right now... at this moment.

You believe in your ability to act in your best interest and to that of your near and dear ones. From now on, you feel confident of making decisions and choices according to your highest good. See yourself as a confident, happy and a lovable person. Feel it right now.

Keep going deeper with each and every breath that you take, becoming more and more relaxed.

In a few minutes, I am going to count from 1 to 5. At 5 you will be fully awake feeling really good about yourself.

So start coming up with 1, feeling fine, fresh and relaxed, coming up higher with 2, let all your bodies and personalities completely integrate with your physical body, further up with 3, aware of your surrounding, higher up with 4, feeling integrated, and eyes open wide awake at 5.....1, 2, 3, 4, 5 eyes open, wide awake.

Having a Beautiful, Clean Home

By Lashell Moon, CHT

From this moment forth, I find it to be fun and energizing to clean my home. It is easy for me to keep a well-organized, clean space. I enjoy the fresh, healthy smell of “green” products that I use to clean my home. I find that I have all the time I need to do a good job and the process takes a shorter time than before. I clean faster and better and enjoy every moment. It is fun to come home to an orderly house. My friends remark on the beauty and orderliness. I feel relaxed in my space that is free of unnecessary items. I quickly find things as my files are well organized, and everything has its logical place. It is easy for me to find another home for things I no longer need or to recycle them. I feel good that I can help others and the Earth in this way. I now love to come home. It is a relaxing, healthy, beautiful place to reside. I am proud of my organizational and designing abilities. The atmosphere invites more good energy to flow into my life.

Health

By AIA Author

I would like you to think back for a moment of when you were born. You were born and grew without consciously knowing how. All of your body parts knew how to function. You were alive and breathing on your own the moment you came into the world.

Today you are going to relax and re-think the way you think about your body. The way you feel about your body. You have the subconscious power to fix anything out of order and to bring full health to yourself. You have full control of being completely healthy.

Any time the conscious mind thinks negative, I want you to replace or switch these thoughts with positive thoughts. You will recognize it immediately when this occurs. Switch all negative statements to positive. I feel great today or I am healthy and alive today. This step will stop unhealthy thinking from occurring. It no longer occurs from this moment on.

Take a few moments to concentrate on your entire body now. Imagine and feel yourself feeling great. No pain and feeling wonderful. Your entire body is clean and healthy. Imagine that very clearly. A smooth, relaxed clean flowing feeling running through every part of your body. Enjoy the next few moments and take in feeling clear.

Continue to relax and recognize how wonderful you feel right now. Notice your breathing and your blood moving through all your organs throughout your body. Feel every part of your body and think of your blood going through your head, down your arms, through your back, chest, stomach, down your legs and feet. Circulating and knowing that you have complete control to change any unhealthy parts to healthy again. In this relaxed state of mind, the body is capable to heal much faster. You can make your entire body healthy and clear. Your subconscious mind knows where it needs to rid any sickness. Bring your mind to any part of your body that needs to be healed. Concentrate for a few moments. Feel that area changing and know that your subconscious mind knows what needs to be done to cure it and make it healthy again. You automatically know what needs to be cured or fixed and your body will

work for you inside. You have the ability to bring your body to the healthiest state it can possibly be in. Your mind is able to do this at all times.

Remember to keep all thoughts positive. You are like a computer. You can put a program into the subconscious mind to **clear, clean and fix** your entire body. It will make and continue to make you completely healthy.

Continue to relax now and allow your mind to be like a computer. See yourself putting in the clear, clean and fix program. Relax for several moments and allow the subconscious mind to run the program for you. Relaxing more and more as we are feeling better and better. If you know of a part of your body that may need fixing, focus there for a few moments to show the subconscious mind a problem you are aware of. Allow yourself to relax again and let this be worked about. Fixing what is not working properly. In a few more moments, the program will be finished. Each time you rest your system will know that it needs to scan and check your body for clear, clean and fixing. You will feel wonderful and know that you have the ability to be in full health.

Healthy hair

By AIA Author

The purpose of this session is to assist you to grow healthy, dense and strong hair on your scalp.

Imagine your scalp. Within the surface of the skin is the hair root, which is enclosed within a hair follicle. At the base of the hair follicle is dermal papilla. Your dermal papilla is continuously fed by the blood stream which carries nourishment to produce new hair.

Now visualise your hair follicles. Your hair follicles are strong and get a good supply of blood from papilla. The inner and outer sheaths surrounding your hair follicles protect your hair and mould the growing hair shaft. The Sebaceous glands in your scalp feed just enough moisture to your hair to keep it glowing, moistured and smooth. Every cuticle on your hair, along with protection, gives your hair a certain divine gloss.

Every single hair bulb in your scalp produces pigment to give it a healthy, natural colour.

The Keratin protein of your hair gives it strength and elasticity. The Keratin bundles in your hair are straight, thick and almost completely round. Your hair falls around your face and shoulder in a strong, thick, dense and bouncy stream. With the help of your strong sub-conscious mind, everyday your hair is becoming more and more thicker, stronger and denser. The texture of your hair feels thick, soft and silky to the touch.

Irrespective of the state of hormones and nutrition in your body and the stress levels of your mind, your hair will continue to grow in a healthy, glowing tresses on your head and this is so.

Keep going deeper with each and every breath that you take, becoming more and more relaxed.

In a few minutes, I am going to count from 1 to 5. At 5 you will be fully awake feeling really good about yourself.

HYPNOTHERAPY SCRIPTS II - Original Scripts

So start coming up with 1, feeling fine, fresh and relaxed, coming up higher with 2, let all your bodies and personalities completely integrate with your physical body, further up with 3, aware of your surrounding, higher up with 4, feeling integrated, and eyes open wide awake at 5.....1, 2, 3, 4, 5 eyes open, wide awake.

High Blood Pressure

By Craig Rowan, CHT

Now that you're fully relaxed ... Imagine yourself completely and totally relaxed ... ignoring all the distractions of daily life around you ... Picture your heart pumping very smoothly ... feeling your blood easily flowing through out your body like a fine tuned instrument ... relaxing the constriction of your arteries it to freely flow ... You fill the blood flowing freely allowing your head to feel clear and free from any stress ... This will give you a feeling of vibrate energy and complete well-being ...

You know that now when eating you will no longer have a taste for salt ... You will no longer need to add salt to any of your food ... You might even loose a few extra pounds in the process ... You will no longer be bothered with the situations that once elevated your blood pressure and stressed you ... You will now feel completely relaxed and in control at all times ...

Highway Hypnosis

By Charles M. Butts, CHT

Now that you are in a state of relaxation, I would like you to use your imagination. Imagine that you have just purchased a new car, the make and color of your choice. Enter the new car and imagine all of the accessories on your new car; power brakes, power steering, sun roof, stereo – notice and enjoy the smell that can only be found in a new car. Now you are taking your new car for a drive to see how it handles on the highway. It's getting dark, but you want to enjoy a long ride. You head for the open highway. You notice the monotonous effect of the headlights shining on the broken white line in the center of the highway.

It's making your eyes tired – very tired – white line – white line – white line – your eyelids are getting very heavy -- white line – white line – you're having trouble keeping your eyes open – white line – white line. You no longer want to keep your eyes open – close them – let it happen – close your eyes and relax completely. Let all distracting thoughts leave your mind. Complete mental and physical relaxation. Profound peace. Enjoy the sensation.

Honoring My Temple

By Lashell Moon, CHT

I honor my temple with right thinking, honest feelings and nutritious, delicious foods. I think positive, loving, uplifting thoughts about myself and others. It is fun for me to be creative with thoughts and feel the wonderful energy they create in my being. This helps me to easily generate positive, loving feelings. I am open to all my feelings and allowing them to process in a healthy manner in order to clear and cleanse my temple. I am true to myself. I listen to my intuition and trust my knowing, allowing it to guide me to right action in all of my affairs. I love myself fully and completely, giving myself permission to be me, to express my personality in fun, harmonious ways. I feel genuine, attractive and healthy.

I treat my temple to the most nutritious, healthy foods that delight my taste buds and give me a genuine sense of pleasure. I have a variety of fresh fruits, vegetables, whole grains and proteins. I trust my body's wisdom and I am drawn to what my body needs. I enjoy eating these wonderful foods and drinking plenty of liquids. My whole body responds with ultimate, radiant health. My hair is beautiful, my nails, teeth and bones are strong. My skin is radiant and supple. My muscles are strong and I feel youthful and invigorated. My mind is keen and quick. I easily retrieve and remember information. I look and feel much younger than my years.

I commune within and feel deeply connected to Spirit. I know that I was made from the essence of love and have love at the core of my being. I feel so full of self-love that I easily radiate it to others and get loved in response. My intuition flows freely and I am a clear channel. I effortlessly vibrate with those in the Spirit World whose essence and sense of self is grounded in love and truth.

My whole being feels clean, vibrant, healthy, strong, supple and clear. I am connected to all and enjoy being alive and at service here on Earth.

How to be a Better Person

By Jesus Lozano, CHT

You want to improve your life and feel that your life has purpose. Well, you can become a better person and know that you have done your all to live a good life. Positive attitude, Patience, Forgiveness, and always no matter what you will be able to help others to be a better people too. Now you feel wonderful. You feel good about your self doing this and realize that life is a wonderful trip to live and experience. Be a volunteer at your home, at your job, or with your neighborhood. The more you give of yourself, the more meaning you add to your life. You are here for a reason and one of them is to become a friend to someone who may be otherwise friendless. Feeling good, making deep relationships with people of all ethnicities and backgrounds. Be honest with everyone and maintain your personal values all the time. You are willing to provide assistance to others when needed. And give others the dignity that you expect to receive, and while you do this the universe will correspond on anything you wish you accomplish.

Hypnosis Birthing Relaxation

By Bethany Couture, CHT

And now it's time to give yourself permission to relax.... Allow your eyelids to gently close... your lips to gently part... and take in a deep breath.... Allow this breath to flow from your mouth.... and down to your toes... Over every inch of your body... After each and every breath... you are going to feel more and more relaxed than before.

But now... I want to turn your awareness to your eyes... And notice how softly at ease the muscles feel... Notice how your relaxed eyelids help your forehead to relax... the cheek bones to relax... the mouth and jaw to relax.... And give them permission to let go... Notice how all the muscles in your face tingle.

Now allow this tingling relaxation to flow from your breath... down to your shoulders... Give your shoulders permission to relax... and let go.... Allow the weight of the world to release from the shoulders.... And as the shoulders release this unnecessary weight... You will go deeper into relaxation... Notice how the shoulders tingle from relaxation.... And let this relaxation flow from the breath down to the biceps.... the elbows... the fore arm... down through the fingertips.

And while you were thinking about your arms... your chest and stomach were relaxing too.... Now go ahead and allow the breath to flow down... down to the heart... and release it of any strain... Allow the stomach to rest... And they too tingle from this relaxation... This tingle relaxation flows down from the breath... down through the hips... and circles around your baby... Round and round.... Your rhythmic breathing dances around your baby... relaxing your baby with you... Now notice how your abdomen is totally relaxed... totally at ease ... and it too tingles... Any tension that was there has magically been released from the numbing... tingling... sensation...

Lets now give the pelvic floor permission to be perfectly at ease... and it too tingles.... It tingles from the slow... deep breath that consistently flows from your mouth.... In... and out... And now you are going deeper into relaxation... Notice how heavy you feel.... Allow yourself to melt under your breath... like butter on a hot pan... and sink into your seat... Follow your breath... feel it flow down... down to the thighs... down to the knees... past the ankles.... down through the feet... and

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out through the toes... Give them permission to go limp... Feel the warm tingling sensation go through your legs... Which is now flowing through your entire body....

Now you are going to double in relaxation... And anytime you need these muscles to relax.... Just use the code color blue... When this special word is spoken with a slow deep breath... it will bring you back to this pleasant place... where you will feel this tingling sensation.... Just remember... you can come back here anytime... just say blue.... It doesn't matter where you are... or what time it is ... you have the capability to achieve peaceful... calm... tranquility during your contractions and labor... You can now turn off your pain... You are in control... Just say blue...

Increase self-esteem

By AIA Author

From this day forward, you will experience emotional and psychological peace of mind. Everyday when you awake, you will feel in your body and mind a strong sense of peace and tranquility. You will know that every aspect of your day will go well. Each night as you easily fall asleep, you will feel wrapped in the warmth, comfort and joy of the day.

You will attract to you positive experiences as you go about your daily life. Negative beliefs and judgment of yourself is completely erased from you conscious and subconscious mind. Every time that you have a thought that is negative or say something negative about yourself or someone else, you will say cancel/cancel and you will replace that negative thought or statement with a positive one. Angry thoughts are now replaced with thoughts of peace and happiness. You are now totally confident in yourself and your ability to manifest positive situations in your life. As the result of these positive changes in your mind, body and spirit, you will experience unlimited success. Success comes in the form of a rewarding job that pays you more than enough money to pay your bills and to enjoy all of the wonderful experiences life has to offer. You will also attract to you a loving partner, friends and associates with whom you will share you life as you now connect with others on a deep emotional and spiritual level. And so it is.

Improved Hearing

By Stacey Hewitt, CHT

Now that you are relaxed I want you to image a warm ball of healing energy.

Visualize that warm ball of healing energy floating outside your ear.

Now, let's start at the outer ear. Trace the healing energy around the outside of the ear and check for any and all problems. The healing energy will correct any you find.

Take the healing energy inside the ear. Allow it to check the middle ear and the inner ear for any problem. Any problem found will be corrected.

Feel the warmth of the healing energy as it traces sound impulses to the center of the brain and checks for any block or interruptions. Any problems found will be cleared.

Anytime you feel your hearing is not 100%, take a deep breath and any blockage will melt away.

Hearing is important to you. Hearing is a priority. When you need to hear it is easy for you.

Remove any thoughts that might interfere with perfect hearing.

See yourself in a situation where you previously had problems hearing. That was the past. Now see yourself in the same situation without issue.

It is now and will always be easy for you to hear.

Jealousy

By Ryan Van Otten, CHT

You are totally self confident in every area of your life... Other people will not bother you with their possessions, their remarks or their achievements ... You are a valuable contribution ... No one can offer what you have to offer except you ... Caring is what you are, not what you do or say ... When you find yourself in a situation where you feel jealousy, you will now easily release the negativity in your heart, your mind, your emotions with a simple deep breath and replace that discomfort with divine care... Feel this caring sensation coming from within you and encircling you with comfort and relaxation, filling your entire being, every cell and every fiber of your body... This feeling is complete trust and fulfillment.

Learning a New Language

By Jesus Lozano, CHT

From now on you will be more relaxed and focus on what you are reading and listen to. You will start enjoy yourself while during class or even doing your homework. You feel a state of calm, thinking only in a positive way to improve. You re getting better every single day learning this language.

Now you using 101 percent of your unlimited potential to learn and grow at the same time. Now your getting familiar with this language, you feel it, you like it, you enjoy it, you think it, you speak it and hear it. Now your going pretty good, your not afraid to speak it anymore, so your knowing that you are going to do well with this language. Without a doubt you are doing your best because you want it to. You are a born genius so keep going you doing awesome.

Listening Better

By Heiko Gazner, CHT

It's a good time to relax yourself now... closing your eyes will help you relax and listen, but if you choose not to, that's okay... now you can just listen quietly to the sound of my voice... and you'll be able to choose to listen to any other sounds, too.... sounds inside or outside of my office, ... but these other sounds won't concern you... In fact they will help you to listen, relax, and focus more closely on the sound of my voice... and during you're listening to the sound of my voice you can clearly allow yourself to be as relaxed as you could ever want to be.... Just allow yourself to be as relaxed as you could ever want to be...

Good... now, while you're relaxing there in the couch, you can just be aware of your mental blocks to listening... aware of your ability to read others minds and how that blocks your ability to listen and concentrate clearly and as you continue to focus you can... relax even more and be aware of that you can focus better now without thinking of what others are thinking about you. Now gently rub your thumb and index finger together and be aware of how when you do this you can listen more clearly and focus on the sound of my voice or any other person's voice. As of now you will be able to focus and listen to anyone's voice as clearly once you rub your thumb and index fingers together.

Letting go of Negative Thoughts

By Dr David Sellen, CHT

(Following induction and deepening)

As I count backwards, from 10, see your self riding an escalator going down, down, down, with every number you will go deeper deeper, deeper ,into a state of awareness that is so good, so peaceful and relaxing, 9, you are doing down down, down the escalator, 8 deeper, deeper more and more relaxed, 7, 6 you are seeing the next floor, the people are clam, you find your self letting go of worries, with every breath in, you are breathing in oxygen, with every breath out, you are blowing out worries, pressures, down down, deeper, deeper, 5, the oxygen is life, deeper , 4 the negative emotions are going out with each breath you blow, your body is feeling more and more relaxed with the positive oxygen you are breathing in, 3 you are deeper deeper (shake hand going down) 2 (pressure on right shoulder,) you are letting go of all your worries, your concerns, 1 you are deeper, you are positive in everything you see in the store, the brightness of the colors, as you breath in you smile 0 you are there, a world where you have no worries, you see people walking, as you smile, they smile back, there is no fear, no worries, your thoughts are positive, you know you can do _____.

You attract that which makes you feel good, the smiles, the warmth of being around people. People, like you positive, no worries, no frowns, only peace and relaxation. No stress, no problems you cannot handle, just that feeling of being fully alive and in control. As you walk around the store, you become more aware of everyone, the people, the joy, the smells of success knowing that you have that in you... you are in control, you feel it, you attract it. You pass a mirror and you see yourself, a you that you haven't seen in along time, the you that is positive, happy, in charge, standing tall, proud, you feel the confidence going through your body, with every breath you take in you breath in confidence and every breath out you let go of those negative thoughts... *(repeat as necessary / changing situations)*

You will see, feel, smell, touch that which is positive in your life, the negative you will let go, the positive you will hold, and embrace, the negative you will push away, your life is filled more than you ever though with the good, with life, with joy and grace, you are strong, you are confident, you are a joy to be around, people want to be with you ...

Living Longer

By Otto Hayman, CHT

You desire to live a long, Positive, healthy, happy life, and your mind will direct your activities and thought patterns, so you will realize this goal.

You are committing to yourself, to think, and act accordingly, to a lifestyle that will produce the positive, healthy thoughts needed to accomplish your goal.

You know that your body will respond by being healthy and in balance. A healthy thinking mind creates a healthy body.

You are... what you think. You are now commanding your mind to always direct you to lead your life in such a manner as to promote a long, positive, healthy, happy life.

And you will listen to and follow the beneficial dictates of your mind, which will allow you to find the right paths, to live a long, long, healthy and wonderful Life.

Migraines

By Craig Rowan, CHT

Now that you are relaxed ... I want you to shape and form your headache into an object... Now I want you to take that object and throw it away ... releasing you of all the pain ... You do not need the headache ... Anytime you feel a headache coming on, you release it ... Placing your finger tips on the back of your neck and gently applying pressure ... feeling the tension melt away...When you begin to feel a migraine come on immediately ... You will feel yourself immediately relaaaaxing ... Take a deeeep breath relaxing the muscles and pressure ... making the headache not able to materialize ...

Anytime you feel tense ... You will imagine a release valve allowing all the tension and nervousness to escape ... Anytime you are in a situation and feel tension building, the valve releases ... You will not allow the tension to build.

Motivation for Success

Dan Miranda, CHT

You are now in the depths of your inner mind... Take a breath and relax... Nothing can harm you here. This is your space, and yours alone... Create a room in your mind. This is your spirit room-- your workshop... In your workshop, you will need a comfortable chair to relax in... Create the color your chair is... Create the material your chair is made of... Create any pictures on the wall. These pictures can be of your friends or family. These pictures can be of anything that makes you happy... Create the floor of your workshop... Create the material your floor is made of... Create the color of your floor... How does it feel on your feet?... Create anything else you want in your workshop... This is your space, and yours alone. wait ten seconds.

Now that you have created your room, you're walking across your floor and you are sitting in your chair. While in your chair, you appreciate the feeling of the soft cushions on your back and legs... Take a breath and relax... With the next few breaths, you will fall even deeper into your mind... ... In here, you will now meet your guide. This is the part of you that is unaffected by biology and social norms, your guide is your true self. He/She is here to take you through all the changes you want to make in your life... You are focusing on your guide... creating a picture... ... This is your true self. wait ten seconds.

Take a breath and relax... With the next two breaths, sink deeper into the soft cushions of your chair, and fall even deeper into your mind... ... You are now taking time to talk with your guide about the short term and long-term goals that you want to accomplish in your life... wait twenty seconds. Focus on the small tasks that you must accomplish throughout tomorrow... He/She tells you to keep a notepad of tasks you want to accomplish each day. Before you go to sleep every night, starting with tonight, find your favorite pen and write down a list of realistic tasks that you need to accomplish during the following day, starting with tomorrow... He/she tells you that when you wake up every morning, starting with tomorrow, you will feel refreshed from your sleep and ready to tackle all of your tasks for the day. He/She tells you to carry your notepad of tasks with you throughout the day, and as you accomplish each task, cross it off of your list... You are now taking time to talk with your guide about small tasks that you must accomplish throughout tomorrow... wait twenty seconds. He/She tells you to keep each finished list in the notepad and reflect on how much

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you have accomplished at the end of each day. This notepad will be a record of your new motivation and your road toward a new and successful you. He/She tells you to create this list tonight and begin on your road toward a new and successful you.

Morning Sickness/ Health During Pregnancy

By Holly Hanley, CHT

Morning sickness during pregnancy is the body's natural way of reacting due to the increased hormones in your body. These hormones are necessary for the growth and development of your baby. I am not suggesting that ask your body to decrease the hormones that it is making because of their importance. You are in control of how the adversely affect you. You will no longer allow yourself to feel those affects. From this point on you will find it easier and easier for you to overcome the sudden onset of nausea, dizziness, and fatigue often associated with pregnancy and morning sickness. Remember that you are in control of how healthy you will be during your pregnancy. From this point on you will have the desire and the ability to prepare and eat healthy meals. You will also feel the desire to exercise at a level that is appropriate for you during your pregnancy. As you begin to eat better and exercise you will experience a healthier happy pregnancy you will want to walk. You will not allow yourself to get overwhelmed with the preparation of the baby. You will find it easier and easier to slowly and steadily prepare for your impending arrival. You find great joy in being pregnant and you are not burdened by any health related issues.

Now I would like for you to picture yourself in a movie theater and you are watching a movie of yourself on the screen in front of you. Imagine yourself enjoying every aspect of your pregnancy. Imagine yourself healthy and your baby is healthy inside of you. Really see yourself happy to be pregnant with a healthy baby. Concentrate on what it feels like to be that happy.

See yourself like this for just a few moments longer being happy and healthy; realize that this is you and what you are. Allow yourself to accept this image and the feeling of overall health and happiness. You are healthy and you and your baby will remain healthy.

Nail Biting

By Craig Rowan, CHT

Now that you're fully relaxed... I want you to now visualize yourself looking great and having a relaxed, calm feeling... Now imagine that you are looking at your hands and seeing your nails are grown out..... See how good they look.... You no longer bite your nails.... If you start to bite your nails, because you used to do that... Your hands will become visible to you and will remind you that you no longer do that....

As your nails begin to grow and become healthier and healthier.... You will feel better and better about yourself...

Biting your nails is a nervous habit.... and anytime that you feel yourself becoming nervous for any reason..... You no longer will bite your nails as way to release stress.... You will instead take a deep breath and exhale.... As you feel the air leave your body... All of your nervousness will just go away....

Imagine seeing yourself in a situation where you might have bitten your nails in the past.... Visualizing yourself taking a deep breath.... And handling the situation very easily... You will not feel any need to bite your nails....

Overcoming Writer's Block

By Rev. Leslie Blake, CHT

Imagine that you are on a wonderful vacation. You are staying in a luxurious room with all the amenities. There is a cool sea breeze flowing through the terrace door, and the air is clear and balmy.

You see a hammock suspended between two pine trees. You walk outside to the hammock and settle down.

The hammock begins to swing back and forth in a rhythmic motion; the waves are lapping softly over the rocks along the shore. It is a peaceful sound. You begin to daydream, your mind is fertile, and many thoughts begin to come into your mind all at once. You have opened the flood gates to your imagination.

Ideas are flowing freely, you have all the information you need for your book, the details and character development are complete.

When you awaken you will remember everything in great detail. Your imagination will continue to flow unimpeded. Everywhere you look and everything you see will give you ideas.

You can do this, you have confidence, and this is what you are good at. Use your talents to better the world. Your book will be a great success, you will be a great success, and your life will be a great success. You are feeling very relaxed and will feel completely alert and rested when you awaken. Your mind is full of great ideas. You can do this, you are in charge.

I am going to count from 5 to 1 and with each number, you will become more alert.

Overcome the fear of your supervisor at work

By AIA Author

I want you to close your eyes and breathe deeply. Become aware of your breathing becoming slow and regular. Now take three deep breaths....One...you are feeling very relaxed....Two...very comfortable and relaxed...on the next breath hold your breath for three seconds....you are feeling very relaxed throughout your body...and a deep feeling of comfort and confidence is coming over you...making you feel strong and unafraid.

Now I want you to use your imagination...as you imagine yourself strong and unafraid and confident...imagine yourself at work. You are sitting at your desk smiling...see yourself smiling and unafraid. People are passing you, some look at you and you see them. You are very relaxed and confident and unafraid. Your confidence makes you tall. Imagine yourself growing taller as your feeling of confidence increases. You are growing tall and strong.

Every time you want to feel strong and tall and unafraid you will touch your right elbow with your left hand...just as I am doing to you right now. Yes... very time you want to feel strong and tall and unafraid you will touch your right elbow with your left hand...just as I am doing to you right now. And instantly a surge of confidence and feeling tall and strong will enter every part of your body...just as you are feeling right now.

Now I want you to imagine your supervisor coming towards you. Imagine him walking towards you. Now put your left hand on your right shoulder, just as I did...yes hold your right elbow with your left hand. And ever time you touch your right elbow with your left hand you will feel a surge of confidence enter you making you feel strong and confident and unafraid... you are tall and strong. You see your supervisor and you are taller than he is. Every time you see your supervisor approaching you, you will feel taller than he is. The fear and anxiety that you had whenever you saw him will disappear. You will feel relaxed. All tension in your jaw and muscles will disappear. You will speak with confidence about your work. Now you see your supervisor walking back to his office and you see that he is satisfied and pleased with the work you are doing in the office.

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I am going to count to three... and as I do so you will begin to come out of hypnosis... feeling very comfortable and relaxed... having positive thoughts of helping your wife... One...you are feeling light ... comfortable... Two... your mind is clearing... Three... you are inspired to love and help your wife from today onwards... Four... your eyes are opening... and Five... wide awake.

Overeating

By Margaret Albright, CHT

You are here today to overcome your problem with overeating. You know that you should only eat until you are full but you have not been able to stop yourself from eating more than you need. When you leave here today you will realize that life is much more enjoyable when you don't eat too much all the time. You have decided to break the overeating habit right here and now!

I want you to picture yourself now with a huge plate full of one of your favorite foods. Look at how delicious it looks.... Smell the aroma... Imagine how great it is going to taste. Mmmm Mmmm Now picture two huge plates of that same food sitting side by side. Now picture three huge plates of that same delicious food. Next envision 10 enormous plates of that same food. All of them looking equally delicious. They all smell wonderful. You can't wait to start eating plate after plate of this favorite food. This never ending supply of your most favorite food in the world.

Go ahead and imagine yourself eating this first plate of exquisitely flavorful food. Take a nice, delicious mouthful of food and savor the flavor. Notice the perfect texture of the food in your mouth. It is just sooooo special. Have another bite. Mmmm it is wonderful. Have some more, finish the whole plate of your favorite food. Push that plate away and pull up the next plate full of super delicious food. Notice as you finished that plate of food, you see there are still 10 plates of your favorite food sitting in front of you. What a pleasant surprise, there is still plenty of your favorite food left to eat.

What would happen if you decided to change this favorite food to a different favorite food? Try it right now. See another favorite food sitting on a huge plate in front of you right now. Take a good look at how wonderful it looks. Smell the perfect aroma... Take a little taste on that delicious food. Mmmm... Now look at the other 9 plates, they have all changed to your new favorite food. You now have a never ending supply of your new favorite food. Isn't life wonderful?

You now realize that there is no good reason for you to eat more than you need at one time because you will always have more to eat later. You now decide to eat only as much as you need to feel satisfied because you can always have more when you get hungry again. Even if there is still half a plate of food sitting in front of you, you

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no longer feel the need to empty your plate. You can come back and eat it later or try a new favorite food.

You are no longer an overeater because you know there will always be plenty of your favorite foods to eat later. You feel so much better walking away from that plate of food that you are not hungry for. You feel lighter and happier. You do not feel the guilt you are used to feeling when you leave the dinner table too stuffed to move.

When you are hungry again, you will have more of a favorite food and only eat until you are satisfied. This will be your new way of eating. Eat only until you are no longer hungry and you can enjoy all your favorite foods, guilt free and happily.

Pain Control

By Katja Sjoblom, CHT

Imagine yourself standing in front of a river looking into the water...following the flow of the water with your eyes...start focusing on the area where the pain is...imagine small hot sand crystals being attached to the area where the pain is...now I want you to picture yourself aiming a powerful leaf blower against the area where the pain is...now turn on the leaf blower and feel how the sand crystals are beginning to move...one by one...flying out of the area into the river...one by one...as the sand crystals are flying away from the area of the pain...the pain is starting to dissipate...and the area is starting to feel cooler...you are watching the sand crystals flowing along the river...moving further and further away from you...making the pain less and less...you are feeling stronger... more comfortable...healing...and feeling better and better...as you are watching the last sand crystal leave your body...you realize that the river is yours...you control it...and every time you stand in front of it...it will always make you feel better...

Phantom Fears

By Colette Kelso, CHT

Feel how deep in relaxation you are... You are safe... You are where you're supposed to be right now... Use your imagination now and picture an ideal place, ... Any place that brings you comfort... It could be at a beach... It could be a special room... Even a special chair... Look around you and notice colors and details... Maybe smells... Touch something nearby... Feel yourself settling comfortably into this space... This is your safe place... Everybody needs a safe space to go to, to retreat from the rest of the world... What do you hear?... Is it quiet and peaceful...? Or do you hear birds or waves...?

Concentrate on that sound as it lulls you deeper into a relaxed, calm state... You can let go of all fears and worries here... Just shake them out gently... Whatever happened to you is in the past, a long way from here... In another time, another place... It is not happening now... It will not happen again... It is a thing of the past... You are living in the present now... Far from the effects of any incident that frightened you... Your fears are allayed by the peace you feel in this special place... This peace is your birthright... You were born in peace... It is your natural state... Anything less than this simply requires an adjustment... A patient understanding that allows you to let it all go... It may be anxiety... It may be a phantom fear that appears out of nowhere... These feelings are actually messages from the subconscious...

The subconscious mind is like that of a four-year-old child... This child seeks to protect you... The child just remembers a hurt feeling... So the child, the subconscious mind, comes up exaggerated responses to associations with that hurt... We adults call them defense mechanisms... These are the ways we protect ourselves against more hurt... We perceive danger where there is none... From here on in these associations will be changed to perceptions of everyday living, of safety... The defense mechanisms change to neutral responses... What was once charged by association becomes harmless... Because you are an adult now... You know better... You can protect yourself... There is no reason to run away... Your perceptions match the reality accurately... You see clearly that under normal circumstances you are safe... You are free to let go of the child's reactions...

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Imagine what she looks like, this fearful child... You let your child know now that she is safe... You can calm her down with a soothing voice, an assured tone... Tell her thank you for seeking to protect you... She has done the best she can... You will take care of things now... As the adult, you face and take care of your fears... They served a purpose when the perception of danger made you cautious... But that time is over... It is the past... You are here now in this relaxed state, knowing you can take care of yourself... If you feel the anxiety creeping in, you can close your eyes, take three deep breaths... and go back to this safe and calm place... Where you feel comfortable... Where all things create a positive or neutral reaction... All is as it should be... See an imaginary pink bubble around you... This is your protective shield... It gives you the feeling of safety, of competence... You are ready to heal... All fears are outside of this place, and when you are outside of this place, your invisible pink shield will protect you... The child is calm and secure... Fears are diminished... Life makes sense... You smile in your feeling of wellbeing, of contentment... The world is a good place to be... You belong and you are out of harm's way... Rest in this...

Physical Exercising

By Otto Hayman, CHT

You are now making a commitment to yourself to start physical exercising. You will begin making time to physically exercise, and sticking with it.

You will have the desire to physically exercise. You will enjoy each day to physically exercise, and you will exercise your body vigorously.

You will see yourself progressing, and getting stronger, and when you have done this... You will feel simply great.

Positive Thinker

By Jesus Lozano, CHT

Say to yourself, even without belief or full comprehension at first. I Feel Happy, I Feel Healthy, I Feel Great! Say this over and over to yourself in your mind at first and eventually verbalize it until it makes sense to you and you start to really believe it. These positive affirmations will serve to wash out other thoughts that may be negative. This may seem too simple to work or do any good, but what you are doing here is replacing negative thoughts with positive ones. You are setting your mind in a positive direction. Enjoy the benefits! When it comes to solving a problem or making a decision, remember to look at the positive side of things, there is usually a positive side to anything if you search for it. You always have two choices, to think positively or negatively. By thinking and speaking with conviction, I Feel Happy, I Feel Healthy, I Feel Great, you are putting your mind into motion to accept what you are saying as true, just as easily.

Posture correction script

By AIA Author

[This script can be adapted for the technicalities in sports performance, such as using correct batting stance and swing for batting in baseball]

From this day forward, and for the rest of your life you will stand tall and confident. Your head held high, you will be standing tall.

Your shoulders will be squared off, chest out, you will stand tall.

You will stand with a new sense of confidence, your ears over your shoulders, shoulders over your hips, and your hips over your ankles.

Stand tall and confident.

When you walk you will walk tall, tall and with a sense of purpose.

You will walk with your head erect, chest out, taking long deliberate strides.

You will walk tall and straight, your ears over your shoulders, your shoulders over your hips, taking long purposeful strides.

You will stand at walk tall and with confidence.

[repeat this three times]

Preparation for Surgery

By Katja Sjoblom, CHT

As you relax more and more...I want you to imagine yourself going into a very deep relaxing healing sleep...Imagine a special place where you feel safe and well...maybe a deeper and deeper into relaxation...into a deep healing sleep...imagine that this is the most restful sleep you have ever experienced...and it feels wonderful...during this healing sleep you are well cared for by all the medical professionals taking care of you...you have no worries...you feel very safe...protected...and watched over by your guardians...the procedure is going well...your body's healing power is working at its optimum level both during the procedure and after...you heal quickly...when you awaken from your deep healing sleep you feel wonderful, comfortable and completely relaxed...

Prosperity

By Lashell Moon, CHT

Using the power of your mind, image that you easily and effortlessly tune into the Natural Laws of this Universe. You tune into the correct frequency for all that is good for your well being to flow to you with ease and Grace. Imagine that you attract right relationships with others where from this moment forth, those with whom you interact treat you with respect and kindness. Your relationships are fulfilling, joyous and peaceful. You feel alive and well, free to be yourself and accepted by all. It is fun to interact with others. You also find that whatever serves your highest good is brought to you in creative, fun, easily obtainable ways. With great joy and gratitude, you accept your good and have more than enough to share with others. Many opportunities are opening for you and you feel ready to partake of this bounty. Your creativity is expanding. You find that financial prosperity is now yours. It is fun to watch your bank account grow. You know that as you spend more money on the things that enhance your life, more money pours into your bank account. It continues to grow as you have fun doing what you love, sharing with others and taking all the time you need for relaxation and fun. You have a perfect balance in your life, and all areas of your life feel prosperous.

Reacting Calmly Toward Children

By Bethany Couture, CHT

Now that you are totally relaxed...and totally calm... I want to bring you to the daily task of taking care of your kids.... From this moment on YOU ARE NOT going to yell or lose control while disciplining your children... YOU ARE going to remain calm and react calmly.... From this point forward... when ever you start to feel distressed over your child's behavior... you will simply breathe and say to yourself...STOP...With this new tool you can now regain control of yourself... and the situation... YOU WILL NOT revert to this negative habit... YOU WILL now remain and react calmly towards your children...

For now on their behavior will not bother you... Their whining will not annoy you... Their fighting will have no effect you... You are now going to let it go by breathing and telling yourself to stop.... This is your new healthy habit... This habit will create happier children... A happier home... And A happier You.

Reading *(for children- complete session)*

By Margaret Albright, CHT

INDUCTION:

Today is the day you are going to the water park with grandma and grandpa. The car is all loaded with the picnic basket and extra towels and it is time to take off. You know this is going to be a long ride so you decide to relax and enjoy the ride. Close your eyes now and just let your body relax and enjoy the trip. Feel the motion of the car as it goes along the road in a nice smooth glide. You notice that your head is feeling heavy and you let it rest along the back of the car seat. Your neck is so relaxed that you can't hold your head up anymore anyway.

Your shoulders and arms are feeling heavy and you just let them drop down by your sides and you relax even more. Now that your arms are so very relaxed and comfortable, you let your hands and fingers just relax and you don't even notice that they are there anymore because they are so comfortable and relaxed.

Now the middle of your body is feeling very relaxed and comfortable. Your chest is relaxed, your belly is relaxed and your legs are starting to feel very heavy and completely comfortable. Your legs are so relaxed and comfortable that you don't even notice that they are there anymore. Your knees are gone, your ankles are gone, your feet are just so relaxed and comfortable that they seem to be gone as well.

You now feel so comfortable and relaxed. More comfortable than you have ever been in your life. You feel like you are floating on a giant cloud, just so soft and fluffy. Very peaceful and relaxed.

DEEPENER:

As you are riding on your nice fluffy cloud, you notice that you arrive at the water park with grandma and grandpa. You are so comfortable and relaxed that you don't even want to get off your soft cloud. That's OK though because there is a huge slide at this water park and you can ride clouds down this huge slide. You are at the top of this giant slide on your super comfortable cloud and you start sliding down. As you slide down this slide you get more and more relaxed. You

notice that there are 10 big spirals on this huge slide and a lazy flowing river at the bottom. As you go down the slide you count the spirals and get more relaxed with each spiral. 10... more and more relaxed. 9... you are super comfortable 8... just relax and have fun 7... round and round 6... relax 5... comfortably relaxed 4... relax 3... relax even more 2... you are so relaxed and almost ready to float along the river at the bottom of the slide 1... you find yourself in such super comfort just flowing lazily along the river on your giant cloud. Calm and relaxed.

SCRIPT:

As you are floating down this lazy river on your fluffy cloud, you notice you have a book in your hands. You open the book and start to read it. You remember reading this book before and you thought it was dumb. As you read the first few pages you find that it is actually very interesting. You read to the end of the first chapter and you are amazed at how easy that was. This really is a great book.

You are very excited to start to reading the second chapter. You didn't know you could read this good. The words are simple to read and you are understanding what you are reading. You look up from the book for a second and see grandma and grandpa waving at you. You tell them that you are having a great time reading this book and you love to read. You see them smile back at you and you know they are proud of you.

You feel better than ever about reading and you start to read chapter two and are done with that chapter almost as soon as you start it. You love to read and this is a great book. You completely understand everything you just read and start on chapter 3.

Every word you read makes you more and more confident. You know you are a good reader and you can understand everything you read. Reading is so much fun now.

You look up from your book again and you see your teacher smiling back at you. She is holding a piece of paper in her hands with a letter on it. What is the letter? Oh... it's a huge A+. Wow, your teacher is so proud of your great reading skills that you are getting an A+ in reading. You wave at her quickly and tell her that you really like reading a lot and this is a great book.

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As you go back to reading the book, you notice that each time you turn the page you get better and better at reading. You enjoy each new page more than the page before. You are such a great reader and you never knew how much fun reading was. Flowing down that lazy river on your fluffy cloud you just keep reading and reading that exciting book. You finally come to the end of your ride and the end of your book at the same time. You feel so confident and strong that you are such a good reader, you can read a whole chapter book all by yourself with out any problems. You look up now and see not only grandma and grandpa but also your teacher, mom and dad, all your friends in school, your sisters, uncles, aunts and even your best friend. They are all clapping and cheering for you. Yeah! Frankie is the best reader in the whole second grade. Frankie can read better than anyone else. Frankie loves to read. You get a super A+ for your great reading skills because you are the best reader there ever was.

Reading and Studying

By Otto Hayman, CHT

You are going back to school, and you want to improve upon your reading and studying skills. As you begin reading... You will remember, more and more, as you begin reading your study material, and you will start to comprehend everything you read.

You will start to read faster, and remember the lessons provided with ease. You will look forward to going back to school, and you will take a serious interest in all the course material.

You will concentrate completely on understanding your reading assignments, and it will become easier to remember everything you concentrate on.

You will gain more and more confidence, and you will feel confident, that when you prepare to take the Final exam, you will be relaxed.

You will remember the answers you have read in the course material without tension, and right before, and during the final exam.... You will feel completely relaxed, confident, and you will see everything in your minds eye.

You will pass the final exam with great success because you came well prepared, you are un-stoppable.

Resilience

By Maxwell T. Vergo, MD

You are an impressively strong person with an unwavering view of yourself. You are a confident and energetic person regardless of the circumstances. You are proud of who you are and people love you for sharing yourself with the world. Others admire you for your strong sense of self. You are as solidly rooted as a giant, ancient oak tree... never will you fall or sway. You are resilient.

You do not know what the future holds, but you are certain that you will be prepared and persevere through anything. Being a survivor is natural to you. Others marvel at your calmness regardless of the situation. You thrive on the uncertainty of the future... the more uncertain the future, the more confident and strong you feel. You are resilient.

Your attitude is always optimistic. You believe that only positive things happen to you and that everything happens for a reason. You know that you are a piece that fits into a wonderful puzzle and you are so happy to be part of it all. You know the future is full of many exciting and amazing moments just waiting to happen. Your hopefulness fills every room you enter and makes others around you energized and renewed. You are resilient.

Running For Office

John W. Panchuk

Today and from now on....you see yourself as a candidate for public office....you want everyone you meet to know what you know about yourself....you want them to know why they should vote for you....you know that you bring people together....because you do....you know that you help people find solutions....because you do....you know that you are tireless and will work hard to serve others....because you will....you know....that you are honest....and people can trust you....because they can....you know....that you are professional....because you are....and you know that you respect your position in life and you respect the position of others....because you do....you also know....that this is going to be a great chance to serve others and you humbly appreciate this wonderful opportunity....because you do....today and from now on....as you meet people everyday....you will see yourself as earning their vote of confidence and trust....because you will....

Serenity

By Colette Kelso, CHT

You know that you can handle anything that comes up... You maintain your mental and emotional equilibrium regardless of challenges, wherever they appear and from whomever... You are peaceful and serene, and these qualities are deeply ingrained in your overall personality. .. You have a smile on your face—a smile that originates from a place deep within you... You pass that smile onto others easily, making them feel compelled to treat you with respect and compassion... Others feel better about themselves when they are around you... You deflect conflict before it happens because of your deep and abiding serenity... That serenity is contagious and firmly anchored in a profound sense of gratitude and connectedness with all things and all beings in all times... Emotional sobriety is your gift to yourself and to the world. .. It is a talent born of experience and innate wisdom... Others can rely upon you to maintain your serenity, to be a cool head and a wise mind... They can trust you to clear muddied waters... You are patient, because you know that all situations bear gifts, all problems find solutions... Peace in heart and mind makes you feel warm and secure, allows you to give and receive in abundance... Peace and serenity attract abundance and love because they come from an infinite source... You know that infinite source... It wears the face of serenity, and you have learned it well... Everything you need is within, and you have faith in your intuitive and healing powers... Peace and serenity abide in your relaxed body and in all your emotions like a smooth, glassy lake... Feel that peace now, like a warm glow emanating from your heart, flowing like a golden light through your body... It heals... It loves... It is you...

Suggestive Retention

By Colette Kelso, CHT

When you are in this relaxed state, you hear many healing messages... You only need to hear them once to make them part of your permanent perceptions about who you are and what you can do... your subconscious mind is extremely receptive to positive thoughts... You only need to hear them once because you already know they are true, you knew it all along... It makes you smile in recognition and certainty... Ah, what the voice says to me now is the voice of Ultimate Wisdom... There is a wise part of you that welcomes positive thought like you welcome a loved one home... It is in your nature to allow these messages to penetrate your subconscious mind and settle in where they belong, where they stay, where they take hold and guide your thought and action from here on in... You remember... You are open... You are easily and firmly convinced... You only need to hear it once... To hear it again is like a familiar caress... You are reminded that you are all that you can be, that everything you need is already in your heart and mind... It is in your body, in your bones... It is what you need and you accept it and keep it for when you need it... See the words burned brightly into your consciousness, permanently etched in your body of wisdom... You believe and act on what you hear... You retain what you hear... It is easily recalled... You carry it into your everyday world... You only need to hear it once... It stays... You are convinced... Your behavior changes for the better... You are who you want to be... Now... and forever...

Self-Love

By AIA Author

The fact that you are here today is perfect proof that you already love yourself and that you are willing to do what it takes to skyrocket your self-love to the next level. Something inside is telling you that you deserve so much better and you couldn't be more right! You definitely do deserve to experience and enjoy every desire your heart could come up with in this lifetime.

You have reached that defining point in your life where you have no problem releasing those people, places or things that do not make you feel absolutely awesome about yourself. Self-love surrounds itself with the very best because it expects the very best and very seldom is a person who possess self-love let down. There is certainly nothing and no one that can keep you from anything at all that you want in this world now that you are your own best friend. It is virtually impossible to defeat, beat or bring about any harm to a person who possesses self love because like a true blue best friend, they will defend the love of their life to the bitter end if need be. You are this person!

Just imagine for a moment how much better your life will be from this day forward now that you love yourself unconditionally. You will never fear failure because you would never let yourself down. You can count on yourself for anything and everything. Your high self-esteem is going to be very attractive to others and open up new opportunities every single week. You can confidently set your sails in the direction of your grandest dreams because you now know that it is your birthright to design your life in any way you desire.

In this instant, your passion for enjoying life to the fullest is much more powerful than any previous, out-of-date thoughts that were keeping you from experiencing everything you truly want. There is no question in your mind that the doorway to what you want is wide-open now and you no longer stop yourself from walking through that door. On the other side of that door is the assistance of your subconscious mind that has been eagerly waiting to help you easily attain all that desire or require.

From this minute forward, you can expect to experience one success after another because you have made the definite decision to love yourself unconditionally. You

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have made an excellent choice and your subconscious mind will see to it that you reap all the astonishing rewards that come along with such a quality decision.

You are now naturally one of those people that others admire and because you exude such radiating self love, you inspire everyone you come into contact with to do the same. You are an all around amazing person!

Self Worth

By Rachel Power, CHT

I'd like you to take a deep breath right now... Relax. You are a person who has self worth. You are a capable person who from now on will feel confident in all your endeavors. You deserve happiness and success. You will be successful. When you see your reflection, you will see someone that has talents that other people will see, appreciate and want. This self worth will be visible to everyone around you. People will not be able to reject you or discriminate against you. In fact, people will want to be around you.

Employers will seek you out because of your strong work ethics. You are dependable and trustworthy. From this day forward you will have self worth... Confidence ... determination. You love yourself.

You will no longer see any flaws. You are motivated... Reliable ... and capable. When you see your reflection, you will see yourself a successful... important and valuable person. You are successful in all you do. You can do anything you set your mind to. Trust your abilities. You are going to become a doer. You will not be afraid to start fresh. You will only have positive thoughts about yourself.

YOU HAVE SELF WORTH.

Sexual Libido (uni-sexual)

By Ryan Van Otten, CHT

Take in a slow, deep relaxing breath. You will allow every word penetrate your subconscious mind now. That's right.

Your body is feeling warm all over. You will be simply amazed... By the results you can and will achieve. You will have a sensation of desire, passion and curiosity. You know that there is more, more to explore, more to feel ... a deeper orgasm ... a longer orgasm ...that will forever change the way you think about sex.

Once you have this full body experience you will know that this is it! ... That this is what you have been longing for... and waiting for. All you do is decide that you now want that ... you want your sex life changed for the better. You will continue to explore new and safe ways to enjoy sex ... to want sex ...to desire intimacy.

Speaking in Public

By Woodward Cox, CHT

You have come to this session with the deep desire to be confident and comfortable with speaking in public. You have the desire and ability to make this happen. You are confident and you will become more confident and comfortable by the end of the session.

If you listen carefully to the instructions I give you, then confidence and comfort in public speaking will be yours for the taking.

As of right now you will not feel any anxiety about speaking in public. Instead, you will now feel a sense of peace, comfort and confidence whenever you are asked to speak in front of people. And the closer it gets to the speaking engagement the better you will feel. If you feel any sense of anxiety you will take 3 deep breaths and be immediately comforted and will be thoroughly relaxed and peaceful, just like you are right now.

When you speak in public in front of people, no matter how big or small the crowd is, you will speak clearly, methodically and with persuasion. You will have the confidence and comfort to go from beginning to end knowing that you have accomplished your goal.

When you speak in public you feel energized and happy, knowing that you are accomplishing your goal of presenting your ideas to the crowd in a clear, practical and persuasive manner.

You are a great speaker, full of enthusiasm, clear in your speech, persuasive and thoroughly confident that you know your subject and you present yourself as an authority in the matter at hand.

You have a commanding presence and well received by the audience.

The more times you speak in public the more confident and relaxed you become.

Right now you are successful and comfortable with speaking in public.

Five... Six... As you walk further into the orchard, the trees become taller offering gentle, peaceful shade. You are now entering a grove filled with taller colorful fruit trees and the chirping of birds. Feel the soft moss covered ground under your feet. Take in all the reds, greens, yellows, and other colors of the fruit trees and bright flowers. As you look up, take in the blues and purples of the beautiful sky. Hear all the birds in the orchard chirping their own enchanting song. As you make your own way through the grove, you see a tree full of bright yellow lemons to your left. Take a lemon and smell it. Feel the firm, rigid skin of the lemon in your hand. If you would like, then take a bite, consuming the color yellow and allowing it to consume you.

Seven... You are walking through a colorful, calming grove taking in all the colors of the fruit trees and chirping of the birds. A short distance ahead of you, you see the tree line end and bright beams of white gorgeous light are shining into the grove. The light enchants you and you run across the soft, gentle moss and past the colorful fruit trees and singing birds... You come to the edge of the grove and are engulfed in the burst of warm bright light.

Eight... Nine... Feel a strong warm breeze rush against your body and hear the sound of waves crashing beneath you. As you look down past your feet, you see the river flowing through a deep canyon. The sun that is warming your neck and back glistens on the water beneath you. Lift your arms in the air to feel the warm breeze fill the air around and your arms and through your body as it gently lifts you off the ground. When I say “one”, you will let yourself go and drop off the cliff to soar through the canyon sending you into an even more relaxed state of mind.

Ten... You let yourself drop off the cliff and use the air that surrounds and fill you to soar through the canyon and the sky. As you drop low into the canyon, you feel the warm mist of the river on your face and see schools of fish swimming through the clear water beneath you. As you soar high into the air, above the meadows, you feel the soft, warm fog of the clouds cleanse your body as the rays of the sun warm your back and neck. Allow yourself to be absorbed into the fog of the clouds. As you are absorbed into the warmth of this cloud, you drift deeper and deeper into a more relaxed state of mind... You are now absorbed into the universe making you feel more relaxed than you ever have been.

Speech Fluency

By Shannon Ruane M.S., CRC, LPC

You are here to stop stuttering and have a more confident and strong speech pattern...and the way you are going to stop stuttering ... beginning right now... is to simply relax... relax and allow yourself to accept the suggestions I will now offer you... just relax...

If you can accept all of the suggestions I am about to give you... and can embrace these changes with an open mind...without over examining and being critical of them... you will stop stuttering... you will no longer have a problem with your speech fluency... Let me repeat this to ensure that what I am telling you is perfectly clear... if you embrace and accept my suggestions with an open mind free of critical and negative thoughts, your stuttering will no longer be a problem. You will no longer struggle to speak and will have clear and fluent speech... You will no longer stutter.

At this time, your mind is open to these suggestions and strong statements...your mind is more open to this now than it ever has been... it is your subconscious mind that will embrace these statements... for it is your subconscious mind that creates your reality...

In this relaxed state you are in, your subconscious mind believes everything it is being told... right now you may be hearing all of what I am suggesting to you... or you may be drifting in and out... hearing bits and pieces ... but your subconscious is hearing these suggestions... your subconscious is listening... it is believing... and trusting ... in these suggestions I will now offer...

From this moment on – you will no longer stutter. You will speak with ease and confidence. Your sentences will be formed in a clear and articulate manner. You no longer need to avoid speaking to others. You no longer need to feel self conscious of your speech. You can now say whatever you want, whenever you want – with grace and fluency.

From now on, nothing can stand in your way ... you have smooth speech patterns... you are confident and able to voice your thoughts and needs easily. You are now able to speak exactly as you have wanted to ... this will be easy for you

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now...fluent speech now comes naturally...You are now released from the burden that was brought upon you by your stuttering... it is a thing of the past and from this point on – you are free.

You now realize your true potential is limitless... without stuttering... you're now able to accomplish all of the things that you may have avoided in the past... these obstacles are now gone... replaced with the confidence and freedom of fluent speech...

You now understand that you no longer need to stutter... there is no room in your life now for this obstacle... you are happy, content, and exactly where you want to be in your life – starting now. No longer do you stutter when you are nervous, uncomfortable, upset, or even bored... starting now, there is no reason to stutter... you will no longer stutter when you feel different emotions...

From now on, your life will move forward in a positive manner without stuttering...You will see your life improves in so many areas – with your job... your relationships... every day communication with others... speaking will now be easier ...you can now speak with others more readily and with no obstacles...

You are in control of your speech now... your stuttering no longer controls you... you are able to speak fluently from now on... you have taken control and have now overcome your stuttering... you are successful and will continue to be successful...

Stop Gambling

By Sandra E. Snay, CHT

Gambling is an addiction when you are using money that you should not be using. When you have no control to stop when you should stop. When you are chasing to win money by means of gambling. It is not the solution. The solution is to save the money in your pocket or the bank. This is winning.

Today you take control of your money. You are no longer afraid to have money. A gambling addiction never allows you to come home with money. The more you have the more you want. The addiction never wins. Today the addiction stops. Let us imagine what you are doing in your addiction to gambling. See yourself sitting at a table with 5 clean crisp \$100 dollar bills in your hand and now you are going to take a pair of scissors and cut each \$100 dollar bill. Imagine and feel how uncomfortable this would be. I want you to realize that this is the same thing you are doing with your gambling addiction. Imagine your self driving in your car and tossing these bills out your window. One after the other and really feel yourself doing this. This is **not** something you would do. Feel how uncomfortable this is. It is the same as the addiction. This is what you are doing as continue to gamble..

Today you have come to realize that when your urge to gamble presents itself, you know that you would never throw \$500 out your window. You will now take this money, put it in the bank and continue to save it. Each time you feel the urge to gamble, the thought of cutting up that money will be there and you will send that thought away immediately. Your thought will go toward something entirely different than gambling. Gambling is no longer an urge or thought as you would never sit and cut up \$100 dollar bills or toss \$500 out your car window.

Take your thoughts to happy and prosperous ways. Other ways to save more money and attain the full joyful life that you desire. Every thought of gambling will turn to the urge of banking your money. Take a few moments right now to think of some other means of fun with some of your money. Reward yourself for all the money that you will be saving. Take a small amount of your saved money each week as a reward and use it for something nice for yourself.

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You are in full control. Your addiction no longer exists. Think of what you would rather spend the money on instead of throwing it away. Donate some of the money to a needy cause, as this can be very rewarding in helping others in need.

You are no longer addicted to gambling and you now have more respect for your money. You are in control of your money and will now save it. You pay off your debts with your savings to have more money for yourself. You have found a new respect for money and realize that this reward brings the joy in your life that you have been missing and desire.

Stop Drinking

By Heiko Gazner, CHT

For a long time now you've been acting and feeling in ways that have taken you away from your own, natural being. You've relied increasingly on alcohol to escape from the negative feelings, which you've been experiencing, and have done so to such a point that you are denying your self of your own truth.

This to will pass starting now for you. Escaping and avoiding your feelings with alcohol doesn't solve anything, it just makes things bad, that's why you have determined now that you need to stop drinking which will help to solve those old problems of yours.

Focus now on an area of your entire life that you feel happy with - you may like to remember something excellent that happened to you, something that made you feel confident, an achievement maybe or some praise you received. (pause) ...now be aware of how you feel inside, proud, confident, happy - and allow those good feelings to grow stronger, while you relax, and let go.

And when those good feelings are in your mind I want you to take a deep breath and squeeze your hands together holding them tightly, which will allow your subconscious mind to permanently implant those good feelings.

Because every time you need to feel this way, all you need to do is take a long deep breath and squeeze your hands together tightly.

That's good. Now imagine yourself in a situation where you would normally have reached for your first drink of alcohol. Be aware of where you are, what you're doing, who is with you, if anyone, use your imagination to the very best of your ability. If you can't picture the scene then remember it in as much detail as possible.

Be aware of the feelings inside you as you reach for the bottle/glass and imagine yourself emptying that bottle completely, and while you do this, I want you to take a deep breath in through your nose and squeeze one hand into a tight fist which allows you to remember those good, confident positive feelings.

HYPNOTHERAPY SCRIPTS II - Original Scripts

Immediately you feel good. It's good to be confident, and know that you're free from that old, addictive way of life. Free from the burden of having to drink alcohol, free to get on with your wonderful life, to experience the highs, as well as the lows, knowing this will help you to really appreciate when things get better.

Now, in your mind, find a substitute activity to do. It doesn't matter what it is as long as it's a break from what you would normally do. You're changing. Your way of thinking and acting is improving, you're in command, you're taking charge, you're in control. You're free as a bird, you're free from the addictive way of life, and yes, there will be moments when you feel pain, but these moments will get less and less, and you will really appreciate the gratifying things in life, the little things that make you smile and feel good.

Stress Reduction

By Leslie Blake, CHT

You are resting on a warm beach... the waves are crashing on the shore and the sounds are relaxing. You are very relaxed; this is where you want to be. You have no place else to go.

The sun is warming your body and there is a cool breeze. In the distance you can hear the cry of seagulls as they soar and dive. You are making a choice to help yourself.

The sky is a beautiful blue, with white fluffy clouds. You feel part of the earth as your body settles into the warm, soft sand you feel attached to the entire cosmos. You feel ONE with the universe.

This is the most relaxed you have ever felt. You sense the rhythm of the ocean aligned with the beating of your heart.

You are in charge of how you feel, and you feel wonderful, relaxed and in control of your emotions. Your stress is gone.

If you feel stress begin to invade your peace, you will recall your experience on the beach and peace will return. You are feeling wonderful. You will allow yourself to accept these suggestions. This is what you want. Now you will react naturally to your own desire to be relaxed and stress free.

Everything you attempt will be accomplished because you are in control. You feel completely relaxed and when you awaken, you will remain relaxed and alert. When stress threatens, relaxation will take over, because you are in control.

You will be successful.

To Do Every Thing With Grace

By Bethany Couture, CHT

You have decided to be more graceful... Well, let's first ponder the pleasant attributes of having grace.... It is to do what is proper... or to be elegant and charming... These are truly wonderful qualities to have.... And now they are attributes that you will possess for now on... You will no longer feel awkward and clumsy... You will perform all daily tasks easily... with elegance and grace.... You will naturally let your feminine side come through and shine without even noticing.... Each and everyday it will become easier to have straight posture... and to be more self-confident.

Not only will you feel more graceful and feminine... but others are going to perceive you to be... You are to eat gracefully... Work gracefully... Walk gracefully... and even fall gracefully.... To be more graceful you may have to do all these tasks slower... Then so be it... You are to be a more refined lady.... A more attractive gem.

Visualizing Yourself in Abundance

By Jesus Lozano, CHT

Trusting in the belief that the universe overflows abundance. Everything that you need, everything that you desire, can be given to you by the universe if you believe and trust. and not just you alone but to anyone who believes. In reality the universe has more than sufficient to provide to everyone to live with abundance. But we believe, or we have been induced to believe that shortage, lack, and even poverty is normal in the life, and that that is what we will obtain. If you reject these limitations And have belief you will find that health, beauty, wealth and all the good things of life are going to arrive to you in abundance.

Warmth of Nature Relaxation

By Katja Sjoblom, CHT

I want you to close your eyes and take a few deep breaths...notice how each breath relaxes you more and more...Now I want you to imagine yourself lying on a beautiful beach...the sun is just setting...the temperature is perfect...and all you can hear is the waves washing ashore and the sound of a few birds flying by...you are listening to every wave...and with every wave you feel your body relax more and more...every wave you hear represents a wave of warm relaxation...you feel peaceful, safe and happy...

Now I want you to imagine a wave of warm relaxation washing over every part of your body...starting from the top of your head to the bottom of your feet...now focus on the wave relaxing the top of your head...the back of your head and your forehead...the relaxation flows down your nose and mouth...and feel any tension dissipate into the sky...feel the relaxation go down your neck...relax your chest and notice how deep and regular your breathing has become ...feel the relaxation moving down your upper arms ...into your lower arms...all the way down to the end of your fingertips...notice how peaceful and relaxed you are...continue breathing deeply and slowly...the warm relaxing feeling is now moving to your back...making you feel very relaxed...feel your stomach relax and let go of any stress and tension that you may feel in this area...let the relaxation move into your hips and down your legs...and now feel how the relaxation is moving down to your knees...your calves...and all the way down to your feet and toes...just feel your whole body relax...and now you are in a perfectly relaxed state

Worthiness

By Lashell Moon, CHT

You look into your heart and know that the Creator made you a perfect being. From this moment forth, you understand that you are a magnificent soul experiencing what it is like to be human. You were born as a beautiful child with all the feelings that a human needs to experience in order to learn. You now understand that what is called a mistake is actually a learning experience that will enhance your soul. You can now completely forgive yourself for what you have done as there was never a need to judge yourself in the first place. You find that from now on you accept your learning experiences and easily let go of how you learned them. You replace all judgments with a feeling of self-love and appreciation. You accept yourself as you are, while seeking to improve yourself to be the best person you can be. You can now allow yourself to have a human experience and see it through the eyes of love. You know you are worthy of loving yourself and fully accepting yourself regardless of what lessons you have experienced in life. You use all experiences to enhance your learning and personal growth towards being a more loving, forgiving, creative, spiritual being. You know there is nothing you could have done or left undone that would ever make you unworthy in the eyes of your Creator. The essence of your being is love. You remember this always and find yourself responding to all you encounter from this centered place of unconditional love. Feel the flow of peace and joy now in your being. It is great to be alive!

Your True Nature

By John W. Panchuk, CHT

You see yourself as presenting your personal resume to everyone you meet.....because you want to....in all new encounters.... you see yourself as someone applying for a position.... a position where you have an opportunity to offer all of your good and positive qualities to everyone you meet....because you want to....the resume tells everyone you meet what you want them to know and remember about you....because you are proud of who you are....it says you are outgoing, energetic and friendly....because you are....you pay attention to details and people can rely on you to handle responsibilities....because you do....you are someone who loves.... and is loved by your family and friends....because you are....you are someone who is reaching their dreams and desires....because you are..... and you are growing all the time....you are someone who appreciates the people and circumstances in your life....because you do....your always improving these relationships for yourself and others....because you are....and from now on.... with everyone you meet....those you know.... and new people you meet....you will present yourself as having these wonderful qualities....because you do....and you will do this effortlessly and naturally....because this is your true nature....

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Awakener

By Dan Miranda, CHT

Soon, I will slowly count backwards from five to one. With each count, you will slowly fade back into consciousness, feeling peaceful and refreshed... When you come back, you will be relaxed, but excited to go out and accomplish all your goals on this day, tomorrow, and every day after that...

Five... Feel your mind start to focus

Four...

Three... Feel your eyes become lighter as you are more aware and focused.

Two... Your eyes begin to open

One... Your eyes are full open. You are aware and focused.

Awakening with Present Time & Place

AIA Author

As you leave the future on the time line in the future where it belongs, check also to make sure all of the past is on the time line in the past where it, too, belongs. And as you are ready, bring yourself completely back to the present, the _____ the day of _____ (month) _____ (year) at _____ (time) in the _____ (morning, afternoon, or evening). And as you re-acclimate yourself to this present time, re-acclimate yourself to the present place. Visualize the room. Feel the chair under, behind, and around you. Hear any sounds that are here with us now. Pay attention to my voice, counting with me mentally as I begin to count backwards verbally. We will count from 5 to 1; and upon saying 1, you will be fully alert. Beginning now, 5 – 4 – coming now to full conscious awareness.....3 – fully awake, fully aware.....2- remaining relaxed but with energy to do the things you need and want to do the rest of the _____ (day, evening).....1 - your eyes are open - now.

Cleansing Deepener & Awakening

By Bethany Couture, CHT

Now I want you to envision a white light around yourself.... And suddenly... you have reached a large door... which has a round Celtic engraving on the surface.... As you caress the grooves of this Celtic design... the door opens... All on its own... Peeking through the opening... you notice it leads to the most beautiful garden you have ever seen... And as you step through this door... you notice that you are now wearing a black robe that comes down to your ankles... On this robe are black embroidery on the collar.... And on the sleeves... You step out into the sun.... feel the warmth engulf you.... When suddenly....you notice to the right of you a brick path that is heading along a hill.... To the left of this path... there are ferns... shrubs.... and flowers. The trees are whispering in the wind... while the birds are singing... All is peaceful and calm.

Suddenly... you reach a small query... You untie your robe to go swimming... but before you do... I want you to understand what the robe symbolizes... This black robe represents any negative thing you would like to remove from yourself... If you have a list... you can envision taking off layers... One for each thought... And as you take off this robe say to yourself... “ I take off my negativity..... I remove my hurt.... I remove my smoking habit... and so on...” **GIVE THEM A MINET TO PONDER**

Then once you are done... you dip your toes into the water... Feel the wet cool water... Not a cold cool... but a refreshing cool... And as you walk into the water you notice a quiet waterfall calling for you in the corner of the query...

And now I'm going to count to 10 and when I reach 10 you are going to double in relaxation...

- 1... You dive into the water
- 2... The water engulfs you
- 3... Renewing you
- 4... You come back up for air
- 5... You notice the sandy, bottom
- 6... You reach your hand out to feel the floor
- 7... Fish of an array of colors come to greet you
- 8... Come up for air and smell how fresh it is

- 9... The query floor rises... The water now comes just above your ankles
- 10... Completely relaxed... Totally calm

You almost feel the need to take a nap.. you are so deep in relaxation... You feel the air on your naked body... The cool wind kisses your side... You step into the water and it feels refreshing... Feel all the negativity being flushed out and away... down the stream... This water is cleansing are healing you... Take a moment to enjoy the stream.... Feel it massage your shoulders and lower back...

USE SCRIPT HERE

It's now time to leave the water...To the right the stream carries on ... and to the left is the garden.... It is so close you can smell the lavender... But this time you don't swim back... you walk through the water... Through the water and back to the garden.... Ahead of you... you see a new robe hanging from an apple tree. This new robe is green... You take down from the tree... Notice how silky-soft it feels... You place this new robe on and it fits perfectly... as if it has been tailored just for you. As you follow the path back to the door... I am going to count to 10... When I reach the number 10 you are going to wake up feeling completely refreshed... awake... and positive.

- 1... You take a left to follow the path
- 2... You stop to smell a lilac bush
- 3... Feel the bush in you hands
- 4... Return to walking back to the door
- 5... Feel the brick under your bare feet
- 6... You see the door to you left
- 7... Closer and closer the door becomes
- 8... You turn the door knob
- 9... You open the door
- 10... Eyes wide open and fully awake

Walking Out

By Gina Dimare, CHT

Coming out of hypnosis

In a minute ... you imagine ... you are climbing ... five steps ...

With each step ... you will come closer ... and closer to a wakeful state ...

Starting with one ... you will emerge from hypnosis ... with every step ...at your own pace ...

When you reach the fifth step ... you will fully awake ...relaxed and refreshed ... and ready to go on with whatever you have to do ...

Begin ...

Writing Scripts

A script can be as long or as short as you like, it should be as long as it takes to get the point across.

A script can be written on virtually any subject you like. Any area that you can improve in, a script can be written.

Before writing a script take the time to break down your topic into as many various aspects that you can in order to cover it properly.

(Use two sheets if necessary.)

Topic _____

	IDEA	EXPLAIN FURTHER
Aspect #1	_____ -	_____
Aspect #2	_____ -	_____
Aspect #3	_____ -	_____
Aspect #4	_____ -	_____
Aspect #5	_____ -	_____
Aspect #6	_____ -	_____
Aspect #7	_____ -	_____
Aspect #8	_____ -	_____
Aspect #9	_____ -	_____
Aspect #10	_____ -	_____

Once you fill in the various aspects of the topic, place them in the order that seems to fit best.

Topic Order

- #1 _____
- #2 _____
- #3 _____
- #4 _____
- #5 _____
- #6 _____

HYPNOTHERAPY SCRIPTS II - Original Scripts

#7 _____
#8 _____
#9 _____
#10 _____

Once you have done this, take each aspect and turn it into a paragraph.
Additional items to help your script.

1. When writing your script try to include at least several of the 5 senses.

Sight - Hearing - Touch - Smell - Taste

2. Always use positive suggestions. (*Remember the subconscious does not understand negatives, sarcasm or humor*)

3. Use positive, active wording. (*Example, excited, energized, anxious, happily etc.*)

4. Make all suggestions believable. Remember the “buying in” principle.

5. Include confidence, self-esteem and relaxation statements.

6. Remember to use the three tenses if possible

What is going to happen	-	Expectancy
What is happening	-	Acknowledgement
What just happened	-	Attainment and visualization

7. Pictures / Visualizations - The subconscious mind reacts to pictures rather than just the words.

Have your client use their imagination as much as possible seeing the “end result, having already attained” their goal rather than the progression of reaching it. If the subconscious sees the goal already having been attained it will do what it takes to make the goal happen!

8. Emotions - If you want to make a picture even stronger give it emotions.

During any visualization have your client feel the confidence, pride and emotions of having attained their goal. Whatever emotions or feelings can be associated with the subject will aid the script to be more effective.

Writing Scripts *(additional)*

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