

Key Hypnosis

HYPNOTHERAPY SCRIPTS



A collection of hypnotherapy scripts
from

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Version 61

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Using the Key-Hypnosis hypnotherapy scripts

See the Table of Contents for a list of all the scripts.

Click on any title to jump to that Script.

The hypnotherapy scripts are arranged into groups according to their main function, but all the scripts broken into sections so that you can mix and match sections from different scripts and cut and paste them to create new scripts for yourself.

This means that you should examine scripts from all areas to find parts that you can adapt when creating a treatment for any particular client. A few scripts are based on one basic pattern with slightly different versions for different target problems.

Some of the scripts are ready to use exactly as they are. Some are edited transcripts of hypnotherapy sessions. Every client who comes to your office is unique and therefore you should study these transcripts to understand how the problem was tackled, and then take sections and adapt these for your own use. Some scripts are not traditional hypnotherapy scripts but are given in the form of metaphor stories. These can be used on their own but are more usually woven into a regular hypnotherapy session to give the therapy a broader application.

The underlying logic of the script is shown for each section and the hypnotic concept embedded in the wording is shown in the comments column. Using these guides you should be able to follow the logic of the scripts and use these as the basis for your own original wording and ideas for your clients.

Other publications from Key-Hypnosis

How to write a hypnosis script

If you are completely new to doing hypnotherapy there is a separate document called *How to write a hypnosis script* that shows in detail how to create an original script for a specific problem.

Hypnotic Inductions

If you are interested in developing and expanding your hypnosis skills there is a separate book called *Hypnotic Inductions*. It lists dozens of different ways of putting people into trance. The inductions range from a beginner's tutorial for how to hypnotize somebody to advanced instant inductions. Overall it explains the logic of why these inductions work and how to create your own original inductions. The scripts are complete with introductions and comments showing how they work and when to use them.

Therapeutic Metaphors

This book contains dozens of hypnotic metaphors and shows how to use metaphor as part of Hypnotherapy.

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Stop Smoking Scripts

Direct Suggestion Stop Smoking Script

This style of Stop Smoking script use Direct Suggestion, or Authoritative Hypnosis, a style of therapy that sounds as if you are firing instructions at the listener. Each suggestion is a single direct command, telling the smoker how to behave, what to do, what to be. However, Direct Suggestion is actually quite subtle and very effective. This Stop Smoking Hypnosis Script is used after finding out why, when and where the client smokes.

The therapist notes these and selects the matching section of the script. If weight gain is a worry then the section on not snacking is used, otherwise not.

Most smokers need convincing that they can stop, that there will be no cravings, that they can deal with stress without a cigarette. The script deals with all of those, and most other common issues.

Other psychological issues should be dealt with by weaving in one or more metaphor scripts such as Bridge to Freedom as required.

Embedded commands are bold: use analogical marking with these phrases.

You do not need to use every part of this script. Find out what issues the client has and address only those.

INDUCTION SECTION

	Lead the client into trance....		
	Use your normal induction and confirm level of trance, then start the therapy section.... [See basic induction scripts]		

DIRECT SUGGESTION SCRIPT

Target	Dialogue	L	Technique
IDENTITY	BOOST THE SELF IMAGE		
	CAPABILITY: YOU CAN CHANGE		
Capability	as you are there now... eyes closed.... breathing gently... you are changing ...	D	non sequitur
Capability	You are becoming more resourceful... more sure of yourself.... more aware of your own ability to change....	D	
Identity	You think about yourself differently now....	D	
Capability	You know that you can change... you can feel yourself changing....	D	
Capability	and this means you can change your habits... easily and quickly.... you know you can do this... with a bit of help.... and this is exactly the help you need....	>	
Rule	the way you think affects your behaviour.... what you do... what you can		Truism

	do... what you find easy to do....		
Behaviour	And there is one thing you are going to do.... You are going to end that habit...	D	
Identity	You are going to end that habit today. As of this moment you are a non smoker....	D	
	YOU ARE IN CONTROL		
Capability	Because you are getting more and more control in every part of your life now...	>	Non sequitur
behaviour	You are becoming aware now of how much control you have... and having that control means you have less and less anxiety in stressful situations...	>	
Capability	You can deal with anxiety... and with any problems that come up in your day...	> D	
Behaviour	And because of that you are more determined... more convinced... more certain that you have had your last cigarette....		
	YOU WILL NEVER SMOKE, EVER		
Behaviour	You are finished for good... You will never smoke again.... you will never hold a cigarette again.... If you ever find a cigarette in your fingers... you will break it.... snap it... crush it out totally.... you will grind it into the floor and enjoy doing it... It's over for you for ever.		PHS
RULE	There are no safe cigarettes... every puff is a danger.... every drag is poison.... there is no 'just one'...		
Behaviour	If you ever get too close to smoking you will feel an irresistible compulsion to get up and leave... you will start walking away... find yourself somewhere safe... away from it.... and your mind will be filled with alarm bells You will take deep breaths until the danger is over and you are flooded with relief and calm again....		
Behaviour	you don't need cigarettes.... you no longer smoke....		

	CHANGE THE BEHAVIOUR		
	YOU DON'T NEED TO SMOKE TO RELAX		
	You find that you don't think about smoking any more		
Rule	You are becoming less and less attached to smoking with each word you are hearing... because smoking was what was causing your anxiety.... giving up smoking means giving up anxiety, nervousness		more>more
Identity	and not smoking gives you the sense of calm you used to have....	D	
Capability	Because you know you can handle stress.... you used to ... and other people can do it and so can you.... the cigarettes were causing it... and not they are gone... you can forget about the stress they caused...		
Capability	And you will experience a strange feeling of calm in those situations now.		
	YOU DON'T NEED TO SMOKE TO SOCIALISE		

Identity	Smoking is not something you enjoy.... You never enjoyed smoking.... what you enjoyed was the company... the people around you.. the feeling of belonging... being accepted.....	D	Reframing
Behaviour	And from now on.. you know that you can feel part of the group... you can fit in with any people... be accepted... without using the cigarette as an excuse....	D	
Rule	Because that's all cigarettes are... an excuse... an excuse to mix with other smokers.... to share something.... to fit in....		Reframing
Identity	and you don't need that excuse any more.... You are strong and you know who you are... what you are... you are good enough for any company....	D	
Behaviour	From now on... when you are in a bar... or drinking... or sharing with other people.... you feel part of the group... you know you fit in... you know it's OK to be there with them... and you don't need a cigarette as a prop... you don't need to pretend to need a cigarette...	D	
Identity	You don't enjoy cigarettes.... you never really enjoyed them...	D	
Behaviour	Cigarettes make you ill and you reject them now.	D	
	YOU DON'T NEED TO SMOKE TO TAKE A BREAK		
Identity	You can enjoy a drink without smoking... you can enjoy a meal without smoking... you can enjoy spending time with friends without smoking.... In all those situations... you no longer smoke.		
Identity	Take a moment now and think through your day... all the times when you take a break and used to smoke... and now imagine how it will look, how it will feel... how it will be to enjoy those breaks without a cigarette... take that feeling of enjoyment you get and multiply it.... because you are a non smoker now... and you will enjoy those breaks even more.... and get more from them... imagine each one in bright colours.... and maybe there's a piece of music you associate with triumph and success... maybe you can play that music while you think about how it will be at breaktime and you don't smoke....		
Behaviour	and at work.... you can take a break... go for a walk... enjoy that few minutes away from the task... and you enjoy it more... now you know that break is healthy and refreshing.... because now you don't smoke...		
	CHANGE THE PART THAT SMOKES		
Identity	There is a part of you that wanted to smoke... a familiar part... You may not know that part but it is there... and it is ready to change.... now.... at a deep level you know it is time to change.... to let go.... that part had a good reason to smoke... but things have changed now....		
Capability	Tell that part that it is now to change... thank that part for what it was trying to do... but it is time to change now... every part of you is valuable.... so you can convert that part to do something else.... that part of you that used to want to smoke is now being converted to a useful healthy purpose...		
Identity	And that part of you will be glad... and it is changing now because you asked it to... and you can be surprised at how effective it can be.... and how you are different now...		ambiguity

	EMPHASIZE HEALTH		
Rule	Smoking is always a mistake. Smoking makes you ill. Every puff is a danger.		
Rule	You are not really giving up anything.... What you are giving up is coughing, breathless, tired, and what you are getting now is health and vitality and vigour...		Reframing
Rule	From now on you are getting clear skin... white teeth... bright eyes... glossy hair.... because that is what you get for giving up smoking.... you are getting fresh breath... clean clothes....		
Memory	hair that smells of soap the way it used to... remember when you were first dating and how good that smell was... and you want all those things, don't you? Because you have given up smoking now you are getting all those things... and that's good isn't it?		
Memory	The moment you stopped... you lungs started healing.... getting younger... just like when you were growing up...		
	OTHER ADVANTAGES		
Memory	Imagine now getting into your car... the clean smell... just like that new car smell... and you open the windows and taste that fresh air....		Metaphor
Identity	and you have more money... and you can start to get fitter... you will enjoy exercise... when you don't smoke.... because you get stronger faster.... you are more confident... you can really taste your food... you don't have to embarrass yourself by asking to leave company.... because you don't smoke you no longer have people looking at you when you are standing outside.... you don't have to be out in the cold any longer...		Metaphor
Identity	and you can be proud.... quiet confident pride in your own achievement.... And now... bring to mind all the people who will be proud of you... the people who will be surprised... and delighted... and impressed.... because you no longer smoke...		Visualisation
Capability	You will have more time... to do what you want... when you want... think of what you are now able to do... now that you don't smoke....		
	YOU WILL NOT PUT ON WEIGHT		
Capability	And you trust your mind... to protect you... to keep you healthy....	D	
Memory	Now that you have given up... you will just forget about smoking.... it just will not be part of your day.... you can forget about it now.... and you will find your day fills with other things to do...		Presupposition
Memory	And you can remember a time before you smoked... and how you don't need to snack... You will not put on weight... giving it up means you are getting healthier and fitter... giving up means you deserve to look the way you want to look....		

	AVERSION TO SMOKING		
Behaviour	Every time smoking crosses your mind you feel a sensation of disgust.		Sensory
Memory	The idea of smoking is revolting. When you think of smoking the most disgusting pictures come to mind... you feel repelled by smoking... by		

	cigarettes.... by tobacco....		
Memory	Every time you think of smokes you get a horrible taste in your mouth until you repeat to yourself.. over and over... I don't smoke... I will never smoke...		PHS
Identity	And you take a deep breath and feel that healthy air cleansing your body... and deep inside you know you don't smoke now... it's over for ever....		
	THERE WILL BE NO CRAVINGS		
Memory	And you will feel nothing... nothing at all... it is as if you never smoked.... if you feel anything at all... it will feel like a distant memory... smoking does not interest you at all... you can forget about it now...		
	Giving up smoking is easy... it actually is easy... and simple... as if you never smoked at all...		
	You don't need cigarettes... you don't want cigarettes... you never liked smoking... you are giving it up.... you have stopped.... you have had your last cigarette.... You have nothing to do with smoking now... that is all in the past.... You can see your future now and it's bright and clean and healthy....		
	you have more money... better health.... more fun... more energy...		
	And you deserve to have a long and healthy life, don't you... and you want to be fit and toned, don't you?... and you want to have more money and more friends don't you?... and deep down inside... you know you have changed forever, ... you know you have given it up now... don't you?		Yes set
	And every moment that passes you feel that satisfaction growing... and that confidence and pride...		
	And when you open your eyes you realise you are seeing things differently, that things have changed... that you have changed... you are a non-smoker now.		
	I wonder what part you will enjoy the most?		

DIRECT SUGGESTION SECTION

	You are a non-smoker now		
Behaviour	every cigarette is a problem... every puff is a danger.... and you can imagine a cigarette in your fingers now... and you can imagine snapping that weak fragile cigarette... and just snapping... crushing it ... and throwing it away... grinding it into the ground... and everything it represents... because nothing will ever make you take that first puff again... that's over with....		Post Hypnotic Suggestion
Capability	Because you have the power to change... [clientname] you know there is nothing to fear... for you ... giving up cigarettes is simple and direct.... you will feel nothing... you will feel nothing at all.... you will be able to go through your day normally... and all those things that you used to do will just not be there any more... you can forget about them... you can forget about the habits....	D	

Behaviour	You can say to yourself.... repeat this over and over ... in your mind, now....		
Worldview	I DESERVE to be a non smoker	D	
Capability	I CAN BE a non-smoker	D	
Identity	I AM a non-smoker	D	
Identity	I DON'T smoke	D	
Behaviour	I WILL NEVER smoke	D	
Identity	I AM FREE	D	
Memory	I had my last cigarette a long time ago	D	
Identity	And when you think about smoking ... somehow it seem to be a long time ago in the past and whenever you think about a cigarette or smoking... you take the image and move it far away to the place in your mind where you keep things that are over and done with.. and it all seems such a long time ago... in a different lifetime... when you were a different person....		Time distortion
Worldview	Because you deserve to be a non smoker..	D	Match breathing
Identity	You are a non smoker	D	Match breathing
Behaviour	Smoking was never something you enjoyed	D	Match breathing
Behaviour	And you can tell yourself that over and over ... with every breath	D	Pacing
Identity	"I never enjoyed smoking"	D	Match to breathing
Behaviour	"They make me sick"	D	Match breathing
Capability	I keep my habits under control... I am in charge... I am in control		
Capability	This is easy		
Worldview	I DESERVE to be a non smoker		
Capability	I CAN BE a non-smoker		
Identity	I AM a non-smoker		
Identity	I DON'T smoke		
Capability	I WILL NEVER smoke		
Worldview	It's over NOW		
Identity	I HAVE STOPPED FOREVER		
	And it's like there is a little voice in your mind saying...		
Capability	I know how to make this work		
Capability	It's working now		
Identity	I am a non smoker now		
Worldview	It's OVER now		
Rule	Giving up is easy.		

POST HYPNOTIC SUGGESTION SECTION

	You have changed forever		
--	---------------------------------	--	--

Capability	Because you have the ability to take charge of your life... you have the ability to decide what you want to do... you have the ability to take a decision... you've already taken that decision ... you have changed today... You're a different person... and so now you can look ahead to the rest of the day and see yourself going through your day ... going back to work perhaps... and you will have a different behaviour... and people look at you differently...		Supposition
Behaviour	And when they look at you differently that just reminds you ... how easy it is and how good you feel.... and little things throughout the day and the evening will keep reminding you of how good you feel... about yourself... about your decision... and about how other people regard you now.... and when you wake up tomorrow... the first thing in your mind will be a wonderful feeling... of how good freedom feels...	D	Sensory Distortion
Behaviour	And there will be a few moments where your body begins to heal.... and maybe you will cough more than you usually do but these are all signs that you are getting healthy..		Reframing
	and they will remind you of the way that you can go through your day.... and never even think about it....		Amnesia
Capability	As each hour passes your resolve.... your capability... will get stronger and stronger.... as it is now....	D	
Memory	And in your mind there is that certainty... that you will never have another puff.... you have had your last.... it is over ... at last it's over and that's really good... isn't it?	D	
Capability	And you know that you will be successful at this... and you can feel it now I think, that feeling.... of certainty... of your ability... that nothing will sway you... that you are in charge and you are going to go forward to a great success....	D	

REORIENTATION SECTION

	Back to the present....		
	Use your normal reorientation method....		

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Stop Smoking Script

This script is the transcript of an actual stop smoking hypnosis session conducted by David Mason.

The Stop Smoking script is given in full with comments to explain what each statement is doing.

The client was a man in his early thirties who had been smoking for fifteen years. He was smoking between twenty and thirty cigarettes a day. Before the hypnosis began, information was gathered using the Smoking Resources Checklist. Information about smoking beliefs, resources, and fears was then used to create specific suggestions unique to this client. For example, some statements in the script refer specifically to the health fears expressed by the client at the beginning of the session.

INDUCTION SECTION

	You can allow yourself to Relax		
	Just settle yourself into a comfortable position.	D	
Behaviour	You feeling alright?		'Yes set' 1
	Yeah		
	You ready to go into hypnosis?		'Yes set' 2
	Yep		
	Looking forward to it?		'Yes set' 3
	Yeah.		
	That's good. OK.		
	What I would like you to do now is to just take a deep breath... and hold it.		Simplified Relaxation induction
	And when you are ready... just let it go, and as you let it go.... let go of all the tension in your body..... just relax....		
	Now take another deep breath and hold it... and this time really relax, just think about all those muscles that have to relax...		Dissociation
	That's good...and now take another deep breath... and in your own time let it go... and let go of a-l-l the tension in you... just let it all go out.... That's excellent.... that's very good		Reassurance
	Now allow your breathing to go back to normal... and you can begin to appreciate that feeling of relaxation that you are getting.	I	Supposition
	<i>Client: I could go to sleep</i>		
	That's lovely... that's what hypnosis is like... a lovely feeling of relaxation.... you won't go to sleep.... but you will get very relaxed...	D	
	So now I would like you to close your eyes...		
	That's good		
	And just think about your breathing....		Dissociation
	Just become aware of how the air goes in through your nose and down into your throat....		

	And then you breathe out again... and how it comes out warm and comforting..... and how if you think about your breathing... it can make I you so relaxed..... so comfortable....	I	Non sequitur
	and as you are lying in that chair... breathing gently... listening to my voice... every breath out can make you more and more relaxed....	D	Pacing Non sequitur
	and as you breathe out a little voice in your head says..."more relaxed... more comfortable"	D	Self induction
	and with each breath out you feel yourself becoming more relaxed and more comfortable....	D	
	and just allow that feeling to continue... that wonderful relaxation that you can feel spreading around...		

DEEPENER SECTION

	You can relax more deeply still		
	And I wonder if you can imagine a big old house somewhere?.....		Dissociation
	a house with trees and.... a big fancy door.... and windows..... maybe there is a garden and a fence... it's the kind of house that's been there for a long time... that somehow the sun shines on that house... it's a happy place... and there have been birthdays... and candles.... and Christmas trees and Easter eggs.... life has gone on in that house for a very long time... and people have grown up in there... and they have left to get married and they have come back with their babies.... and little children have grown up in the kitchen... crawling around and eating dirt and laughing.. and there are toys.... it's a lovely place...		Connect to childhood memories
	And there is always laughter in that house... and there are people having meals... and in the evening they go into the living room... and maybe they put on the stereo.... and they listen to soft gentle music... and that soft gently music makes them relax and drift away..... and nothing bothers them...	I	
	And they lie there relaxing.... imagining that music... in that happy house.... you can imagine them so relaxed... that they feel as if they are sinking into the chair... as the chair is supporting them....gently....safely....	I	Dissociation
	And I wonder if you can feel yourself sinking gently into that chair, now.... and feeling yourself supported as if you are on a big fleecy cloud... and just drifting down and down...into that cloud.... feeling yourself going deeper and deeper... deeper and deeper...	I	Sensory
	Just allowing yourself to drift away now... nothing is important... nothing matters... and you can feel yourself going down and down..	D	Supposition
	And my voice can become whatever you want it be... my voice can become the sound of rain on the window pane on a winter's night.... or my voice can be the voice of a teacher... or a parent... or a friend... and my voice can be the wind blowing along an empty street.... in summer... or maybe... the wind is blowing along a street in autumn...		Dissociation
	And picks up a leaf and that leaf gets carried away here and there.... and it goes left and right.... and up and down... and that wind... carries the leaf safely and gently.... as it goes round and round... swirling and		

	swooping....		
	And then it goes down... gently swirling round.... as if it is in a spiral stair case...		
	And I wonder if you can imagine a spiral staircase.... the way the spiral staircase goes down and round and round... and you can imagine yourself on that spiral staircase... and you can imagine going down that spiral staircase.... and there can be a handrail and it's safe...		
	And you can count yourself down that spiral staircase.... and the first step is TEN... and the next step goes down deeper NINE... and EIGHT feeling more relaxed and more comfortable... and SEVEN drifting away... then SIX down and down..... really relax.... then FIVE deeper and deeper... and then FOUR... nothing matters.... nothing counts.... you have nothing to do... you don't have to do anything... you don't have to think.... listen... anything at all.... and then THREE nearing the bottom.... totally relaxed... then TWO ... almost there and ONE... gone down... into some warm dark place... where your mind can just drift away... if any thoughts come into your mind just let them go... like little puppies running away wagging their tails.... you can ignore them... they'll just go away... and then ONE... you're at the bottom... feeling really good... totally relaxed... and you can just enjoy that feeling of release and relaxation.... knowing that everything's OK and you're OK.... and there are no issues... nothing you have to do...		
	That's very good [clientname] you're doing very well...		

RECONNECTION TO SUCCESSES SECTION

	You are a success		
	And I wonder if there is someplace that you could go in your mind... someplace that's safe and secure... someplace that's really yours... that you enjoy.... a place that you can go to in your mind... where everything is just the way you want it to be.... everything is ideal.... a place where only you can go.... unless you invite others... where you will always feel safe and well... a place where you are healthy, fit.. strong... a place where you feel full of confidence and ability... a place where you know who you are... and why you are.... and it's just the place you want to be...		Safe Place
	and when you get to that place and enjoy it for a moment... I'd like you to say "Yes"		Depth Confirmation
	Yes		
Capability	And that place...you can always go back to ... it's always there for you... it's always there in your mind... and in that place... you are strong.... and healthy and in control... because you are in control of your life [clientname] ... you can do whatever you want to do ... I know there are some things you think you are not in control of... but in fact... you really are in control of everything...		
Capability	You can decide for yourself what you do... no one can tell you anything else... you can decide what to eat... you can decide what to wear... and you can decide when you get up and when you go to bed, can't you? And you		

	can decide what habits you want to have... and you can decide what you want to get rid of.... and if something bothers you.... you want to stop it... you've got the power to do that because you are in control... you have that ability.... to be completely in control... and no matter how long something has gone on ... you can stop it immediately... you just make the decision... and you know that, don't you? And that's how you do it.		
Capability	Because... just look at your life... you have achieved so many things... there was a time when you couldn't ever tie your own shoelaces... and you did that... and there was a time when making friends was a problem and you did that... there was a time when getting a job... and getting through school... meeting girls and all these things was a problem... you did all these things... and now you are a [jobtitle] ... in control of people... you have achieved this... you have achieved this by your own willpower.... and you have the ability to achieve anything you want.... and you've come here today because there is something you want.... there's something you are determined to do... and you now know you can do that ... because you are lying there and you've made a decision ... and your decisions affect your life... and you know you can do this... because you are in control... you decide... and you act... and that's it... it's always been like that... and it always will be....	=	Equivalence PAST SUCCESS = ABILITY

SECOND DEEPENER SECTION

	You can start to change		
	And I wonder if you can imagine being back in that house... that happy house.... and inside that house there's a staircase...and that staircase goes down towards a door... and you can see the door from the top of the stairs... and as you go down those stairs.... you feel yourself going deeper and deeper.... really really relaxed... really entranced... and you can go down those stairs at any speed you want... and when you get to the bottom of those stairs you'll be totally relaxed.... totally at ease... and at the bottom of those stairs there is a door.... and behind that door is something wonderful... something wonderful for you... so I would like you now [clientname] to go down those stairs... at whatever speed you like...and you go down each step you'll go deeper and deeper and more relaxed		
	and when you get to the bottom... I want you to tell me what colour the door is...		Depth Test
	Red		
	It's red....that's good.... and can you open that door?		Safety Check
	Yeah		
	And is it OK to open that door?		Safety Check
	Yeah		
	That's fine		

PARTS THERAPY SECTION

	You can forgive old behaviour		
Identity	Now behind that door [clientname] are parts of your self... there's all the parts of yourself that make you who you are... there's all the parts in there of your creativity... of your intelligence... your humour...your ability...		Visualisation + presuppositions
Identity	And you can imagine going through that door and finding yourself... in amongst all those good parts of your self ... and there's all the parts that make you feel good about yourself... and you can imagine them... pressing around you ... meeting you... and you feel so good because every part of you ... is valuable... every part of you intends for your own benefit... every thought you have ... every idea you have... is actually for your good...		
Memory	And as you look around that room you can see all those wonderful parts... and yet... there's a part missing... and you look carefully around that room and you see on the far wall there's a door... this is a black door....and you go to that door... and you open it carefully... and inside there's another part of you... there's the part of you in there ... that keeps you smoking... and you look around and there's a small frightened part... because this part wanted to help you when you started smoking... it thought it was doing something really good for you... but over the years it has realised it made a mistake - you should never have started smoking... and now it is frightened of what you will say and what you might do... but every part of you is valuable... and every part of you means well.... and so.. I'd like you to go down and embrace that part.... comfort it ...tell it ... you realise that it made a mistake....that it's OK to make mistakes... that the only thing that's not OK is if you keep making mistakes....		
Rule	and in your own way... however you can.... you persuade that part... it's OK... that it can stop doing that now... that it doesn't matter any more... because you've made that decision...	> D	Mind reading
	and you can take that part and leave the room...now... and as you leave the room the door closes behind you and that small frightened part.... as it goes in amongst all the other parts... begins to change and grow ... and gets stronger...	D	
	You can create new behaviour		
	and you can introduce that part to the part of you that is creative the part of you that knows how to do new things.... you can work with that part that was smoking and you can come up with three creative things you can do instead of smoking... that will give you the same benefits... and will be amazed at how fast you can come up with three or maybe more things that you can do.... that will replace that habit you used to have.... and it might be eating fruit and it might be brushing your teeth it might be.... who knows? But the creative part of you.... that wonderful rich creative part of you ... that's helped you all your life will help you now... and you can substitute different behaviour for the one's you've had.... and you can get curious as to what those behaviours might be. Because you will find them arriving naturally...in the next hours and days...		
	And every thing that old habit comes to mind a new behaviour will replace it. And that new behaviour will take over as if it has been there for ever.... and it will feel so natural... and so easy ... that you just do it for as long as you need to and when you don't need to you can stop doing		

	it... because you've got control.... and you can be really surprised at how often you can do it....		
Behaviour	And in that room... in amongst those parts... you look round ... to the back wall where that black door is... and as you look that black door begins to shrink... and it gets smaller and smaller until it is the size of a mousehole... and it gets smaller and smaller and it just disappears.... and that place is sealed away for ever...		[Metaphor CLOSING OFF OLD WAYS]
	and you bring that part into the room with all the other parts... and just getting in touch with all those parts... the part with your creativity... your laughter... your friendship.... all the parts that make you feel good... they all combine now and make you feel really good... and you feel as good as you have for a very long time.... because you've made a serious decision and you know it's the right decision.... and all those reasons you used to have are gone... and that makes you feel so good because you know you've done that....	D	
	And so with all the best wishes of those good parts you move towards the other end of the room... and there's another door.... and this time you go through into another room		

MAGIC CINEMA SECTION

	You can clear old images		
	and on the far wall is a giant video screen... and there's a movie playing... and you go and stand in front of that movie... and on a small table there's a video controller... and you can make that movie go fast or slow or backwards or forwards... and you look at the movie and you realise that movie is showing you ... you and your day...		[metaphor for CONTROL]
	It shows you getting up in the morning... it shows you you having breakfast... it shows you driving to work... it shows you at work... having breaks... driving home from work... and getting home and sitting watching TV and going outside and coming back in... it's your whole day		Dissociation
Behaviour	And you watch the movie... and you are able to speed the movie and see your day go fast... and you can reverse it... and you can control your day any way you want....	I	
	But you look at it closely and you see that you are in all the scenes... and there are so many scenes where you are holding a cigarette... and you see yourself holding that cigarette ... and you realise that something's not right ... and you realise with horror that there's a cord wrapped around the wrist that is holding that cigarette... and that cord is coming out of the screen and it is wrapped around your own wrist.... and you are connected to that ...		[Metaphor for ADDICTIVE BEHAVIOUR]]
Behaviour	And as you look in every scene there is a cord coming out tied around your wrist... tied to that cigarette. But you are in control. And so you wind that video back to the beginning and you see yourself waking up.... getting up... and you see yourself reaching for the packet of cigarettes ... and you see the cord... and something sharp appears in your other hand in that room.... and you reach out and you SLASH that cord....you break the	D	Deconstruction of the metaphor

	connection and as you do that picture of cigarettes disappears..... and you see yourself with no cigarettes ... and a big smile on your face and feeling really good ... and the movie goes on to another scene.... you're having breakfast and you are feeling good at that... and then you see yourself after breakfast ... and again there's that hand with the cigarette and the cord... and you reach out and you slash that cord again... and as you do the cigarette disappears ... and you feel so good... and you know that you don't have to have that ... that connection is gone...		
Stimulus	And you can go through now and see every scene in your day... and you can slash the cord ... you can cut away the connection between you and that cigarette....		
Stimulus	I want you to do that now, [clientname]... use that control and go through your day as fast as you like... and at every scene.... every time you smoke.... reach out and just cut that cord... and you will see it falls off both wrists... and you are free... and you can fast forward through that scene... and cut every cord.... and when you have done that you'll have a movie of your day with no cigarettes		Visualisation: Action Metaphor
Stimulus	And there's other movies on there... there are movies of you on holiday... there are movies of going to see friends... there are movies of you in the bar... at parties... and you cut the cord in all of them ...		Remove triggers from other scenes
	You can visualise a new life after stopping		
Memory	and when you have done that you can run that movie backwards... as fast as you can... like an old jerky black and white comedy... and just see your day running backwards... and all those cigarettes disappear....		[alter how the memory is held]
Behaviour	and when you get to the beginning.... run it forwards again... take a moment to see yourself going smoothly through your whole day... and there are no cigarettes... in that movie you are smiling and feeling good... and you are doing those other things in place of cigarettes... and at the end of the day you see yourself go to bed.... healthy and happy.... in control.... just thinking about how your decision has changed your life... and how your days will be from now on... and you can flip forward with that controller into the next day and the next day... and you can see your life as it will be see your life as it is... fresh breath... more money.... fitter... healthier... happier.... food tastes better... clear headed... completely clean... and I wonder how good that makes you feel...		Visualisation: Desired Behaviour
	And you put down the controller and you start a new movie... and in this movie...		

BRIDGE TO FREEDOM METAPHOR

	You are leaving the past behind		
	you see yourself walking across a bridge... and half way across the bridge there's a tape... a paper ribbon of some sort...		Dissociation
	... and you walk up to it, and on the other side of the bridge... there are people there, just waiting for you to cross.... to welcome you...		Incentive
Capability	and you realise you can walk forward across that bridge and leave the past behind...		action for commitment

	All you have to do is break that tape.... that flimsy bit of paper... that's all there is to it.... snapping that tape means you are choosing to go forward... crossing into a new life.... a different life... clean... and free...	>	= easy
	And can you break that tape?... and go forward now? Breaking that tape means you have decided to leave that habit behind.... make a clean break...	>	Bind
	And if you are ready to push through that tape now... and leave that habit behind for ever... you can signal... by raising a finger or a thumb.... and we'll go on...	>	Confirm unconscious commitment
	[await response]		Ideomotor
Identity	and you walk forward against that tape and it breaks... and flutters away harmlessly... and you realise that everything has changed... you have changed...		Reinforce belief

SELF ESTEEM SECTION

	You are loved and respected		
	and all the people on the other side are all the people you know and love and all the people who love you... and all the people you have known in the past ... and they are all looking at you and applauding and you come down from that bridge... and you feel really good because you have left behind all that old stuff...		
Identity	and you move among these people.... feeling good... and some hug and kiss you, some pat you on the back... and they are shaking your hand and you can hear them saying " <i>that [clientname]... you know what he has done? He has changed his life... I always knew he could ... I always thought he would be a winner.</i> " ... and over on the far side you hear somebody saying.. " <i>I am so proud of him ... I have always been proud of him.... He's the best son I could ever have had..... and now look what he has done... He's everything I ever wished he could be..</i> "	I	Kinaesthetic and Verbal rewards
Identity	And you move on and other people are saying... " <i>You know that man will go far... he's done so much... and now he's doing even better.... he's a winner... a success</i> "....	I	

REMOVING TRIGGERS SECTION

	You will act differently in old situations		
Behaviour	And as you walk along you see all the people from work looking at you... and you know from looking at their eyes... there's a new respect there... that you got rid of this problem... and they know you won't be going outside... taking breaks and such.... any more... That will get rid of a lot of problems...		
Behaviour	And you move forward and you can see all the friends you go out with... and one of them offers you a cigarette... and you just look at it and you smile... and you say...no thank you... I don't do that any more....	D	

Behaviour	And you realise what the cigarette is.... it is an offer of friendship... and you accept the friendship.... and you push away the cigarette...	Reframing
Behaviour	And there is another scene where you are at club or party or somewhere... and there is a cigarette there in an ashtray.... and you pick it up and you snap it in two...	Post Hypnotic Suggestion
Behaviour	because from now on [clientname] anytime you find a cigarette in your fingers you just snap it in two... and you throw it down because it is overyou will always do that...and as you walk out of there... in the new life... all those good wishes go with you... and you feel so good about that decision... and you know that you will never never... go back ... do that again... it's over	Post Hypnotic Suggestion

DOUBLE DISSOCIATION SECTION

	You can experience the benefits of your new life	
	And you find yourself walking along by the side of a river somewhere... or a lake maybe.... it's a lovely warm day... the sun is shining... and there is fresh air blowing along... and there are flowers... and insects... and it's the best day you ever had... and as you walk along... you can somehow see yourself walking along... as if from a distance... you can see how you are dressed... how you walk.... and you can read the thoughts of that person walking along... clear in your mind...	Dissociation
Identity	You hear yourself think to yourself.... how healthy you are now... how getting rid of that habit has made your lungs clean and clear...	Address specific client concerns
Behaviour	Because you know for your long term health... for your breathing... and the winter coming up... you need to have clean clear lungs... and you don't really enjoy that habit... you never did, really.... and you know it makes you feel sick in your stomach... and it makes you feel horrible.. it used to cost you a lot of money...	Repeat client complaints
	And now as you watch yourself walk along that road... you can hear yourself think about how you've now got more money... things you can buy... better health... a great future... you can see that you have lost weight... you can see that you're feeling good about yourself...because ...	Reinforce client requests
	Think about what you have gained.... and what you have actually given up... what you have given up is coughing, bad breath, smelly hair, dull skin... and what you have gained is really tasting coffee.... really enjoying your food.... being free to enjoy being with friends again... your eyes sparkle, your teeth are clean... and I wonder if you can feel a smile on your lips...	Reframing
Identity	And you look around and everything reminds you of how you have changed. and you can be surprised over the next days and hours and weeks... how little things you notice will surprise you... will remind you.... of how you have changed and how good it is.... and you can look forward... to a long and healthy life...	Seed the idea of health

CLINIC METAPHOR SECTION

	You know smoking excuses are lies		
	And as you walk along there.. you find yourself outside a clinic... a hospice... some kind of private hospital.... and you walk inside... and you stop outside a room... inside that room... there's a man lying a bed... a bit older than you... and he is surrounded by family...and friends... and they are all weeping...		Visualisation
	and you listen... you listen to that man... and he is telling the people around him... his family... his children... what he told himself why he kept smoking... and he is telling them all the excuses he gave himself.. they don't sound convincing, do they?...	D	
Behaviour	I wonder if you know what reasons he told others.... told himself... and I wonder if you can hear how false they are.... how ridiculous they sound.... that it <i>helped him concentrate</i> ... that it <i>gave him something to do when he was bored</i> ... and he is lying in that bed... his life slipping away... waste and regret... and his family are weeping.. and he weeps himself... at his selfishness and stupidity... and he will never come out of that bed... and you wouldn't like to have to explain to people ... who love you ... and depend on you....	I	[List client specific beliefs]
Worldview	And so you close the door on that scene... knowing that that will never happen to you... that those excuses were false ... and those beliefs were false... what that man believed... and paid for.... just isn't true... cigarettes never helped anybody do anything... and you walk away... proud.... proud of yourself... determined.... and that changes you... you feel something change inside you...	D	Close = metaphor

DIRECT SUGGESTION SECTION

	You are a non-smoker now		
Behaviour	every cigarette is a problem... every puff is a danger.... and you can imagine a cigarette in your fingers now... that image of the dying man comes to mind... every time you think of a cigarette... an image of the dying man appears... the desolation... fear.....and anger.... anger at the waste... and an image of the family... crying, lost... and you can imagine snapping that weak fragile cigarette... and just snapping... crushing it ... and throwing it away... grinding it into the ground... and everything it represents... because nothing will ever make you take that first puff again... that's over with		Post Hypnotic Suggestion
Capability	Because you have the power to change... [clientname] you know that the only thing that stops you from stopping is an irrational fear... but there is nothing to fear... giving up cigarettes is simple and direct.... you will feel nothing... you will feel nothing at all.... you will be able to go through your day normally... and all those things that you used to do will just not be there any more... you can forget about them... you can forget about the habits....	D	
Behaviour	You can say to yourself.... repeat this over and over ... in your mind, now....		

Worldview	I DESERVE to be a non smoker	D	
Capability	I CAN BE a non-smoker	D	
Identity	I AM a non-smoker	D	
Identity	I DON'T smoke	D	
Behaviour	I WILL NEVER smoke	D	
Identity	I AM FREE	D	
Memory	I had my last cigarette a long time ago	D	
Identity	And when you think about smoking ... somehow it seem to be a long time ago in the past and whenever you think about a cigarette or smoking... you take the image and move it far away to your left.... in your mind... and it all seems such a long time ago... in a different lifetime... when you were a different person....		Time distortion
Worldview	Because you deserve to be a non smoker..	D	Match breathing
Identity	You are a non smoker	D	Match breathing
Behaviour	Smoking was never something you enjoyed	D	Match breathing
Behaviour	And you can tell yourself that over and over ... with every breath	D	Pacing
Identity	"I never enjoyed smoking"	D	Match to breathing
Behaviour	"They make me sick"	D	Match breathing
Capability	Now I have something else... now I feel good... about myself... I keep my habits under control... I am in charge... I know what I am doing... I know who I am... I am in control		
Capability	This is easy		
Worldview	I DESERVE to be a non smoker		
Capability	I CAN BE a non-smoker		
Identity	I AM a non-smoker		
Identity	I DON'T smoke		
Capability	I WILL NEVER smoke		
Worldview	It's over NOW		
Identity	I HAVE STOPPED FOREVER		
Capability	I know how to make this work		
Capability	It's working now		
Identity	I am a non smoker now		
Worldview	It's OVER now		
Rule	Giving up is easy.		

POST HYPNOTIC SUGGESTION SECTION

	You have changed forever		
Capability	Because you have the ability to take charge of your life... you have the ability to decide what you want to do... you have the ability to take a		Supposition

	decision... you've already taken that decision ... and that has changed your life today.... hasn't it? You're a different person... and so now you can look ahead to the rest of the day and see yourself going through your day ... going back to work perhaps... and you will have a different behaviour... and people look at you differently...		
Behaviour	And when they look at you differently that just reminds you ... of your decisions...and how easy it is and how good you feel.... and little things throughout the day and the evening will keep reminding you of how good you feel... about yourself... about your decision... and about how other people regard you now.... and when you wake up tomorrow... the first thing in your mind will be a wonderful feeling... of how good you feel now...	D	Sensory Distortion
Behaviour	And there will be a few moments where your body begins to heal.... and maybe you will cough more than you usually do but these are all signs that you are getting healthy.. that you are on your way to fitness... that you will be fit and ready for the next winter... that you will never be bothered by these again... because those are healthy signs.... and you can look out for them... and they'll all remind you... of how good this decision is...		Reframing
	and they will remind you of the way that you can go through your day.... and never even think about it....		Amnesia
Capability	As each hour passes your resolve.... your capability... will get stronger and stronger.... as it is now....	D	
Memory	And in your mind there is that certainty... that you will never have another puff.... you have had your last.... it is over ... at last it's over and that's really good... isn't it?	D	
Capability	And you know that you will be successful at this... You've been successful at so many things.... Your mother did it... your father did it... you are doing it.... and you have that other... dreadful reminder... your grand parents... but you are going to be successful.... and you can feel it now I think, that feeling.... of certainty... of your ability... that nothing will sway you... that you are in charge and you are going to go forward to a great success....	D	[List family experiences with smoking]

2ND DIRECT SUGGESTION SECTION

	You are finished with smoking		
	and you find these words going round and round in your head, over and over, all day, all night....		REPETITION
Identity	I DESERVE to be a non smoker	D	
Capability	I CAN BE a non-smoker	D	
Identity	I AM a non-smoker	D	
Identity	I DON'T smoke	D	
Capability	I WILL NEVER smoke	D	
Behaviour	It's OVER	D	

CLIENT CONVINCER SECTION

	You acknowledge and commit to change		
memory	So now I would like you think back over all those successes you have had in your life.... and all those people with good wishes towards you.... and all those people who support you and all the other things you have learned today....		visualisation
Capability	And bring that feeling of success ... of certainty... and focus now on your hands... and just become aware of your hands.... I don't know whether you'll feel one hand tingling or one hand heavier than the other or.... maybe one hand will move or a finger will move.... but you will know that that has happened. And you will feel the difference that makes a difference...	D	Sensory distortion
Identity	And when you are ready to move on [clientname] I would like you to signal by allowing your subconscious to move a finger... or a thumb... that lets you know that you and every part of you... has changed forever... and we will just go on...		Seek agreement from unconscious
	<i>[await finger move]</i>		
Identity	That's fine. That's very good. That tells you that your mind has taken a final decision... by moving that finger your mind has agreed to do everything needed... you are now a non-smoker	>	Bind
Capability	That that habit is now in the past that's your guarantee. You now know you have finished with this....	D >	

REORIENTATION SECTION

	You will remember all these changes		
	And so with that certainty in mind.... and those phrases going through your head all the time.... I am going to count from five to one... and when I get to one you can come back to the present....not just yet... when I count from five to one you will find yourself coming back ... and you will be filled with that certainty... and all the things we have talked about are so true.... and you will just know that you are different now...	D	
Behaviour	in many many ways and you may surprise yourself at how different you can be...		
Rule	how easy it is... so simple... it's actually simple... and that's another good thing....		
	So, counting now.... FIVE....FOUR.... beginning to get feeling back into your hands and feet... THREE beginning to flutter your eyes and shrug your shoulders.... beginning a new life.... and TWO you are getting ready for a big stretch ... ready to open your eyes feeling good... and smiling... ONE EYES OPEN.....back to the present		
	How do you feel about a cigarette now?		
	<i>Laughs - I don't</i>		
Behaviour	And that's how it will continue... you'll just forget about it... it just won't occur to you.... and you will find yourself doing new things... saying "Oh, OK, I'll do it like that" - your mind will supply this for you... you and		Post Hypnotic suggestion

	[wife] can reinforce each other and it will be a success....		
	<i>Right, yeah</i>		

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In order to replace the beliefs the client holds about smoking it is necessary to first identify what those beliefs are. The checklists of questions that follow are used to remind the therapist to cover every relevant aspect to reveal why, when and how the client smokes. It may also identify resources the client has that can be used against the smoking habit. These answers provide a unique set of targets and resources to use during hypnosis.

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Stop Smoking Habit Anchoring Script

This script is written for a Stop Smoking session, but just substitute [Nail Biting] or [Over Eating] etc into the parts where it says [Smoking] and it becomes a script for any habit.

It is intended to be used where a client has had treatment, has stopped the habit for a time, and then felt compelled to start again.

Part of it is based the technique of anchoring and part on visualisation. It links the client's inner strengths and personal beliefs to external events, so that when the external event happens they are reminded of their inner strengths.

The script uses three different anchoring strategies. One section uses a physical metaphor to anchor feelings of determination to squeezing their fist shut. One section uses the idea of a Magic Word. This is associated to a visual metaphor and is used to remind them that they have the ability to succeed if ever they feel temptation to start again. One section uses the anchor between a colour and the desired situation. The script uses a post hypnotic suggestion of using the colour to constantly remind them that they can succeed in not doing the habit any more.

Towards the end of this script it is often useful to use the Measuring Tape metaphor.

	INDUCTION		
	<i>[Do your normal induction]</i> <i>[Make sure the client has their hands free]</i>		
	DEEPENER		
	<i>[Use your normal deepener]</i>		
	THERAPY SECTION		
Identity	In this session you are going to learn how to use self hypnosis. This will give you the strength you need to get the result you want. You have a natural ability to go into trance anytime you want.	I	You have the ability
Capability	This may not be something you are familiar with, but it is something you can do easily once you have experienced what it is like.	D	
	You already know the difference between tension and relaxation, so you already know the basics of it, don't you?	>	Bind
	You have been able to [stop smoking] at times, but something seems to be leading you to think about starting again, even though part of you doesn't want to....		Empathy
Rule	This is telling you something important...		Reframe
Capability	it is telling you that you need to be able to remind yourself whenever you need to, of why you need to stop...	D	
	and to remind yourself that you can stop... that you have that power... that you can succeed...		Reconnect to success
Capability	With self hypnosis you will succeed in reducing the physical and emotional tension you feel after [stopping smoking].	>	
Capability	With this skill after you [stop smoking] you will experience things in a new way, a way that gives you the confidence, strength and success you need.	D	Inevitability
Capability	It will help you reduce anxiety because hypnosis is a mental process that leads to physical relaxation and physical relaxation leads to easier [smoking] resolution.	>	

Identity	You will feel stronger and more confident.	D	Outcome
	With self hypnosis you will experience [stop smoking] from a new perspective, and this will let you dismiss temptation with confidence and calmness.	>	Reframing
	CLENCHED FIST PHYSICAL METAPHOR		
	You are now going to learn how to boost your resistance to temptation.		
	While you are in this state of deep relaxation... your breathing is slow and steady.... your body is relaxed... every muscle loose and heavy...		Pacing
Identity	This state is something that you have created... on your own.... and in your own way.... and the way you experience it is unique to you...		Leading
Identity	You have the ability to return to this state any time you want to....	D	Leading
Capability	and when you are in this state you can perform the most amazing things... with the most amazing strengths... because your mind is focussed	>	
	it is a state of inner strength... a state that lets you get in touch with higher powers... a state that lets you transcend your normal self... to summon inner resources and create powerful... almost magical effects.	D	Connect to beliefs
Capability	And you have the natural ability to use this special unique state...	D	Ambiguity
	And as you are relaxing there now... breathing gently... you can become aware of your hands... a feeling in your hands... and your mind can select one hand or the other hand... allow your mind to decide... to pick one hand...		Dissociation
	And while most of your body becomes more relaxed you will find that one hand begins to close, to clench into a fist... and then relax again... and as that hand relaxes... you go deeper and deeper inside...		Deepener
	And as you go deeper and deeper inside... you become aware of something... you become aware of something rising up inside you... and you recognise that for what it is... a fierce determination to [never smoke again]... a feeling of stubborn resistance to [the idea of smoking again]		Reframe physical feeling to mental toughness
	And once again... notice your hand closing.... and notice the feeling associated with this... as that hand closes... your mind focuses on why you want to[stop smoking], [the smell, the cost, the health, ...]		
	And that makes you even more aware of what you get from not smoking... and as you think about that... that feeling of determination... of self confidence... that you can beat this... that you can stop for ever... grows ever stronger...		
	And this is where you learn to control that power... as that feeling grows... that strength... that determination... that knowledge of how to do it grows... you use that to close your hand into a fist... and that feeling surges through you ... to an absolute unstoppable power... to succeed... thrust aside all obstacles to reach out and clear away those thoughts.... those old ideas that are getting in the way....		
	And as you clench that fist you know that nothing can stand in your way of getting what you want ... you know that it is over for ever... you can beat this... you have beaten this...		
	And as that fist relaxes again... that feeling of triumph... of being unbeatable... fills your mind...		
	And that is what your body has been telling you... that is what you		

	need to learn...		
Behaviour	You can get into this comfortable relaxed state anytime... all you need to do is to take three deep breaths... and then relax your muscles... you already know how to do that...		
Capability	And in that state... every time you form that hand into a fist you will once again be filled with that feeling of unstoppable confidence... that power surges up in you ... and nothing can stop you...	>	Physical metaphor
Behaviour	In any situation... you will be able to call up that feeling... just by relaxing a little... and close that hand... and that surge of power will be there for you... unstoppable power... power to resist... to succeed... to show you can...	>	
Capability	And as soon as you feel that ... that temptation just melts away... vanishes instantly... like it had never been there...	V	
Capability	And you feel calm and strong and in charge and relaxed... and you can laugh at that temptation.... because you have learned how to use your own inner power now....	I	Pre-supposition
Capability	From now on... you know... that anytime you feel that anxiety... or any physical feeling that reminds you of [smoking].... you can call up that invincible feeling... that sweeps away all those thoughts... by deliberately relaxing the tension in your muscles and then forming that fist... and the tighter you make that fist... the more power you get...	=	Physical metaphor
Capability	And no matter how many times it happened in the past... now that you have learned this simple trick of self hypnosis... you can walk away from that temptation... and all those thoughts will seem silly...	>	
Identity	and you can laugh at its attempts to interest you again... you are not interested now and never will be... that is just not who you are any more.		Reframing
	MAGIC WORD VISUALISATION METAPHOR		
	And when you look back on [smoking] you see it in dark colours, like a picture seen far away... dim and obscure... small and faded...	V	
	And think of the first [smoke] you can remember, see yourself as you were then... and in your mind, rub out the [cigarette] from that picture...		
	And relax... deeper and deeper...		
	And now think about the things you really don't like about [smoking] ... really focus on them... and allow the feeling of disgust or resentment or whatever word it is that sums up how you feel about [smoking]... allow yourself to feel that totally... to reject [smoking] and everything to do with it... think about how much you dislike the parts of [smoking] you dislike... think about how that makes you feel... about yourself ... about what other people think about you...	V	
	And then imagine sweeping away all that bad feeling... imagine you can wipe it out... totally... completely... imagine it as a picture and destroy that picture and you are wiping it out... tear it up, throw it in the rubbish... grind it into the ground... throw pots of paint over it... do whatever you want to do to destroy that picture...	V	Metaphor
Behaviour	And you do so, say your power word aloud.... you will find the right word... some people say 'Strong', some say 'Be Gone' or use a special made up word or a phrase like 'I cannot be beaten, I am a winner'.	D	

Capability	Just imagine those feelings, those feeling you get when something inside makes you think about [smoking] and then say your word, and imagine yourself wiping out those feelings... wiping them away like cleaning a worktop... wring it out and flush it away... feel the power of that work... the power that keeps you going... gets you through... makes you feel good about yourself and about your own ability to be strong...	V	Metaphor
Behaviour	And every time you feel that temptation coming... at the tiniest hint you say your magic word... and that reminds you of that strength you have... and that image of [cigarettes] is destroyed... and you can enjoy destroying it... mastering it...		
	MAGIC COLOUR POST HYPNOTIC SUGGESTION		
	Now take a deep breath... and allow you your mind to drift.		
	Think about a time when you are confident you can resist [smoking]. See yourself in that situation... imagine how it feels, how it looks... what is around you... when you are in the confident state... the state when you know you are not [smoking] and you feel good about that... and you know you won't [smoke]...	V	
	And now think about another time like that... another situation... when you have that feeling of certainty... that quiet easy feeling that you don't want to [smoke] and you are not even thinking about [smoking]...	V	Connect to successes
	Now think about those two situations, those times, and notice what they have in common... what is present in both situations... notice a colour that is there in both those situations, and then test it... think of other similar situations... and notice what colour is present then...	V	Connect to more successes
Belief	And that colour has special significance to you.	D	
Memory	Whenever you think of that colour... you will think of those situations when you are confidently in control... and in those situations when see that colour... you will immediately feel confidently in control...	>	
Capability	And as you go about the normal things in your day... you will notice that colour here and there... and every time you see that colour it will bring to mind those feelings of calm... of confident control... and will remind you that you are in control... that you can easily be in control...	>	
Belief	And really, that can become the colour of your life... you can find yourself constantly reminded of your own inner strength... of your success... of how easy it is really....	>	
Behaviour	And every time you see that colour... it is like you hear a voice in the back of your head saying 'this is easy... I know how to do this... it is working... I am winning.... I can forget all about that now.... and just ignore it... ' and it is easy... and you will have succeeded.	=	
	REORIENTATION		
	So take a few moments now and enjoy that success to come... allow yourself to settle down and get more comfortable now...		Pacing
Memory	And think over all the things you have experienced in this session... the powers you have awakened... the touch of that inner strength... the feeling of having made contact... the inner knowledge...		ambiguity
Identity	All that means that you have the power to succeed... to sustain the change you are seeking... to be free of [smoking] for ever... easily, comfortably... confidently		
Capability	You know how to relax... and that means that in any situation where		Reinforce

	you need to... you can close your eyes... relax inwardly... and clench that fist... and that will bring back that inner power.. the power to free yourself.. to remind yourself of your own strength and ability....		FIST
Capability	You now know how to wipe away those feelings... by visualising the negative images and watching them get destroyed with your power word... you can use that word anytime anywhere to give you power over that temptation... to remind you instantly of that determination... to push it away and dump it ...		Reinforce WORD
Capability	And as you go through your day... that colour will remind you of feeling calm and confident... and the constant reminder... looking out f or that colour... will make you stronger...		Reinforce COLOUR
Capability	and you can brush that temptation way like a stray hair... and forget all about it...		Post hypnotic metaphor
	And now... you can count to yourself quietly in your mind... from five up to one... and when you reach one you will be back in the present... fully alert and ready for the rest of your day....		
	So when you are ready... begin counting now.		

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Stop smoking interview checklists

BEHAVIOR

Checklist

ABOUT STOPPING IN THE PAST	
Have you ever given up?	
How long did you stop for?	
Why did you restart?	
What worked for you then?	
What was it like when you stopped?	
What was the best bit about being a non smoker?	
ABOUT STOPPING NOW	
How many do you smoke a day now?	
How motivated are you to stop 1 - 10 ?	
Why do you want to stop now?	
Do you believe you can stop for ever?	
What do you need from me to make sure you stop?	
ABOUT NOT STOPPING	
So why don't you just stop?	
When you think about not having smokes available to you in future, what feelings come to mind?	
Do you have any hesitation or doubts, about stopping?	
What do you expect to feel when you stop smoking?	
ABOUT CURRENT SMOKING	
When do you smoke? Describe your day.	
What would be the most difficult one to give up?	
What is the best one?	
What do you like about smoking?	
Are there any triggers for smoking?	
Is there a special feeling you get when you need to smoke?	
How do you know when to have a smoke?	
What is the single worst thing about smoking?	
ABOUT PAST SMOKING	
When did you start?	
Why did you start?	
What was that first one like?	
What was going on in your life at that time?	

MOTIVATION

Checklist

EMOTIONAL SUPPORT	
What will other people say when you stop?	
Do you know other people who have stopped?	
Will other people support you when you stop?	
Is there one person you would really like to show?	
PERCEPTIONS	
What do other people think about your smoking?	
What do you think when you see other people smoking?	
NEW BEHAVIOUR	
What are you going to do instead of smoking?	
What situation or time would be most risky for starting again?	
How are you going to reward yourself for giving up?	
BENEFITS	
What will be different when you give up?	
What will you be able to do when you give up?	
What will you do with the extra time?	
What will you spend the money on?	
What will be the biggest benefit?	
HEALTH AND STOPPING	
What will happen if you keep smoking?	
What symptoms do you have now?	
Do you know anyone who got ill through smoking?	
Do you find it easy to relax?	
Are you the kind of person who daydreams?	

The therapist would not normally ask all these questions directly. Most of the information will come out naturally as the client describes their smoking behaviour. The check list is just to ensure that no potentially useful areas are missed.

As well as being a source of resources for the therapist, the constant reiteration of *'How will you stop, when will you stop, what will people think when you stop'* etc.

works on the client by priming the subconscious mind to think about stopping even before the session begins.

The New Behaviour section is important. Most clients have no clear idea of what life would be like after they give up. They literally cannot imagine it. They are unlikely to offer this information unprompted, so any time spent in this section will put positive images into their mind that can be used as a resource once the session starts.

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Script for a smoking relapse

This script is an example of using regression to stop smoking, or rather to stop a client from starting again. The majority of clients need only one session to stop smoking but some habits are more persistent than others. The client had been for one session to stop smoking, along with his wife.

He and his wife both stopped smoking immediately and with no cravings or side effects, but after four weeks or so he began to think about smoking again, and in fact bought a pack of cigarettes and smoked some, much to his wife's dismay and anger. After four weeks without cigarettes, all the nicotine had left his body, and all of the possible triggers had become extinct, so the only reason he would want to smoke again was because of an unextinguished belief about smoking.

The regression therapy was used to find, identify and then remove the unconscious belief he had about smoking. The regression process was embedded in a long metaphor about scoring goals consistently. The metaphor chosen used rugby because the client was a fan, but any sport could be adapted.

INDUCTION SECTION

	You can relax the body		
	Hypnosis is basically a matter of relaxation. Or rather, whenever you go into a state of deep relaxation you automatically go into a state of hypnosis. You can go into hypnosis in other ways as well, but being relaxed is the simplest		Seeding
	So what I would like you to do is to put your hands like that [<i>demonstrates putting the hands palm up on the arms of the chair</i>]. Now that's not very comfortable, is it?		
	No.		
	If you were to just relax them like that, [<i>demonstrates turning the hands over and dropping them loosely into the lap</i>] that's much more comfortable, isn't it?		
	Yes		
	I want you to get that feeling of relaxation, that relaxed, that quickly. Just drop into it.		
	OK		
	What I want you to do is to put your head back as far as you can,... look at the ceiling, find something on the ceiling behind the chair...		
	Yep		
	Put your hands the way I showed you, and now lift your toes up off the ground. Your heels are on the ground but your toes are pointing up. Now that's a state of tension. What we are going to do is to release the tension, and as we do you're going to go straight into hypnosis....		
	Uhuh		
	So, take a breath.... and as you breath out.... just allow your eyes to close.... take another breath... and as you breath out... just allow that head to fall forward into a comfortable position... That's good.... Take another breath.... and make those shoulders shrug down and become very loose and relaxed.... Take another breath and just relax those hands like I showed you... that's good.... Take another breath and just let those feet go to rest another breath... now let your spine and all the muscles of your upper body go		

	completely relaxed.... relaxed and limp and free.... that's good.... that's excellent....		
	your flickering your eyelids is showing that you are ready to go into trance.....		Total elapsed time 2:30!

DEEPENER SECTION

	You can relax the mind		
	And now the body is relaxed...you can relax your mind....		
	I wonder if you can imagine a river.... a wide dark silent river...		Dissociation
	and it's night... and the river is flowing through a city....and city is bright with lights... and there's traffic about ... and just imagine...if you can... that you are floating safe and secure on that river.... and with each breath out that river flows a little further... and as it flows past... the lights along the riverbank begin to go out ...		Metaphor
	and the traffic begins to slow down... and with each breath you can sense the river flowing, and more city lights go out... and as the river flows on the darkness slowly spreads across the city... city becoming dark... and the traffic slows and stops...		
	and still the river flows on... quiet, gentle, strong... flowing through that city and as it passes more and more lights go out... until the whole city is dark... and the river flows on.... through a darkened countryside.... calm and peaceful.... flowing down to toward a distant sea... far away.... where dark waters merge and mingle... gently carrying you holding you ... and that river spreads out into the warm welcoming darkness and you can just be carried wherever it flows.... .		Pace with breathing
	That's right... and you can just enjoy that feeling of relaxation and just allow your mind to drift off... into a comfortable... dark... warm place..		Dissociation
	that's good, you're doing very well....		
	and you can remember this feeling of relaxation and ease and comfort ... and any time you want to.... you can go into this state.... by going through those six stages I showed you... and you will be able to go right down into that state immediately ... and that's good isn't it?		Teach the relaxation technique
	Just allow yourself to go deeper and deeper ... and each comfortable breath out.... takes you deeper and deeper.... more relaxed... more at ease....		Pace with breathing
	That's very good [clientname] you're doing very well...		Reassurance

METAPHOR FOR SUCCESS SECTION

	You are a success		
	And now [clientname] I wonder if you can imagine a paddock somewhere.... a big open area of grass.... and near the end of that grassy field is a pair of uprights.... where people can practice rugby....		Visualisation
Capability	I wonder if you can imagine yourself... coming out of a dressing room... carrying a rugby ball... and you go out in the middle of there and you put the rugby ball down ... and you set it just right.... and take a couple of steps		

	backwards... and you step up to it... and you kick the rugby ball.... and to your surprise, it soars through the air.... tumbling end over end right between the uprights.... and you think.... I can do this....		
	and you get another ball.... and you put it down.... and you set it just right... and you take a bigger run up.... and you boot it again and it sails through the air.... tumbling end over end... and you watch it as it goes through the air.... and there it is.... right between the uprights.... almost perfect and it bounces down on the other side ...		
Capability	And you see yourself doing this... day after day... hitting the ball and it goes where you want it to go....		
Capability	and then after about four or five weeks you kick the ball and it begins to spin off to the side.... and it hits one of the uprights and bounces back and you wonder why that has happened... after getting it right for four weeks.... just going up there... not really knowing how you do it.... you get there... you kick it... and it sails between the uprights.... and everyone's happy... you're happy.... surprised maybe....		
Capability	And then you pick up the ball again.... you set it just right.... and you kick it and it sails between the uprights the way it should...	=	Equivalence PAST SUCCESS = ABILITY

MODEL THE BEHAVIOUR SECTION

	Beliefs can affect your behaviour		
Belief	And the next day you come along and you doubt ... you wonder whether it is going to go through or not...		
	And you put the ball down carefully.... and you kick it... and this time you watch it..... and you watch it... and it seems to be going straight... but then...it's almost as if you are willing it.... to start deviating.... and as you watch it goes off to the side...and it misses the uprights altogether..... goes right outside.... and the next day you come back ... and again you pick up the ball... and now maybe you are not so keen on this... you used to be able to get the ball straight through... and then it missed once, and now you are not sure ... and I wonder if part of you doesn't care?		
	I wonder if part of you thinks that that is the way it is supposed to be ... and now when you go out there... you put the ball down every day .. you just swing at it... you used to be so precise... so careful.... so exact... and when you did it that way it was easy it was automatic ... it never failed.... and I wonder what has changed... I wonder if you know what has changed... because you put the ball down and you just stab at it.... and sometimes it goes through and sometimes it misses... and sometimes it bounces off...		Supposition
	And I think, [clientname], that you really want to get back to that position... when you could pick up the ball and run in from the side, place it down centrally... and just gather yourself....take a good look at it.... line up and hit that ball accurately.... automatically... with out thinking about it... like you did over and over and over like you did for four weeks.... and that ball just sails through the air straight and true....		
Capability	And I believe that part of you knows that you can continue to do that ... that		

	you still have that skill .. you still have that ability.... you have always had it....		
	but there's some sneaky thing.... is giving you doubt.... and so now you can put down that ball...and you can line yourself up and I would like you to ask yourself do you really want to do this?... do you really want to succeed?		

PARTS THERAPY SECTION

	You can alter old behaviour		
	And I would like you to answer me by allowing your unconscious mind to become aware of your hands.. and if you <i>really</i> want to succeed ... if you are determined to succeed I would like you to signal by raising a finger or a thumb or maybe even a hand...		
	[Await signal]		
	That's fine.....you are ready to succeed [clientname] and you really have to examine why that ball keeps going off to the side when it is so easy to hit it between the uprights....		
	And in a moment I am going to ask to speak to your unconscious mind... your unconscious mind looks after you... your unconscious mind has been looking after you all your life... whatever it does, it does to your benefit... and it's unconscious mind that is keeping you from starting again.... missing those uprights... and so [clientname] I'd like to ask you... would it be OK if I spoke to your unconscious mind? Would your unconscious mind speak to me?		Parts therapy
	You can say 'Yes' or 'No'.... just allow your unconscious mind to....		
	<i>Yeah</i>		
	Thank you.... that's good....		
	I would like to thank you for looking after [clientname] so well... for being there for him.... 24 hours a day.... for bringing him to where he is now.... and you can either let [clientname] know what we are talking about... or you can choose not to... Is that OK?		
	<i>Nods</i>		
	OK.		
	Now I would like to ask you about this smoking business.... are you willing to speak to me about smoking?		
	<i>Nods</i>		

REGRESSION SECTION

	Find the initial sensitizing event		
	Good. I'd like you to go back to the day... about two weeks ago... something like that... when [clientname] decided he wanted to have that first cigarette... and I would like you to become very aware of the reasons for that....		

 now [clientname] may not be aware of them himself.... but you know.... and I wonder if you can... tell me why he decided to take that cigarette? What you thought it was doing for [clientname]? Why did he feel he had to have that cigarette?		
	<i>Long silence</i>		
	Maybe you can allow him to remember a time in the past when he felt the same way.... and maybe you can bring that memory to mind now... and let it talk about how he felt at that time... when there was something he felt he knew he shouldn't do but he was going to do for whatever reason.... and find another time situation like that one... and when you have found that.... just say 'Yes'.		
	Yep		
	That's fine.... so... What is happening in that situation? describe what is going on...		
	<i>I'm enjoying a head rush.... and smoke</i>		
	Enjoying the head rush and smoke.... and what else? What age are you then?		
	<i>Fifteen</i>		
	Fifteen. And you are fifteen and enjoying that head rush... and where is this?		
	<i>Outside... bedroom.....</i>		
	Uhuh.... and why is it so enjoyable....		
	<i>It makes you feel light....</i>		
	Uhuh... it makes feel light... and what else?		
	<i>Dizzy</i>		
	Uhuh and is that the only reason you want to do it... because it makes you feel light and dizzy?		
	<i>Relaxed</i>		
	Uhuh... and relaxed..... and what else are you getting from that experience that would make you want to do it again and again?		
	<i>Time</i>		
	Uhuh... and time... and what else about that time?		
	<i>Something to do and fill in....</i>		
	Something to do and fill in....		
	And is having time and something to do to fill in worth all the expense... the money and the disapproval.... and feeling stupid...		
	<i>no</i>		
 and out of control....		
	So thinking back to that incident four weeks ago.... do you know now why you bought that pack of cigarettes?		
	<i>It's for the head rush and then.... just.... a habit... fill the time...</i>		
	It's for the head rush and a habit to fill the time.... But you are not really happy about that decision are you?		
	<i>No</i>		
	And was the head rush worth it?		
	<i>No</i>		
	And what did you learn from the four weeks when you gave it up totally?		

	<i>Had more money</i>		
	Reframe the experience		
Memory	And more money.... But I wonder if there wasn't something more important that you learned?		Trans-derivational Search
Capability	I wonder if maybe you learned that you have the ability... to control yourself... to choose.... that after fifteen years... more or less... you were able to stop instantly.... and you got rid of all those false ideas.... and you realised... that even after all that time ... you have an amazing power ...		Reframe the meaning of the experience
Capability	you have an ability to stop just like that.... you just put your foot on the brake and it stops....		Metaphor
	and I wonder how long you could keep your foot on that brake? Is it really only four weeks?		Supposition

GESTALT INTERVENTION SECTION

	You can change the past		
	And ask yourself [clientname].... do you really want to go back to smoking? Because... you know... you don't have to....	D	
	I think that you have had a little experiment.... You wanted to see whether you would still get the same feeling.... that you had when you started smoking all those years ago at fifteen....		Reframing
	if you'd get that... and now I think you realise that you don't.	D	
	Because if you rally think about those cigarettes.... they were not satisfactory.... you got a head rush.... so what? There are other ways of getting that... Sure it fills some time in.... but your life is not so empty that that's the only thing you can do to fill in time.... you know better ways to fill in time, don't you? And you know that that head rush ... is just a head rush.... So what? What does it do for you? It doesn't do anything for you really. And you have memories associated with that that you wanted to bring back.... you can have those memories.... you can have that wonderful feeling you used to have.... you don't need cigarettes.. you don't need to smoke.... you can just think about it... it's there for you... and deep down inside you know that...	D	
	And I'd like you to go back to that fifteen year old.... and the head rush... and I wonder if you can see that fifteen year old outside the bedroom? I wonder if you can imaging yourself as you are now.... at thirty years old... walking up to that boy.... explaining to him.... that that's what children do... I wonder if you can explain to him... that he wanted to grow up... that he wanted to feel... different.... and he told himself that the head rush was a great thing.... I'd like you to spend some time now... with that boy... I'd like you to wrap your arms round him... to enter that body... to bring that wisdom that you have from your thirty years or so....		Gestalt Visualisation
	And in whatever way seems comfortable to you... whatever way you'd like to do it... see yourself... explaining to that boy... see the boy looking at you with respect.... and interest... and maybe not quite sure... but you can persuade that boy... that it's really not what he wants to do... that all things he thinks of it... are in fact.... just because he's fifteen.... that he doesn't really know how the		

	world works.... or even how his own body works... how his own mind works.... and you can explain to him ... you can <i>really</i> make him understand....that smoking is a mistake.... that he doesn't ever have to have another cigarette.... that he can find ways to stop feeling like it... that he has all the pleasure... of going back to that age... and enjoying being fifteen and the power ... and the feeling of being in control.... having something to do that makes you look grown up ... get you accepted... fits in... that all those feelings can still be there.... and he doesn't need to smoke...		
	And so I'd like you to spend some time with that boy.... use your experience... talk to him the way you would ...I dunno.... maybe your own kid... or an employee.... a friend's kid.... really use those powers to explain to him... that you don't need it any more... that it was a mistake... he thought he was doing well... and there were some benefits... but the health benefit now.... overweighs that... and the money is too important now... at this stage in your life... that it has to stop.... and the appearance... and the attitude of the people who love you... are too important now...and it has to stop...		
	So you can spend whatever time you need in whatever way you want and talk to that boy... get him to see get him to truly understand at a deep level ... that it is over.... that the little experiment of the last couple of weeks hasn't worked....		

CLIENT CONVINCER SECTION

	You acknowledge and commit to change		
	Tell me when it's time to go back... and be ready to place that ball in the park... and line up the uprights... and from now on... kick straight and true.... every dayday after day.... explain to him that that.... is a much better.... goal.... than anything he ever thought at fifteen...		
Identity	And being able to walk away... clean... wealthy... respected... healthy... is much more important... so take you time to explain to that boy... and when you are ready... your unconscious mind will select.... maybe the left side ... maybe the right side.... and you'll feel that hand just moving on its own ... and that will let you know that you have made a decision to finish... so take that time now... and allow you own body.... your mind... to indicate when you are ready to go on...		Get unconscious commitment
	<i>Yes [hand moves]</i>		

ACTION METAPHOR SECTION

	You have defused the bomb		
memory	Now [clientname] you've gone back in time... and it's like someone in the bomb squad going back and defusing a situation... that fuse has been burning for fifteen years...		visualisation
Capability	and you stamped it out once.... and it started up again... and now you can just yank it right out.... and throw into a bucket of water.... and it goes out forever...	D	action metaphor

Identity	and you can just brush your hands together... and realise that that's another job over... and you can walk out...		

DOUBLE DISSOCIATION SECTION

	You can experience the benefits of your new life		
	and imagine yourself in that football ground.... imagine yourself sitting in the grandstand... and there... there's a fifteen year old boy... going out there.... addressing the ball... and kicking it straight and true.... again and again and again.... and as watch that boy grows older... and gets better and better.... until now that boy is your age and you can see yourself coming out everyday... lining it up... automatically... effortlessly... lofting it over... straight and true... and knowing how good you feel about that.... and you can become aware of a crowd behind you cheering each goal... each daily success.... that you were not aware of before...		Dissociation
Identity	and as you sit there in that grandstand.... I'd like you to think about your life.... your wife... your parents... your job... the people who work with you... and all those friends who are so surprised ... you've given up totally... and how surprised are they going to be now? Because you have extinguished that... that burning need has gone.... you don't have that smoke in your nose any more... you don't have that spark... you have extinguished it... it's out....		Address specific client concerns
Behaviour	And think of how happy your wife will be.... and think of the respect you will get from your parents... and think of the attitude of your colleagues at work.... and just think of what you could buy with that extra money each week.... I wonder if you'd rather get a new suit.... or a sports car... or something for the house... maybe a nice present for the wife....		Reinforce client desires

DIRECT SUGGESTION SECTION

	You are in control		
	All of that stuff is there now.... and as you sit that grandstand... you can feel that determination again...	I	Sensory
	the same determination you had way back when you last spoke to me.... when you left here... when you knew that you could light up any time... but you also knew you never would...	D	Post Hypnotic Suggestion
Memory	And you can forget all about that boy... and how he felt... and instead I want you to focus on the goal...	D	
	I want you to really think about what it is to go through the day every day getting it right.... and how it becomes automatic.... and effortless.... and think about other people's attitudes... and yourself...and the extra money... and how it is going to affect your career at work... and how it is going to affect your home life....	D	Match breathing
	and every breath reminds you of how wonderful it is to breath clean and fresh air....	D	Match breathing
	and you know you've skill to do this... you know that you can hit that goal	D	Pacing

	every time...		
	you don't ever have to light again... because it's extinguished, isn't it? ... It's gone.....	D	
	And so when you open your eyes in a few moments....not now... you will bring with you all that determination you had originally... and that will see you through forever... because that boy and his ideas is not going to bother you again.... You've fixed that.	D	
	And just like you succeeded in the first four weeks the next four weeks and the next four months and the next four years... and the next forty years.... you're going to succeed...	>	
	and no matter what happens between now and the future you will be able to handle it	D	
	and if the idea of smoking ever comes into your mind again...you will just laugh.... because you know you could smoke... but you also know you choose not to.... ..	>	
Capability	And you know you don't need to... because you've given up for four weeks...and that something you have proved to everybody...and you have proved it to yourself... because if you can give it up for four weeks, you can give it up for another four weeks.... and another four months and another four years and another forty years..	>	
	And from now on [clientname] you'll feel differently about it ...	I	
Behaviour	you'll feel more in charge....	D	
	because you've been through this little period of... missing... it was just a test..	>	Reframe
Capability	and you can go back to being right on target... every time... every day... every time that ball sails through between those uprights.... you'll feel wonderful... you'll feel... sure of yourself... you know who you are... and you know why you are doing it...	D	
	And you might be surprised at just how curious you can be about your change ...		Supposition bind
Capability	about how different things are going to be from now on.... because you can pick up that ball... line it up and hit it every time....	>	
Memory	and when it deviated before it was because you were thinking about it... and you don't think about it any more... and it just goes through automatically sailing...		Amnesia
	and you can see it in your mind... that ball tumbling through the air ... dead straight.... right on.... and you can see it day after day....dead straight....	D	Visualisation
	and I wonder how good that makes you feel? I wonder how good it is going to make your wife feel?		

REORIENTATION SECTION

	You will remember all these changes		
Behaviour	So now.... in moment you are going to waken up... and you are going to remember to forget...	D	Amnesia
	and you now have a new skill of being able to drop instantly into relaxation... to really really reinforce this idea...	D	

	and you know you've changed ...	I	
	so beginning to count now I'm going to count from five to one.... when I get to one you will be wide awake feeling great...		
	FIVE... FOUR ... feeling coming back into your hands and feet.... THREE getting ready to take a deep breath.. eyelids fluttering.... TWO eyelids beginning to flutter....head beginning to move... getting ready for a big stretch and a yawn.... ONE eyes open back to the present.		
	<i>Funny how your hand goes to sleep</i>		
	It went to sleep because I told you to.....[smiles]		Reassurance
Behaviour	Feel like a cigarette now?		
	No .		Post Hypnotic suggestion
	<i>No. Not at all. You've given me a lot to think about.</i>		

Never miss an opportunity to insert a PHS when the client comes out of trance. In those few moments of mild confusion after coming back to awareness the client is still highly suggestible and you can slip in more suggestions as you think appropriate.

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Weight Loss

Motivation for Exercise and Diet

A script for healthy eating, motivation to exercise, losing weight and getting fit. This hypnosis script is for a male who needs to be motivated to get out and exercise, and to eat a healthier diet. It mixes direct hypnotic suggestions with metaphors for self esteem, leaving behind bad influences, changing inner beliefs and taking charge of your life.

INDUCTION SECTION

Target	Invoke the relaxation response		Comment
	Are you sitting comfortably? Ready to begin? That's good		Yes set
	Just raise your toes up. Put your hands out like that... and put your head back.		
	That's good... now I'd like you to take a deep breath and hold it, and just haaaaa.... let it go..... that's good...	I	Relax the body
	now take another breath and this time as you breathe out just allow those tired eyes to close... that's good...	I	close the eyes
	and now another breath.... and just allow your head to assume a comfortable position..... that's good...	I	drop the head
	another breath... and just allow your hands to flop down.... that's it.	I	drop the hands
	One more breath... and just allow your feet to go to rest...that's good...	I	drop the feet
	And now on the next breath out... just imagine if your chest and spine have turned to jelly... and your whole body like butter left out on a sunny day...		Dissociation
	and that you are so... relaxed.... that's excellent... you are doing really well...	D	reassurance
	Vanish the numbers		
	I wonder if you can imagine a tall building... a skyscraper somewhere..... at night.... and it has ten floors... and each floor is lit up...		
	and with each breath out... you count aloud from ten down to one ... and with each breath out... one floor of that building goes dark.... from the top down.... and as you breath out... as each floor goes dark.... those numbers begin to disappear until you just can't find the next number...	>	Visualisation
	and each breath out takes you down and down... deeper and deeper... darker and darker.... that's good...	D	numbers disappear
	and each breath out can make you so relaxed... so comfortable... that's excellent	D	eyelids fluttering
	Test for depth of trance		
	and that fluttering of your eyelids		pacing
	is showing you	>	
	that you are going into trance	D	leading
	and everything is the way it should be.....	I	reassurance
	And part of your mind is probably wondering if you are going into trance....		mind reading

	while another part of mind has already gone into the level of trance that is exactly right for you.	>	client can't fail
	I would like you now to pay attention to the little muscles that control your eyelids.... those tiny muscles can become so relaxed that you just won't be able to open your eyes... you just can't open those eyes.... and when you are sure that those muscles are so relaxed that you just cannot open your eyes.... it is as if they are glued together... totally stuck shut... you can try to open them but you will find that they just won't work... they just don't open.	D	Eye catalepsy test for trance
	[movement of eyebrows]		
	That's right. And that is showing you that part of your mind can be awake and alert while another part of your mind goes deeply, deeply into trance.	D	trance confirmed

PERSONAL POWER SECTION

	Logic: eye catalepsy --> hidden power --> ability to change		
Capability	That's good.... and that shows you the power of your mind.	D	
Rule	Maybe you tell yourself you can't be bothered opening them.... maybe you just don't want to... maybe you can't... doesn't matter... there are many ways of getting to the result that you want.	>	non sequitur, presupposition
Capability	That just shows you the power of your mind. And you can use that power... you can use that power to change things... to imagine things... and allow your mind to roam free and think of things you haven't thought of for a long time.... and that means that you can do whatever you want to do...	>	Unspecified outcome
Identity	that shows you that you have a strong mind.... and I think you might have known that yourself...	>	confirmation
Capability	and that means you can control parts of your body that you are not even aware of... and you can control parts of your mind you are not aware of...	>	Suggest hidden powers
Capability	And you have control... of anything you want to do... and if you truly want to lose weight then you can give yourself that permission now... decide that the time is now... from this moment on, you are going to enjoy that feeling... of control... you already know what to do...	>	
Identity	and because you have control.... you can choose to change... Do you want to change [clientname]? Do you want to be different from now on?	>	
	[await response]		Get commitment
	Yes		

MIRROR METAPHOR SECTION

	Turning away from bad influences		
	Now just allow your mind to clear....		Dissociation

	I wonder if you can imagine a room... with two mirrors... side by side... and you step in front of one mirror.... an old mirror...		
	and in that old mirror you can see yourself as you are now.... really look at yourself honestly... and ask yourself, is that honestly how you planned it? How you want to go through life? How you want others to think of you?		
	Or do you want something better?	I	Expectation
	Do you deserve something better?	I	
	and looking in the background...behind you in that mirror.... stretching back behind ... you can see a lot of old stuff... all the old stuff that is keeping you like this...		
	and there is the other mirror... a new mirror... and you can step away from that first mirror, the old mirror, and look into this new mirror... and in this new mirror you see yourself... a few weeks or months from now...		Visualisation
	and you see someone who is slim, strong, toned, fit.... exactly the way you want to be.... and you can see yourself in that mirror.... your own body... fit and slim.... and notice how you are dressed... and the expression on your face...		future rehearsal
	and I wonder what you would call that.... satisfaction? confidence? justification? or maybe you know it as something else....		
	What do you call that expression, [clientname]? <i>[await response - use the response to motivate by direct suggestion later]</i>		anchoring to an emotion
	[Pride]		
Capability	and in that look there is pride, and there is knowledge... knowledge that you did this... you can do this.... really see yourself in that mirror... look at every part of that new you....	D	
	and you want that body... you want that shape.... and to get that shape... to keep that shape... you step briefly to one side... and turn that other mirror, that old mirror, turn it to the wall... so that it no longer reflects.... and that old you is no longer there....	D	Metaphoric 'turning away' from old ways
	and can you turn that mirror? <i>[await response]</i>		ensure nothing is stopping the change.
	[yes]		
	You've turned that mirror now? And you've turned it to the wall?		Confirm visualisation
	[Nods]		
	And the only mirror that works now is the one that shows you the way you want to be	I	ambiguity
Capability	... and you can be that, can't you? You know how to do that, don't you?		tag
	And you can look into the background of that mirror, you can see that things are different now.... you can see that a lot of that old stuff has gone now... turning away that other mirror has wiped out so much, old stuff that you don't need anymore. And just think about that now... think about what was in the background of that old mirror ... and just imagine now, that old stuff in the background.... shrinking, getting		

	darker, and further away.... fading into darkness.... and maybe you can imagine yourself walking away from that... towards the bright new mirror....		
	and the old stuff can keep disappearing the way things do when you look into the rear view mirror of a car.... things behind you get smaller and then vanish.... Because when you are looking forward, they are not important any more....		Embedded metaphor - implied journey
	Because you can turn your back on the past... so you just don't see it any more... turning that old mirror round means that you don't have to take anything with you... and you might be suprised at what or who is missing when you look into that new mirror...	D	
	as you step into that image of the new you.... and imagine that you can step into that new mirror... right through that mirror and out the other side....		Action metaphor
	and what you can see now... is the future.... and you are in a bright place.... and you can see things changing... become exactly the way you want them to be... and you can look backward from that place... looking back into the room.... into that dark room... and there may be people in the background... there may be places... they may be familiar.... or you may never have noticed them before... but they will seem far away... you can look at them now, see them for what they really are....		
	so take some time now to put things into perspective.... decide what you want to have happen to them.... you might see some of them leaving... as you realise that some things can be left behind... left to fade... and shrink.... to fade from view		Metaphoric Transformation

DIRECT SUGGESTION SECTION

	Direct suggestion: exercise		
Capability	because you are in control now.... you decide what is important in your life from now on... and that will help you until.... you become compelled to be that person in the new mirror... and there will be new things in your life now... different things... things that you choose to have there....	>	ambiguity
Identity	Because you want to live a long and healthy life, don't you? And you want to look good, and you want other people to see you looking good,	D	
Identity	you want to be the person you can be... the person you should be... and that person is strong and slim and toned and tanned and all these other things you want to be... and you can be that.	D	
Identity	And you are going to be that.	D	
Behaviour	And you are going to do that from now on.	D	ambiguity
Capability	And there is nothing in your life will stop you doing that now, is there? You can do anything you want.	D	
Capability	And you are going to do it. You are starting now, can't you?	D	
Capability	That's right. You have that ability. You can lose weight. You can	D	

	exercise.		
Identity	You are going to become the person in that mirror. You are going to have that pride, that look...	D	
Memory	And you can look in that new mirror... and just turn to one side, and turn to the other side and just see what you look like, the way you want to look, just rejoice in that, glory in that, feel how good you can feel... How good does that make you feel? Just think of how wonderful you would feel being that...		Visualisation
Identity	And you can keep that shape for years and years and years. you can be exactly like that,	D	Permanence
Identity	and take a moment now... see yourself dressed in shorts and gym gear... and you can see yourself as you would be in other situations... how you would be dressed for work, and see yourself now... how you would be dressed for going for an interview or other important things... you can see how you would be dressed going to meet someone romantic, maybe even getting married.... In that mirror you can see yourself in all those situations... exactly the way you want to be.	I	Visualisation
Identity	Because that is your future... that is what you are getting... that is what life has waiting for you...	D	
Capability	you will know how to achieve that... you will just feel this compulsion ... to get on with it... to do it... and you may not know what it is that drives you towards that...		
Memory	but it will all be automatic.... like something takes over.... you just wake up in the morning and think 'things are different' ...	D	Anchor morning
Capability	'I don't have to be like I let myself be...'	I	was a choice
Capability	And you will go to bed knowing how to do this...	D	Anchor night
Behaviour	and all through your day... you will be looking forward to exercise.... to going to the gym... to meeting your friends.... you could take up sport... think about it now... you could do things in the park.... you could do things in the gym... you could go swimming or cycling or running or... anything you want.... and you can see yourself doing those things.... you have an endless choice....	D	any exercise
Behaviour	And you can become obsessive... about using every opportunity... no matter how small... you could choose to walk more, to use the stairs, stretch at odd moments....	D	
Behaviour	And when you do those things you feel wonderful... you feel really good.. Just imagine how good you will feel.... being strong and fit and athletic... feeling that change		Visualisation
	and who is most surprised when you change? Who it is you could really impress? Imagine what they might have to say... And you can think about that... and that pride....	I	Reinforcement
	And you can allow yourself to enjoy those changes ... and look forward to a new lifestyle.		visualisation
Identity	And knowing that from this day forward you are taking a step away from the past and into that new bright future... and see it now, in bright colours... as if the sun always shines ... as if every day is perfect...		

DOUBLE DISSOCIATION SECTION

	You have started to change		
Identity	and see yourself walking along... in the street, maybe... proud, strong... others looking at you sideways... thinking how does he do it... How good would that make you feel about yourself?		
Memory	And maybe walking into the gym and feeling at home with everyone there... the younger guys looking at you ... wanting to be like you ... see older guys looking at you with approval ... giving you advice... taking notice of you....		
Identity	See yourself losing weight... bulking out.... muscle... strength... speed.... energy... and you want that [clientname] don't you? And you are going to have that [clientname], aren't you? That's right.		
	And you just focus on that mirror... you just focus on looking at how you want to be... that perfect, perfect image of yourself.		Visualisation
Behaviour	And maybe you can imagine a path coming back from that image... to where you are now... and you can see every step in that path... you see how you get there... you can see how you do that... you can see yourself gathering the resources you need... picking up the things you want... making that happen, making that a reality.... And you can do that...		
Behaviour	And I think you know that you have started now... you have made that first tiny change... just imagine that tiny change.... like a pebble can start an avalanche... and that will go on and multiply and increase and change and change.		incrementalism Metaphor
Identity	And every day is another step towards that image.... until the day comes when you can step right into that mirror... and just merge into that body and you and it are the same.... you are that same person and you have arrived... and you will be like that for ever.... exactly how you want to be. And that's a good thing, isn't it? Yeah... that's a very good thing.		

ENGINE METAPHOR SECTION

	Something has changed inside		
Capability	And now [clientname] I want you to store all that away.... I want you to take that image... take that knowledge... and somehow fuse it right into the core of who you are. Put it in there... become that change... in a way that makes sense to you... and know that that is there for you... always... It is as if some old thing has been replaced in you...		
Identity	It is as if you have gone into the workshop and taken the engine out of the car and replaced it with a new and better engine.... and that new engine will power on....		
	and although it looks the same to someone outside, the car owner knows it's different, and the performance is different. And that car owner knows that he can just leave the rest standing at the lights.... if he wants to... because inside, things have changed.... and he knows he		

	just has to tap that accelerator to see a huge change		
--	---	--	--

FUTURE REHEARSAL SECTION

	You can remember your success		
	And so just allow your mind to clear now.... allow your mind to clear and just know that you have that knowledge that you have changed.... as you whole attitude towards exercise and food and personal care have changed radically... been replaced with something better... and you will always have that image in your mind.... that second mirror....		
Identity	and as you think about it... that other mirror that you turned to the wall... begins to shrink ... and you can watch it shrinking and getting further away from you... and you can see every last remnant of you stepping away ... rejecting that old image and that old stuff.... until there is only one mirror left.... your mirror....	D	
	and you are looking into that mirror and you are looking through that mirror into the future... and you can see a future for yourself I think ... and it's the future the way you want it to be... and you can peer into that and you can look to the left and to the right... and you can see years ahead... and you can see things working out the way you really wanted them to.... the way you always wanted them to		
Behaviour	And see yourself becoming a success... a success socially... a success financially..... a success bodily... a success romantically... And see yourself, now, taking your role in society... and giving things back to society... and see yourself developing emotionally and maybe spiritually... and see yourself becoming a full and complete and total member of a family.. and expanding your networks and relationships.... And you stand in the centre of that network... a strong... proud young man.... doing what you want to do.... being what you want to be ... having what you want to have... surrounded by family and friends and close emotional ties... and making a complete success of your life through three hundred and sixty degrees....		
	And in your mind you can turn around... and just look at every aspect of your life.... financial and work and social and family and emotional and relationships... and see yourself... see every aspect of your life now.... You are happy and fulfilled. You are a planner.... You do the things that you want to do... you control you life... you control your time...		

PHYSICAL METAPHOR SECTION

	Get personal commitment & belief		
	And somehow now you are able to focus... decide what you want and what you don't want...	D	Ambiguity
	And you know you are surrounded by this network of friends and family.... all the people who are important to you... who support you and love you... and you can love them back...	D	Visualisation

Capability	And because they love you and you love them back.... you can love yourself... you can respect yourself.... and self respect included respect for your body... includes making yourself healthy, strong...	> D	
	And that motivation, I think you can feel it growing now.... I think you can feel it now rumbling and sparking like a distant storm... growing and growing and that power is growing in you.. that power, that power to do whatever you want... a massive ability just building up.... you can feel that now... rising and rising building and building... and you are so full of energy.... you can feel your hands beginning to tingle you can feel your fingers beginning to move... you can feel those hands beginning to lift... and those hands are going up and up and up... D you can start moving those hands now you can feel them going up you can feel that movement in your hands... that's right they are beginning to move up now ... one and two the left and the right... they are rising... they are rising.... rising... that determination... that strength... that ability is going up and up and up... and is growing in you... growing like a gathering storm... that cloud of strength and ability... that vast power is there...	D	Storm Metaphor: Pacing and Leading [said with mounting excitement and urgency]
	And when you know that you have absolutely changed at some point it's like there is a crash of lightening and your hands just drop down... and you just let go all that old stuff...	>	Physical affirmation
	[hands drop]		
	That's right... it's over.... Well done....	D	
	And you can just let out a great breath.. a sigh of relief....		

HEALTHY EATING SECTION

	Direct suggestion: eating mindfully		
Capability	That's right... you have changed forever... it's gone... totally gone.... that's very good.... and you know that from this moment on... you will have all the motivation you need... to get exercise... to keep your weight under control... and eat properly.... and you'll find time to eat properly... you will find yourself actually worrying about the quality of what you eat... actually thinking about balanced meals and insisting that you have a balanced meal... and you will find that junk food has no interest for you any more... and you will always eat at a table... something that is important to you... that you won't eat in front of a television... that you always eat at a table... and wherever possible you like to eat with another person... and you eat slowly... chewing every mouthful... twenty or thirty times... really becoming aware of what you are eating... becoming aware of the taste and the texture... and how good it is for you...		
Behaviour	And you can become aware and alert to fatty foods... you don't like fatty foods.... you really don't like them... you find yourself pushing them away.... and reaching for green healthy food.... proper meals... eaten slowly.... and if possible enjoyed with someone else... and you think about what you eat... carefully...		
Identity	and there will be times when you just don't feel like eating... you just		

	can't be bothered... rather than eat something that is bad for you you just skip it.... and you won't even notice...		
	and you will just become aware that your clothes are loose on you		
	Direct suggestion: eating healthy		
	and you have this powerful desire to exercise now... and you look forward to the time and the days and the hours when you can exercise.... taking part in that... and at lunchtimes and other breaks you find yourself wanting to go for a walk.... if you can... maybe just walking up and down the stairs a few times.... and you do that instead of snacking and you find yourself really enjoying fruit... looking forward to it ... slowly eating a crunchy apple... and feeling the texture in your mouth.... that crumbly sweet taste.... that taste of health... and you can feel it doing you good... and you can enjoy slowly taking an orange... feeling the dimpled skin under your fingers... smelling that citrusy aroma.... the oil squirts as you cut into it... and the juice rolls down the side... and maybe you cut it carefully into eight sections... and you can imagine lifting that to your mouth... biting into the yellow flesh... smelling the orange juice... feeling it running into your mouth... some on your chin... and you feel like throwing your head back and laughing it tastes so good...		
	And you know you love healthy food... you have always got time to eat that... and you see yourself rejecting other stuff... it's not important...		
	Because you want to live a long and healthy life, don't you? And that's the way to a long and healthy life, isn't it? That's right... And you have already taken that decision. You have that strength... that power.... you've got all the motivation you need.... I think you can feel that tingling in your fingers now.		
	It's that feeling that you can do anything you want. And that combination of good eating, good exercise... good friends... is going to give you everything you want. in the future.... and you know that don't you? That's right.		
Identity	And you know that things have changed. And you have changed.		
Capability	And you can see yourself somehow... reaching out into the future and taking what you want... like picking an apple off a tree... being what you want.... and knowing that that belongs to you... You deserve it.... You can do that... You are doing it now... it's easy....		
Identity	And that's who you are....		
	Step into the mirror....		echo of metaphor

REORIENTATION SECTION

	You know you have changed		
	So in a moment I am going to count from five to one.. and when I get to one... you will be back in the present feeling refreshed and fully		

	awake and ready for the rest of your day.		
Capability	And knowing that something fundamental has changed....		
Identity	And knowing that deep down inside there is that new thing.... that new vision... that new you...		echo of metaphor
Capability	And you have that fierce determination like a storm taking you there... now.		echo of metaphor
	FIVE		
	FOUR beginning to get feeling back into your arms and legs....		
	THREE.... taking a deep breath... head moving.... arms moving		
	and TWO getting ready for a yawn and a stretch feeling really good.... eyelids flickering....		
	And ONE EYES OPEN back to the present fully alert ready for the rest of your day.		

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Virtual Gastric Band Hypnotherapy

Virtual Gastric Band hypnosis helps overweight people stop eating. Surgery for weight loss includes putting in a gastric band to reduce the capacity of the stomach so that overweight people eat less. This Virtual Gastric Band script uses hypnosis to convince the unconscious mind that a gastric band has been fitted. The gastric band hypnosis script starts with suggestions of going to a hospital and feeling the band being fitted. With a gastric band you will feel full with just a mouthful of food.



The Virtual Gastric Band hypnotherapy script is an effective hypnotherapy for weight loss. Virtual Gastric Band hypnosis script includes sections on being confident around food, parts therapy for weight loss, forgiveness of the past, ego strengthening and hypnotic visualization of weight loss.

Target	Induction section		Technique
	Before you begin going into your hypnotic trance now just make yourself comfortable. Just settle yourself down and you can relax now. All you have to do is to focus on becoming comfortable.	D	Bind
	Take a moment now and wiggle about until you are in the right position for what comes next.	I	lack of Reference
	Look around your body and notice if there is any tightness, or any discomfort, and maybe just shrug everything until you are happily settled down and ready. If anything is making you uncomfortable then fix it.		
	Fixing things stops them bothering you doesn't it?		Truism
	Now, in a moment I am going to get you to count down from ten to one, and when you get to one you will have relaxed into a deep satisfying trance. But before that you can move every part of your body as you become loose and floppy and relaxed.		Bind
	Now take a deep breath and relax it. Just let it all flow out... ahhhhh. That's right. Now tense up your whole body, and then let go again.... really relax... and feel how good that is...		Progressive relaxation induction
	TEN.... focus your attention on your feet ... think about your feet... think about letting your feet and toes and ankles relax and get loose.		
	NINE.... Now relax all the muscles in your legs... in you calves, your knees your thighs.... very relaxed.... feel those legs getting heavy and heavier....		
	EIGHT... now feel that relaxation spreading into your body... your chest.....		
	SEVEN... and now feel that relaxation in your shoulders.... spreading all the way down your arms... down to your hands... your fingers... and those arms feel so heavy... so relaxed.... it is as if they belong to someone else....		
	SIX.... and now allow your neck to relax... and become aware of your face relaxing... your cheeks... your jaw... your lips		
	FIVE.... let your eyes relax... your eyebrows....your forehead....		
	FOUR... and everything feels loose and heavy... as if you arms and legs were made of stone.... totally relaxed... you can feel the weight pressing		

	down... and you just can't move those arms and legs now.... and you can enjoy this feeling of total relaxation... letting go.... and the more you relax the more you can relax...		
	THREE... and as your mind drifts off you feel a wave of relaxation traveling down your body down and down... from the top of your head... relaxing your face... relaxing your neck... your shoulders your body... spreading... down and down... gently and easily.... feel your body sinking down... safe and warm and secure....		
	TWO... and each soft gentle breath out.... is relaxing you more.... and that relaxing means you can relax deeper and deeper now.... letting go... drifting away.... nothing matters... enjoying that that lovely feeling...		
	ONE.... and totally relaxed now... totally at ease.... and your your mind can drift away to a place... far, far away..... a place where you feel relaxed.... where you feel comfortable.... always.... and think of what the place is like... what other places there might be that you make you feel comfortable... maybe a beach at twilight... or a favourite chair.... or snuggled warm in bed on a stormy night... or maybe floating in warm water... allow your mind to drift over these things and other things.... whatever feels right for you.... as you drift ever deeper.... enjoying the feeling ... nothing matters... nothing is important... just being in the moment... let your mind empty...		Dissociation
	Virtual gastric binding operation section		
	and you find yourself lying on trolley... in a corridor somewhere... and there is a cloth draped over you... you are warm and comfortable... dreamy and dozy... completely relaxed... and you can smell the clean smell of antiseptics... and crisp fresh linen...	V	
	and you know that today you are going to be changed... that when you wake up you will be different... you will feel different... you will be starting a new life...	D	Priming
	and there are figures in green around you... and you feel a hand on your wrist briefly... and then people by the sides of the trolley you are lying on... and you feel it moving... and you are vaguely aware of noises around you... and the ceiling lights going by... and the sensation of rolling....	V	
	and as you are being pushed along... each passing object makes you more disoriented... you begin to feel yourself slipping ever deeper... and everything become quiet and calm... and a sense of expectation growing in you...	>	
	and then you sense being in room ... with a big light above... but you don't care... nothing seems to matter to you.... you are relaxed and drifting and happy that finally it is being done...	I	
	and somehow you sense something happening on your tummy... you feel something being spread on your skin... skilled hands are doing something... and a sensation of pressure.... and you can sense rather than feel that something is happening inside you...	K	
	and at the same time... part of your mind is free to drift up to the ceiling... and you can see yourself... see the incision... see deep inside yourself... and there is the pipe that takes food into your stomach...	V	
	and as you watch... an rubbery elastic band is fitted around that pipe... a simple operation... and it is over so quickly... and it seems so small... and		

	you wonder how food will ever get through that... but you know that it has all been planned with the greatest care... you feel it being tested and checked..		
	and there is a feeling of satisfaction in the room... a job well done... carefully you are closed up again.... and everyone relaxes....		
	and you are relaxing... it's all over... that band is fitted now...		
	Personal Strength Section		
	you can visualize that band... pinched around the entrance to your stomach... strong and secure... protecting you...safe and strong... imagine every part of it... feel it there... ready to work...	V	
	and knowing that band is there means that you are protected now...	=	
	every time you feel that band in place you know that means that all those old feelings are fading...	=	
	You know that that band means that you are free now... free to live the life you want... the life you deserve...		
	allowing that band to be put there means that you have taken a major step towards your new way of living... towards your new life....		
	Photo Album Section		
	and I wonder if you can imagine being outside a room somewhere... the kind of room that gets filled with stuff that people can't throw away, but don't have any use for...	M	Old stuff collected and stored
	and you can go into that room... safe and secure...		Safety
	and in that room there is a book... a big book....	M	Metaphor object
Capability	and you can open that book... and it's a kind of photo album... but this album is special... this album contains every important event in your life... but it is more than that.. it is a multi-media album... there are pictures and sounds and videos... in there is everything you have done... everything you said... everything ever said to you that affected you... hurt you... made you feel bad... everything you have seen... everything that was done to you... it's all there...		
Capability	But this is the book of your mind... and in this state... now... at this time... you can change things in your mind... you can change what you remember... what happened... what was said... what was done to you... what you lived through...	D	
Capability	no matter what happened... you can change it now... having that band in place means that you are now able to think about things differently...	D	
Memory	you can go through that book... and you can choose anywhere to start... open the book at say.... age 22... see how you looked... how you felt then.... and then going backwards.... age 20... 18... 16... when you were a teenager... 14.... 12... a teenager at school... remember that time... how you were... how you felt... and 10 and 8 and 6... a little child... and before then....		Regression
Capability	and you have the power to change things now... the right to change them...	D	
	You can go through that book... and there are pictures... memories... of things that happened... and anything you don't like... anything that hurt you... well, you can rip it out... you can pull that picture out of the book		

	and destroy it... totally... and anything that was said to you.... you can just erase it.... wipe it out like it never happened... and wipe out the memory of when it was said... and who said it... and anything that happened... you can go back and make it turn out the way it should have... the way you prefer it ... the way you deserve it to have happened... and you can go back now... and think through what happened.. and change it... make it come out the way you want it to... the way that suits you... the way that puts you on top... makes you feel good...		
Capability	Because you have the right and the ability and the permission to change those things...	D	
Capability	You can go through that album now... changing... deleting... making right...	M	
	and see yourself... at age 5... how you were, what you were like.... and then 7 and 9... growing up... and you can remove any pages that you don't like... just throw them away... they can't affect you any more.... and anything that happened you can remember it differently... the way it should have been... and that old stuff can just fade away now... and 11 and 13 becoming a teenager... all the stuff that happened then... you can choose to delete it... wipe it away... and 15 becoming a young adult and 17 ... and 19 and 21 ... and after that remember all those things... and enjoy that freedom to wipe away old stuff...	V	
Behavior	and over the next hours and days and weeks your mind can keep on changing those things... getting rid of old feelings... old ideas... old hurts... that were holding you back...	D	
Memory	And you can remember all the good times... there were good times too... and you can take a few moments now to go over those good times.... and see them... experience them in bright colors... happy sounds... large and fresh... let the feeling of that happiness fill you now...	V	
Behavior	and you can take that book... filled with happy images.. with good memories... and take it with you... out of that room.... leaving all that old stuff behind....	M	
	come away from that room... with that book... and then close the door behind you... and lock it... leave all that old stuff where it belongs...	M	
Memory	and as you walk away from there... that room begins to fade... and all the stuff in it... and soon that room has disappeared and there is nothing left of it...	V	
Capability	and you are free to enjoy those good memories... to look forward now... and everything is brighter for you...	I	
Capability	You can now be what you want to be...	D	
	Kinaesthetic metaphor pattern interrupt		
	and you are becoming aware of your own body.... of changes to it... and you can feel something different in your stomach... there is a tightness there...		
	and focus your attention now on your stomach... on that place... where the operation was done...	K	
	now imagine your stomach... think of how you used to feel when you knew you had over eaten...when you felt guilt or regret or bad in some	K	

	way... that feeling you know so well.... that familiar feeling... get that feeling how... remember how it used to be to have that feeling...		
	Do you have that feeling? Are you feeling that feeling?		
	[await an answer... if the client doesn't have the feeling move on to the next section]		
	[if yes] now imagine the feeling in your tummy.... in whatever way makes sense to you... and imagine that feeling beginning to spin... to turn....	V	Anchor to a physical feeling
	allow it to turn and remember that bad feeling... but then think about the gastric band inside you now...	K	
	and as you think about that band... and its power to interrupt... to stop you over eating... think about that spinning sensation... and imagine it getting upset... imagine that smooth familiar flow stopping or shrinking or turning the other way... feel that old feeling getting broken up... and losing its power...	V	pattern interrupt
	as you new feelings take over... new feelings of confidence...	D	replace pattern
Target	Direct Suggestion section		
Perception	And from now on the smallest bit of food feels huge... you feel full with a just a mouthful or two...	D	
Perception	your stomach feels full all the time... you get sick at the thought of a full stomach...	D	
Behavior	Food no longer interests you much... when you think of food.. you think of fruit and vegetables.. of eating lightly... delicately... delicious natural foods...	D	
	And you are more and more getting good eating habits...	D	
Behaviour	Now you look forward to being hungry... being hungry means that you are eating properly... that it is working... that you are improving... that things are the way they should be...	=	Reframing
Rule	only eating at when you are hungry... genuinely hungry... and you are really good at feeling the difference between anxiety and hunger...	D	
Rule	eating only at meal times... the idea of eating anywhere but at a table disturbs you...	D	
Rule	from on... you don't ever eat out of a tin or packet or pot... you only eat a measured amount... away from where it is made or available... and you only ever eat from small container, a little bowl or plate...	D	
Perception	the idea of putting fatty foods into your mouth revolts you... you can taste the grease coating your teeth... your tongue.. and it just makes you want to spew...	D	Aversion
Rule	and after you eat from the bowl or plate... you put the empty container away... and wait twenty minutes... and you enjoy finding that you don't need any more...	D	
Rules	And you enjoy making rules... no eating anything with added sugar.... no eating anything with more than ten percent fat...	D	
Perception	you don't even notice cakes and pies and sugary foods.... the thought of chocolate is off putting...when you think about it... it's really just a mixture of congealed fat and sugar	D	
Perception	and anything sugary in your mouth gives you revolting taste... it would be	K	Post

	like putting roadkill in your mouth... all maggots and flies and disease... you just don't like sweet things any more...		Hypnotic Suggestion
Behavior	but you can look forward eating properly now...enjoying healthy natural food... properly cooked, properly prepared... eaten slowly and enjoyed... you are now free to enjoy eating... you can enjoy cooking or dining... knowing you are eating yourself well... and knowing that can let your relax now... deeper and deeper relaxed... as you think of how good your life will be...		
	Capability: you can change		
Capability	and as you are relaxing there now... eyes closed.... breathing gently... you may not realize it... but you are changing ...	D	non sequitur
Capability	you are becoming more resourceful... more sure of yourself.... more aware of your own ability to change....	D	
Identity	You think about yourself differently now....	D	
Capability	You know that you can change... you can feel yourself changing...you can feel that band round your stomach.	D	
Capability	and this means you can change your habits... easily and quickly.... you know you can do this... with a bit of help.... and this is exactly the help you need....	>	
Rule	the way you think affects your behaviour.... what you do... what you can do... what you find easy to do....		Truism
Behavior	And there is one thing you are going to do.... You are going to eat properly from now on...	D	
Identity	You are going to end those old eating habits today... you are never going to eat unless you are really hungry....	D	
	You are in control		
Capability	Because you are getting more and more control in every part of your life now...	>	Non sequitur
behavior	You are becoming aware now of how much control you have... and having that control means you have less and less anxiety in stressful situations...	>	
Capability	You can deal with anxiety... and with any problems that come up in your day...	> D	
Behavior	And because of that you you are more determined... more convinced... more sure that what you feel in your stomach now has changed you forever...		
RULE	There are no safe snacks... every extra nibble is a danger.... everything you don't need is just extra weight.... there is no 'just a taste, just one bit"... ever... for you... any more...		
Behavior	If you ever get too close to uncontrolled eating you will feel an irresistible compulsion to get up and leave... you will start walking away... find yourself somewhere safe... away from it.... and your mind will be filled with alarm bells You will take deep breaths until the danger is over and you are flooded with relief and calm again....		Post Hypnotic Suggestion
Behavior	you don't need to use food for emotions any more... you are done with that...	D	
	and when friends say 'oh have one more... just a bit won't hurt'... a feeling rises up in you... and you feel an irresistible urge to push it away...		
	when you see ads for food you see through them... you now see the		

	reality... that it puts on weight... it is killing people for money... and you reject it all....		
	Change the part that wants to eat		
Identity	There is a part of you that wanted to eat... a familiar part... You may not know that part but it is there... and it is ready to change.... now.... at a deep level you know it is time to change.... to let go.... that part had a good reason to eat... but things have changed now....		
Capability	Tell that part that it is now to change... thank that part for what it was trying to do... but it is time to change now... every part of you is valuable.... so you can convert that part to do something else.... that part of you that used to want to eat to make you feel better is now being converted to a useful healthy purpose...		
Identity	And that part of you will be glad... and it is changing now because you asked it to... and you can be surprised at how effective that change can be.... and how you are different now...		ambiguity
	Visualization Section		
	Allow your mind to drift away... to few months from now... and you are walking along by some shops... and you are looking in fashion shops... shoe shops... enjoying window shopping....		
	and in the window you catch sight of a woman looking straight at you... and she is beautifully dressed.... slim and elegant... poised and confident....		
	and you look back at her... and then you realize that you are looking at your reflection...		
	and that is your ideal self... at your ideal weight...		
	and she looks at you... with an expression on her face... and she is encouraging you... and somehow you know what she did to make it all happen...		
	and you are aware of how good she feels... how confident she is... and that confidence spreads to you...		
	And when you have done that you will come back to the present.... knowing that something wonderful has happened... and you are back in charge of your life.		

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Eating Habits Anchoring Script

This script is intended to be used where a client has an eating problem, can control it sometimes, but then feels compelled to start again.

Part of it is based the technique of anchoring and part on visualisation. It links the client's inner strengths and personal beliefs to external triggers, so that when the trigger event happens they are reminded of their inner strengths.

The script uses three different anchoring strategies. One section uses a physical metaphor to anchor feelings of determination to squeezing their fist shut. One section uses the idea of a Magic Word. This is associated to a visual metaphor and is used to remind them that they have the ability to succeed if ever they feel temptation to start again. One section uses the anchor between a colour and the desired situation. The script uses a post hypnotic suggestion of using the colour to constantly remind them that they can succeed in not doing the eating any more.

Towards the end of this script it is often useful to include the Measuring Tape metaphor.

	INDUCTION		
	[Do your normal induction] <i>[Make sure the client has their hands free]</i>		
	DEEPENER		
	[Use your normal deepener]		
	THERAPY SECTION		
Identity	In this session you are going to learn how to use self hypnosis. This will give you the strength you need to get the result you want. You have a natural ability to go into trance anytime you want.	I	You have the ability
Capability	This may not be something you are familiar with, but it is something you can do easily once you have experienced what it is like.	D	
	You already know the difference between tension and relaxation, so you already know the basics of it, don't you?	>	Bind
	You have been able to stop eating at times, but something seems to be trying get you to think about doing the bad eating behaviour again, even though part of you doesn't want to....		Empathy
Rule	This is telling you something important...		Reframe
Capability	it is telling you that you need to be able to remind yourself whenever that feeling comes back, of why you need to stop...	D	
	and to remind yourself that you can change... that you have that power... that you can succeed...		Reconnect to success
Capability	With self hypnosis you will succeed in controlling the physical and emotional tension you feel about eating.	>	
Capability	With this skill you will experience things in a new way, a way that gives you the confidence, strength and success you need.	D	Inevitability
Capability	It will help you reduce anxiety because hypnosis is a mental process that leads to physical relaxation and physical relaxation leads to letting go tension... and letting go tension means you can stop the eating	>	

	need...		
Identity	You will feel stronger and more confident.	D	Outcome
	With self hypnosis you will experience your feelings from a new perspective, and this will let you dismiss temptation with confidence and calmness.	>	Reframing
CLENCHED FIST PHYSICAL METAPHOR			
	You are now going to learn how to boost your resistance.		
	While you are in this state of deep relaxation... your breathing is slow and steady.... your body is relaxed... every muscle loose and heavy...		Pacing
Identity	This state is something that you have created... on your own.... and in your own way.... and the way you experience it is unique to you...		Leading
Identity	You have the ability to return to this state any time you want to....	D	Leading
Capability	and when you are in this state you can perform the most amazing things... with the most amazing strengths... because your mind is focussed	>	
	it is a state of inner strength... a state that lets you get in touch with higher powers... a state that lets you transcend your normal self... to summon inner resources and create powerful... almost magical effects.	D	Connect to beliefs
Capability	And you have the natural ability to use this special unique state...	D	Ambiguity
	And as you are relaxing there now... breathing gently... you can become aware of your hands... a feeling in your hands... and your mind can select one hand or the other hand... allow your mind to decide... to pick one hand...		Dissociation
	And while most of your body becomes more relaxed you will find that one hand begins to close, to clench into a fist... and then relax again... and as that hand relaxes... you go deeper and deeper inside...		Deepener
	And as you go deeper and deeper inside... you become aware of something... you become aware of something rising up inside you... and you recognise that for what it is... a fierce determination to end the eating habit... a feeling of stubborn refusal to eating the wrong foods at the wrong time....		Reframe physical feeling to mental toughness
	And once again... notice your hand closing.... and notice the feeling associated with this... as that hand closes... your mind focuses on why you want to be different now, [mention health, appearance, self esteem, whatever the client says is motivating her]		
	And that makes you even more aware of what you get from ending that bad behaviour... the eating habit... and as you think about that... that feeling of determination... of self confidence... that you can beat this... that you can stop and change for ever... grows ever stronger...		
	And this is where you learn to control that feeling... as that feeling grows... so does your own power.. that strength... that determination... that knowledge of how to end it grows... you use that to close your hand into a fist... and that power surges through you ... to an absolute unstoppable power... to succeed... thrust aside all obstacles to reach out and clear away those thoughts.... those old ideas that were getting in the way....		
	And as you clench that fist you know that nothing can stand in your way of getting what you want ... you know that it is over for ever... you can beat this... you have beaten this...		

	And as that fist relaxes again... that feeling of triumph... of being unbeatable... fills your mind...		
	And that is what your body has been telling you... that is what you need to learn...		
Behaviour	You can get into this comfortable relaxed state anytime... all you need to do is to take three deep breaths... and then relax your muscles... you already know how to do that...		
Capability	And in that state... every time you form that hand into a fist you will once again be filled with that feeling of unstoppable confidence... that power surges up in you ... and nothing can stop you... nothing will ever make you eat that way again... .	>	Physical metaphor
Behaviour	In any situation... you will be able to call up that feeling... just by relaxing a little... and close that hand... and that surge of power will be there for you... unstoppable power... power to resist... to succeed... to show you can...	>	
Capability	And as soon as you feel that ... that temptation just fades away... vanishes... like it had never been there...	V	
Capability	And you feel calm and strong and in charge and relaxed... and you can laugh at that temptation... because you have learned how to use your own inner power now...	I	Pre-supposition
Capability	From now on... you know... that anytime you feel that anxiety... or any physical feeling that reminds you of a need to overeat... you can call up that invincible feeling... that sweeps away all those thoughts... by deliberately relaxing the tension in your muscles and then forming that fist... and the tighter you make that fist... the more power you get...	=	Physical metaphor
Capability	And no matter how many times it happened in the past... now that you have learned this simple trick of self hypnosis... you can walk away... from that temptation... and all those thoughts will seem silly...	>	
Identity	and you can laugh at its attempts to interest you again... that was the old you... you are not interested now and never will be... that is just not who you are any more.		Reframing
MAGIC WORD VISUALISATION METAPHOR			
	And when you look back on those times when you were overeating... you see it in dark colours, like a picture seen far away... dim and obscure... small and faded...	V	
	And think of the first time you felt you needed to eat but didn't want to.... see yourself as you were then... and in your mind, rub out the behaviour from that picture...		
	And relax... deeper and deeper...		
	And now think about the things you really don't like about that kind of eating ... really focus on them... and allow the feeling of disgust or resentment or whatever word it is that sums up how you feel about compulsive eating... allow yourself to feel that totally... to reject overeating and everything to do with it... think about how much you dislike the feeling of needing to eat... think about how that makes you feel... about yourself ... about what other people think about you...	V	
	And then imagine sweeping away all that bad feeling... imagine you can wipe it out... totally... completely... imagine it as a picture and destroy that picture and you are wiping it out... tear it up, throw it in	V	Metaphor

	the rubbish... wipe it clean... paint over it... do whatever you want to do to destroy that picture...		
Behaviour	And you do so, say your power word aloud.... you will find the right word... some people say 'strong', some say 'freedom' or use a special made up word or a phrase like 'I am a winner'... 'inner beauty'... whatever seems right to you...	D	
Capability	Just imagine those feelings, those feeling you get when something inside makes you feel like eating again... and then say your word, and imagine yourself wiping out those feelings... wiping them away like cleaning a worktop... wring it out and flush it away... feel the power of that word... the power that keeps you going... gets you through... makes you feel good about yourself and about your own ability to be strong...	V	Metaphor
Behaviour	And every time you feel that temptation even starting... at the tiniest hint you think your magic word... and that reminds you of that strength you have... and that image of overeating is destroyed... and you can enjoy vanishing it... mastering it...		
MAGIC COLOUR POST HYPNOTIC SUGGESTION			
	Now take a deep breath... and allow you your mind to drift.		
	Think about a time when you are confident you won't have the old feeling of needing to eat. See yourself in that situation... imagine how it feels, how it looks... what is around you... when you are in the confident state.... the state when you know you are in control of your eating and you feel good about that... and you know you won't overeat...	V	
	And now think about another time like that... another situation... when you have that feeling of certainty... that quiet easy feeling that you have your eating under control and you are not even thinking about it...	V	Connect to successes
	Now think about those two situations, those times, and notice what they have in common... what is present in both situations... notice a colour that is there in both those situations, and then test it... think of other similar situations... and notice what colour is present then...	V	Connect to more successes
Belief	And that colour has special significance to you.	D	
Memory	Whenever you think of that colour... you will think of those situations when you are confidently in control... and in those situations when see that colour... you will immediately feel confident... in control...	>	
Capability	And as you go about the normal things in your day... you will notice that colour here and there... and every time you see that colour it will bring to mind those feelings of calm... of confident control... and will remind you that you are in control... that you can easily be in control... it will remind you that you can wipe away those images... those symbols... everything associated with the old overeating behaviour...	>	
Belief	And really, that can become the colour of your life... you can find yourself constantly reminded of your own inner strength... of your success... of how easy it is really....	>	
Behaviour	And every time you see that colour... it is like you hear a voice in the back of your head saying 'this is easy... I know how to do this... it is working... I am winning.... I can forget all about that now.... and just ignore it... this is easy... ' and you will have succeeded.	=	
REINFORCING			

	So take a few moments now and enjoy that success to come... allow yourself to settle down and get more comfortable now...		Pacing
Memory	And think over all the things you have experienced in this session... the powers you have awakened... the touch of that inner strength... the feeling of having made contact... the inner knowledge...		ambiguity
Identity	All that means that you have the power to succeed... to sustain the change you are seeking... to be free of eating problems for ever... easily, comfortably... confidently		
Capability	You know how to relax... and that means that in any situation where you need to... you can close your eyes... relax inwardly... and clench that fist... and that will bring back that inner power.. the power to free yourself.. to remind yourself of your own strength and ability....		Reinforce FIST
Capability	You now know how to wipe away those feelings... by visualising the negative images and watching them get destroyed with your power word... you can use that word anytime anywhere to give you power over feelings... to remind you instantly of that determination... to push it away...		Reinforce WORD
Capability	And as you go through your day... that colour will remind you of feeling calm and confident... and the constant reminder... looking out for ... noticing... that colour... will make you stronger...		Reinforce COLOUR
Capability	and you can brush those old feelings away like a stray hair... and forget all about the problem now...		Post hypnotic metaphor
REORIENTATION			
	And now... you can count to yourself quietly in your mind... from five up to one... and when you reach one you will be back in the present... fully alert and ready for the rest of your day....		
	So when you are ready... begin counting now.		

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Weight Loss Six Step Reframe

The Six Step Reframe is an NLP technique. The Six Step Reframe for weight loss is used in situations where 'part of me wants to stop bingeing, but part of me enjoys doing it'.

The Six Step Reframe Script is based on Parts Therapy, where one part takes charge and asks other parts to change. The script asks the part that wants to eat to reveal its purpose, and asks it to negotiate with other parts to keep the purpose but change how it does it.

The Six Step Reframe technique allows you slow down your thinking so that you can find the time to control the different parts of you that are causing the problem.

Self induced Trance		
OK. I want you to understand that you are in control.... you are in control at all times... and you can decide exactly how and when you go into trance....		Bind
Just settle back and make yourself comfortable..... Let your arms flop and let your hands relax.... maybe shrug your shoulders a little.... let your head recline and settle down.... jiggle your legs if you want.... until things are just the way you want them...		Bodily relaxation
And now you can take a deep breath.... hold that breath and as you let it go.... allow that breath out to close your eyes....		Eyes closed
That's good.		Reassurance
And now take another breath... and hold it.... and this time as you breath out... really relax... just become aware of any tension in your muscles... and allow it to relax...		Progressive relaxation
And when you are ready... take another breath and hold it.... and just think about how relaxed you can be.... I wonder when was the time you were most relaxed?... I wonder how relaxed it's possible to be?...		Trans derivational Search
And you can now let your breathing go back to normal... just focus on your breathing.... focus on that gentle movement of air... in and out..... in.... and out.....		Pace with breathing
That's very good.... you're doing very well...		Reassurance
and just think about each breath out... feeling more and more relaxed... more at ease... more comfortable.... That's right....		
and with each breath out.... you can imagine your own voice in your head... or someone speaking... saying "deeper and deeper"... "more and more"... relaxing....		Using their own 'voice' to deliver the instructions.
and you can choose how much you want to let go with every breath... and part of your mind can go into trance and while part of your mind can stay alert.... and while that part is as alert as you want it to be it can be deciding how deeply you want that other part to go.... and let that other part go...		Bind
and all the while.... breathing gently... choosing how deeply to go... continue breathing.... relaxing... watching as part of your mind is going deeper... as your inner voice leads you... down and down....		Supposition
until when you are at right depth for you... allow your mind to choose.... one hand or other.... and you can be curious as how your mind chooses... one hand instead of the other... as if it is someone else's hand....		Dissociation
and you'll know when your mind has chosen... you can allow a finger or a		Dissociation

	thumb or maybe something else to signal that you have reached a comfortable depth... and allow that finger or thumb to move on its own... just let it happen.... when it's ready...		
	[await signal]		
	SIX STEP REFRAME - SET UP THE INNER PLACE		
	and as you drift around... allow your mind to think of a place... a place in your mind... where you can gather your thoughts and feelings... a place where you can assemble the parts of you that want to change and need to change... a place in your mind where all the parts of you can come out... where they will be safe and welcomed...		
	some people think of a dark cave, some of a large hall, some people imagine a meeting room.... allow your mind to find such a place...		
	STEP ONE - Identify the behavior to change		
	Now think about the eating behavior you want to change... think about how you feel when you are in that behavior... think about the part of you that does that behavior... maybe you can visualize it... or feel it.... or hear something...		
	Become aware of that part... take your time and think about the part of you that is doing that behaviour.... take a few slow breaths and let the part come out... allow its presence to get stronger....		
	Now make the part feel welcome... thank the part for coming into awareness... tell the part that you appreciate what it has been trying to do for you... tell it that you really like that part... that you realize it has been trying to help you all this time... working 24/7 to do something positive for you....		
	Really communicate your gratitude... because every part of you is valuable... let it know... in any way that makes sense to you... that you know that its intention was good...		
	STEP TWO - Communicate with the part		
	Now ask the part... respectfully.... if it is willing to communicate with you...		
	Simply form a question... a feeling... an expectation in your mind... allow that feeling... that need... that expectation to form... to continue... just be aware of that asking...		
	ask the part to let you know that it is willing to communicate....(it may take a while)... ask the part to choose what way it wants to communicate with you... it might be a need to lift a finger, it might be a warmth on your skin... it might be a tingle in your hand... leave it up to the part and scan around your body... until you feel something...		
	Then ask the part to signal again... to repeat the signal.... so you know that you have recognized its response... Or you may just get a feeling... a certainty that the part is listening and answering...		
	Thank the part for allowing you to communicate with it... focus on the part... and allow it make itself known even more clearly...		
	STEP THREE - Identify the part's intention		
	Now ask the part if it will let you know what its function is... what it is trying to do for you... every part of you is trying to protect you... trying to help you... ask it to let you know what it trying to do, what it thinks it has been aiming for all this time...		
	Now wait... allow the part to make you aware of its intentions... you may get a memory... you may get an image or a symbol or a word... the part will signal		

	in a way that makes sense to it... it will find a way to communicate its purpose to you...		
	When you get the message... it may be obvious.... it may be unclear... it may be that somehow you just know what it is about... thank that part for allowing you to share in that knowledge....		
	Allow it to become clear in your mind what the part was trying to do... or find something that symbolizes the intention... or a feeling that sums it up...		
	Now that you know what the part was trying to do for you... tell the part that you appreciate its help... that you recognize its intention was worthwhile... and ask if it is OK if it can still do that for you... but in a different way?		
	Wait for the answer... if you get a clear answer 'yes' or you feel it OK for the change to happen then go on ...		
	if the answer is 'no' then ask the part if it will let you know why it won't change the way it does it... and communicate with the part until it is happy to go on...		
	STEP FOUR - Think about alternatives		
	Now it is time to bring some other parts into that place... and you might think of it as a committee room of some sort... or a convention... a market place... some place where many different parts can come together to meet and mingle...		
	there is a part of you that is creative, that can solve problems... there is a part of you that can manage things... that knows how to put things together... how organize and combine and make the best choices... safely and carefully...		
	there are many parts of you... now ask the creative part of you to contact all the other parts... any part that has something to give to help make the change...		
	and that creative part of you can begin to come up with different ways of getting what the part of you that wanted to eat was trying to do... there are many other ways to achieve... many ways of giving you the positive outcome you need... without having the eating problem as a result...		
	and the clever part of you can work with that creative part... and get all the other parts to contribute something... and they can all work together to find different ways of getting that outcome... and you can be curious as to how many different ways there are... easy ways... clever ways... safe ways...		
	and allow all those parts to work together to create those ways for you to consider... and for that part that was making you eat to consider...		
	STEP FIVE - Choose an alternative behavior		
	become aware of all those ways that are being found... ways of behaving... ways of being... that will give you the outcome to keep you safe, to protect you... the same as you were getting from the part that wanted you to eat...		
	and now allow your mind to drift... think of all the possible behaviors you could have... all the different ways that the parts created for you to consider.... think over what seems to you to be the best... the way to still be safe and protected... but without the eating...		
	and allow the right answer to come up... on its own... something that seems just right... that you can imagine doing in all those situations when you used to eat... decide on the right new behavior... that will let you be in the same situation and not feel the need to eat...		
	STEP SIX - Check for any conflicts		

	and in that place... with all those parts... now offer up the way you have chosen... for them to consider... get the organizing part to contact all the other parts... get each part... each of the many parts of you that are all... in their own way... protecting you... and want only the best for you... get the organizing part to check that all those other parts are happy with the way you have chosen...		
	that it does not clash with anything they want to do... that would prevent them from doing their care for you...		
	and that organizing part can negotiate and check and be satisfied that every part supports your new way... your new behavior in that old situation...		
	and when all the parts are in agreement... you can ask the original part... the part that was making you eat... if it is satisfied... if it can now change to new way... and still care for you in that old way...		
	and ask it so signal to you...		
	and when it has signalled to you... you can send a message of gratitude to it... thanking it for looking after you for so long... and it can continue its job of looking after you now... in a different way....		
	that old eating behavior can now fade away... to just a memory... and that can fade too...		
	and those parts are changed forever... and that's something else to be glad about...		
	as you begin to return to the present...		
	REORIENTATION		
	[Begin the reorientation]		

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Weight Loss Checklist

In order to replace the beliefs the client holds about eating it is necessary to first identify what those beliefs are. This checklist of questions is used to remind the therapist to cover every relevant aspect to reveal why, when and how the client eats. The aim is to identify what it was in their early life that made them feel bad about themselves. This can be dealt with by Regression and Inner Child work, by Core Transformation, Focusing, Metaphor Therapy, Cognitive Modelling or Direct Suggestion.

Weight loss therapy needs to pay special attention to the environment in which the over-eater grew up, and what was happening in their life when the problem eating pattern started. Successful weight loss therapy usually succeeds when it removes or reframes the beliefs and attitudes arising from this time.

Using the checklist may also identify resources the client already has that can be utilised for direct suggestion. These questions provide a unique set of targets and resources to use during hypnosis. It is a good idea to send them to the client before you meet them. Tell them that they just have to read them, they do not have to write out answers or anything. That way they have time to think about it for a few days and this will often bring to the surface ideas and feelings they have not thought about for years.

WEIGHT LOSS CHECKLIST	
<i>HISTORY</i>	
When did you start being overweight?	Environment
What was going on in your life at that time?	Environment
Have you ever been able to lose weight?	Motivation
How did you lose weight then?	Motivation
How long were you at that weight?	Resource
Why did you put it back on?	Triggers & Pressures
Have you ever been bulimic?	Control issues
Have you ever been anorexic?	Control issues
<i>CURRENT PATTERNS OF EATING</i>	
In what situations do you eat badly?	Triggers
What sets off the eating?	Behaviour
Is there a pattern to your problem eating?	Pressures
How do you know when to start eating?	Triggers
What do you think about yourself while this is going on?	Identity
What do you think about yourself afterwards?	Self Esteem
<i>BELIEFS ABOUT EATING</i>	
Why do you think you over eat?	Identity, Beliefs
Why don't you just stop?	Identity, Beliefs
What have you tried?	Resources

Do you think you can stop?	Beliefs
What will happen if you keep on this way?	Motivation
PAST ENVIRONMENT	
What was it like for you growing up?	Environment
What were the most significant events in your young life?	Behaviour
Were you bullied at school or at home?	Identity
Did you always feel supported and loved?	Identity
Did you feel that you never really belonged?	Identity
Did you ever fantasize about being somebody else?	Identity
How do you get on with your mother now?	Relationships
How do you get on with your father now?	Relationships
MOTIVATION	
Why do you want to lose weight now?	Motivation
Do you believe you can lose the weight?	Capability
What will others think when you lose weight?	Peer pressure
What will be different when you lose weight?	Capability, Rewards
What will you be able to do when you lose weight?	Visualisation of benefits
What will other people say when you have lost the weight?	Visualisation of benefits
What is the one thing that might stop you?	Resource
Have you got any fears about losing weight?	Resource
SELF IMAGE	
If you don't like your body - what is stopping you from changing it?	Capability
What would have to happen for you to be able to change the way you want to?	Rules, outcomes
What do you think other people think about your body?	Rules
What do you think when you see other overweight people?	Resource
FUTURE BEHAVIOUR	
What would are you going to do instead of eating in those situations?	Alternative behaviours
What will be the biggest benefit?	Motivation

The therapist would not normally ask all these questions directly. Most of the information will come out naturally as the client describes their eating behaviour. The check list is just to ensure that no potentially useful areas are missed.

Remember, most weight issues revolve around self esteem. The real problem is a belief that they are just not good enough. Any stress today reminds them of how they felt growing up. Eating allowed them feel better for a moment then, and they are still trying to use that cure. Fix how they feel deep inside, show them that they can handle

today's stress by fixing the original source of stress, and the client will sort out the eating habits by themselves.

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David Mason www.key-hypnosis.com © 2010

Ending Bad Habits

Nail Biting Script

This script is a transcript of the actual hypnotherapy session conducted by David Mason. The client was a man in his early twenties who would pick or bite his nails till they bled, then be able to stop for six months or so and start again. He was a professional drummer who intended to make that his career.

The script is given with comments to explain what each statement is doing. The [mm:ss] column shows the time elapsed in minutes and seconds. This is helpful in demonstrating how slowly hypnotic suggestions are delivered, and how gaps are left between statements to allow time for the client's mind to process the statements.

This script has sections to address many aspects of the problem as a demonstration of how to use them. Normally not every section would be used since they would not necessarily apply to every client.

What the symbols mean:

>	shows Cause and Effect linking statements of the type 'doing A leads to B'
=	shows Reframing of the type 'A is really the same as B'.
D	shows where a direct suggestion is being made.
I	shows where an indirect suggestion is being made.
M	an intentional metaphor being introduced
V	indicates where the client is invited to visualise something
K	Indicates the wording is aimed at kinesthetic responses

Target	mm:ss	INDUCTION SECTION		
	01:40	And now I would like you take one deep breath and hold it.		
	01:45	And... just let it go..... that's good.		
	01:55	And in moment I am going to ask you to take another deep breath and hold it... This time when you let it go... let go of all the tension in your body ... let go of all the tension in your shoulders and your arms...		Relax the body
	02:10	Another deep breath hold it and <i>really</i> let go... that's good.		
	02:20	And now another one and this time let go <i>all</i> the tension in your body...		
	02:30	That's good.... let it all go... and now just resume breathing normally....		
	02:43	And with each breath out ... the voice in your mind... it says.... " <i>you are getting more relaxed</i> " with each breath...		Self induction induction
	02:53	Deeper and deeper relaxed...		
	03:02	That's right.....		pacing
	03:10	Just allow yourself to relax totally.		pacing
	03:20	You are doing very well....		Rapport
	03:33	You don't have to do anything.... you don't have to think... you don't have to listen... you don't have to do anything particularly.... Just allow yourself to enjoy that lovely gentle feeling...		

	03:50	Allow that relaxation to go through your body		
	4:00	And now [clientname] I would like you to relax your eyes.... Really relax those little muscles around your eyes.... focus on those tiny, tiny muscles.... the ones that control your eyelids....		Modified Elman induction
	4:20	And just feel those eyes.... totally... relaxed.	D	
	04:27	Shut down hard	D	
	04:31	... as if they are glued together....	D	
	04:35	And those eyes are so relaxed you couldn't open them if you tried.	D	
	04:44	And you could try opening them... and you could be surprised at the result....		Depth test
	04:52	That's right... your eyes are completely relaxed...		[no response]
	04:56	And now allow that relaxation to spread ... from your eyes... down through your cheeks.... down your neck...		Short relaxation induction
	05:06	Feel it going through your shoulders and your arms and down through your body and all the way down into your legs....		
	05:15	So that you are totally relaxed...		
	05:22	And allow yourself to enjoy that feeling... of total relaxation		

		DEEPENER SECTION		
	05:40	And I wonder if you can imagine a big old house somewhere?.....	V	dissociation
	05:47 with a fence... and a big garden... and maybe there are trees....		
	05:56	... it's the sort of house that families grew up in... generations of people.... living and laughing.....		engage personal experience
	06:07	There's been weddings and christenings and funerals... and birthday parties and happy times....	V	engage visualisation
	06:20	...inside that house... there's a staircase....		
	06:30	And you can find yourself at the top of that staircase....		
	06:35	...and I don't know if that staircase is wood or marble... or carpet.... doesn't matter.....		all alternatives
	06:43	...and there can be a handrail...		safety
	06:48	...and you can imagine yourself beginning to go down those steps.... because at the bottom there is a door....		
	06:58	... and behind that door is a wonderful thing, for you.		anticipation, safety
	07:04	... and you can begin to go down those steps now ... and with every step you get more relaxed.... and deeper into trance		standard staircase deepener
	07:15	and so TEN going down.... deeper relaxed... and NINE deeper still.....		
	07:28	... and EIGHT.... deeper relaxed...		
	07:33	..and SEVEN... down and down...		

	07:39	.. and SIX...		
	07:44	And feel yourself sinking into that chair... wonderfully supported as if you are lying on a fleecy cloud... just allowing yourself to drift.....		dissociation
	08:00	...and FIVE.... deeper and deeper.....		
	08:03	...and FOUR down and down....		
	08:07	... and THREE....		
	08:10and TWO....		
	08:14	...and there is one step left....		
	08:21	... and when you go off that one step there is just zero....and you go through the centre of that zero.... through a black void of nothingness... your mind is completely relaxed....		
	08:42and the only thing of importance is the sound of my voice...		

		DEPTH TEST SECTION		
	08:49	And in front of you there is a door....		
	09:00	What colour is that door, [clientname]?		Depth test
	09:02	<i>White.</i>		
	09:04	It's white.		
	09:08	And what else about that door?		
	09:12	<i>It's got a lock on the front....</i>		
	09:15	Uhuh		
	09:20	<i>[indistinct]</i>		
	09:22	Uhuh		
	09:27	And does that door open inwards or outwards?		
	09:31	<i>Out</i>		
	09:32	It opens outwards.		
	09:35	And you can open that door, can't you?		safety test
	09:36	<i>Uhuh.</i>		

		SELF ESTEEM SECTION		
	09:42	So, now I would like you to open that door, and go through it. And inside you find yourself inside a large room..... and there are people in that room.		
	10:00	There are all the people you know in that room.... and all the people who know you ... and they are all smiling... and looking at you... and as you walk in the room they all begin to applaud politely... and they start talking to each other ... and as you go in you meet one group and another group... and your family is there.... and people from school ... and people you met socially ... and there are people who moved away and people you haven't seen for years... and everyone who loves you is there...and everyone that you love is there... And that room is filled with love and affection...and		Visualisation

		acceptance...		
	10:55	And underneath it all there is a deep and abiding feeling of calm ... and you begin to flow and float into that feeling of calm...		dissociation
Capability	11:15	And you begin to feel... that there is no need for any tension or anxiety... that there are things you can leave behind.... things you don't need any more... because so many people love you and respect you and maybe they don't say so ... but they really do...	>	indirect suggestion
Identity	11:45	And as you walk around that room you hear .. people talking in the distance.... people talking to each other... and you hear someone saying.... <i>"that [clientname] is so adventurous, he is going to [placename]. Did you know that?"</i> . And someone replies <i>"Yes! And he is going to be a star musician. His performance is outstanding" "He doesn't give himself credit. He is really good"</i> .		Validate the client's self belief
Capability	12:20	And further over... someone else is saying <i>"I think [clientname] has a great future ahead of him. I think that young man can go so far...and be anything he wants to be.... do anything he wants.... because he is capable....and he is competent.... and he has such a focus... that he knows where he is going now...you watch that young man.... in a few years you will see his name everywhere"...</i>		Indirect validation of client's life and choices.
Identity	12:58	And further along you hear someone else talking... and they are saying.... <i>"I am so proud of [clientname] ... I have always been proud of him... but now he has just excelled... I couldn't have asked for a better son... he has become everything I have longed for... and maybe I didn't say it enough... but it is true.... "</i> and the other person says... <i>" yes, you are so lucky to have someone like that.... a good, decent boy.... who knows where he is going... who has picked a career for himself.... "</i> .		Self esteem - confirmation of love and acceptance from important figures
Identity	13:48	And you continue on.... feeling that acceptance of all those people.... and all their good wishes... and you reach the door in the far end of the room and you look back ... and they are all standing there... young people and old people.... they are smiling.... and they are all looking at you with such warmth and acceptance ...		Sensory distortion
Memory	14:15	and you stand in the doorway and look back....and as you do you begin to remember... each of these people... and what you remember about them is the success you had....and your life has been a series of successes. It might not have seemed like that at the time ...	D	

		RECONNECTION SECTION: PAST SUCCESSES		
Capability	14:40	But you have had success after success.... there was a time you know when you couldn't tie your shoelaces. And that became a success... that was important to you... and there was time when you couldn't write ... you didn't know how to tell the difference between a D and a B.... and that was so important to that little boy....and that was a success.... and there was a time when making friends was a problem... and that became a success....		reconnect to past successes

Identity	15:13	And when you think about it, [clientname] your life has been full of successes, in fact it has been one success after another.... and I know there have been setbacks.... but you have been successful at so many things...		Reframing
Capability, Identity	15:35	And every year.... every month... a new success.... a new test passed.... a new ability.... and you have the ability to learn... it's a wonderful gift... you have the ability.... to decide to do something and when you decide to do something, <i>you do it</i> . Nothing stops you... you are a determined person... you have the ability to see things through...	D	Repetition of "ability"
Behaviour	16:10	And you have come here today and you are sitting in that seat breathing quietly... because you have a problem.... and that problem comes back... but you have come here today because you have decided that that problem is over. That you are never going to have a problem with your nails again...you are never going to chew your nails again	D	Validate problem, pacing
	16:33	And this will become another one of your successes.	D	
memory	16:38	And you will be able to look back on this day ... and remember this as one of your most unexpected successes.	D	Time distortion

		CONTROL SECTION		
Capability		...another time when you demonstrated your own power, your own ability, your own competence... because you have control... you have choice in everything you do...	> D	Complex equivalence
Capability	17:02	You can choose what to wear, can't you? You can choose what you eat, can't you? You can choose where you go and who you see... and you can choose to control what your body does. You can choose to have perfect nails...	>	
Identity	17:30	Because you are in control [clientname], ...you are in total control. You have success, and ability and competence, and you have control.	D	
Identity	17:40	If you decide that something is not going to happen, then it is not going to happen. That is within your control... And you can have beautiful nails...	D	

		VISUALISATIONS SECTION		
memory	17:50	I would like you now to think of a time about a week from now ... when you look at your hands and you see your nails have been growing... and how good they look... how smart and grown up they look... and I'd like you to see yourself a month from now, when your nails are full size... strong.... long... complete... the way you want them	V	Time distortion, Visualisation
Capability	18:25	And see yourself... it might be in a bar.... might be at a gig.... standing with friends... strangers.. and you stand there and you talk	>	Sensory Distortion

		with your hands and you gesticulate and you point ... and they are looking at your fingers... and they are thinking " <i>Wow, those are the fingers of a drummer</i> ". " <i>Look how well he looks after his fingers.</i> " And inside you feel a feeling of pride... accomplishment.. and that makes you feel so good.... having long strong finger nails makes you feel so good.		
Identity	19:05	And see yourself at a party, after a gig... something like that... and you are holding a glass... and people are looking at you and they are looking at the glass and they are seeing your hand wrapped around the glass... and you are seeing your hand wrapped around the glass as well.... and you have got perfect fingernails. Trimmed and neat... a man's fingernails... and the thumb too.... as you hold the glass you can see your thumb and you can see your fingers.... and they all match up and they are all perfect... just the way you want them...	V	Visualisation
Capability	19:50	And then another time.... see yourself picking up a roll of Sellotape.... a roll of duct tape maybe.... and you run your finger around it... and your nail catches on that hard to get bit... and you just peel the duct tape off.... you just peel it right off... catch it in your fingernail... and see yourself picking up pins and coins.... peeling an orange.... easily smoothly.... and how good does that make you feel? to know that this demonstrates your control.... your ability... your competence....	V >	Visualisation
memory	20:35	Demonstrates that you have made a decision today.... that will last forever... it will last so long that there will come a time when you have forgotten all about it... you will just act naturally and normally.... and your nails will be of no interest ...	=	amnesia
identity	20:58	I wonder if you have ever played cards? ... and you can see everyone holding their cards up and you look at their nails... and you look at the nails on your left hand and your right hand ... on the table there... and you know you've got perfect nails... and a good hand... a good hand of cards.... that's three good hands!... a left hand a right hand and a hand of cards... and I wonder how good that makes you feel? Because other people's nails are sometimes not so good.... but yours are perfect now...	V D	repeating "good hands"
Identity	21:45	Now imagine you stretching both hands out in front of you... and you look at the palm and the fingers and you turn them over... and there... strong.. long nails... exactly the way they should be ... exactly the way you want them... you've got those nails now... I wonder if you can feel them growing?	V D	Visualisation, Sensory distortion

		METAPHOR SECTION		
	22:05	Because you know [clientname] nothing can stop your nails growing. Nothing can stop you doing what you want.	D	
Capability	22:20	You have come to New Zealand... And I wonder if you know that New Zealand.... the whole country... is moving towards Australia in a great geological movement ... and as that geological movement		Anchor memories of the time in

		occurs... Mount Cook is being pushed up in the South Island ... that mountain is being pushed up, right now.... at the same speed that your nails are growing ...and over weeks and months that mountain gets higher and higher.... and over a lifetime that mountain gets enormously long and strong and big.... and that is how your nails are... that's how you want your nails to be... like Mount Cook.... solid, enduring.... strong.... standing out proud.... a symbol.... a symbol of what you want....		NZ with capability of nails. Visualisation
--	--	--	--	---

		PRIDE IN PERSONAL APPEARANCE		
	23:25	And imagine those new hands... those new nails.... going to a jeweller's shop and having a watch fitted.... see yourself with that watch on your wrist... hear the assistant saying ..." <i>Wow ... that looks really good on you, with your hands and those nails.... that really set you off.... that is so good...</i> ".		Visualisation, Peer esteem
Identity	23:50	And see yourself among friends, just being casual... maybe you've got your hand lying on an armchair... on the arm.... and people look at your hand.... and they take no notice.... because your hand looks the same as everyone else's.... your nails are perfect, [clientname].	D	
Capability	24:20	You have chosen to take control of how your hands look. And you can choose any appearance you want.....and nothing can prevent you having that....	D	
memory	24:30	And I would like you now to remember all those occasions when you had your nails exactly the way you wanted them.... perfect... the ideal way... and really see those nails now.... see how your hands looked.... enjoy that feeling you get of pride and ability and confidence....		Reconnection
Behaviour	25:00	and see yourself in the future... with a nail file...an emery board... maybe even scissors... trimming those nails to just the right size... looking after them... making sure they are polished... just the right length....	D	Visualisation
Capability	25:17	And every time you hold a drumstick.... those nails wrap around inside your hand, that drumstick... and knowing you've got solid nails... makes you feel better.... makes you feel so good, so in charge....	D	Anchoring, Post hypnotic suggestion.
Identity	25:40	And knowing that you can do that gives you such a feeling of pride ... and ability... and confidence... and you know that you will never again bite your nails or chew them or... anything... that seems out of your control..... oh, you can trim them if you want to ... but only at the right time and when they are long... because you have control...	> D	

		POST HYPNOTIC SUGGESTIONS SECTION		
Environ-	26:00	And any time.... maybe you feel a little anxious.... maybe there is a		

ment		bit of stress... And that hand begins to move up towards your mouth...		
Behaviour Capability	26:20	the hand will suddenly seem gigantic... it will look like a bunch of bananas..... that hand will grow in size and you will become aware of that hand....and as you become aware of the hand you will feel an irresistible force ... straightening your arm out... pushing it down... pushing it away from your mouth.. you will not be able to stand that force.... that force is so overwhelming... your hand will just be pushed down....and you will be back in control.	D	Sensory Distortion, Post hypnotic suggestion
Behaviour	26:56	And when that happens you will find yourself taking a deep breath ... and then letting it go.... and as you let it go all that tension will disappear.... and you will feel no stress... and will feel confident.. and able.. and capable.... and competent again.....	>	Provide alternative behaviour
	27:20	And by pushing that hand down... that same feeling of pride in your ability... of pride in your control will come back ... and will fill your body... will fill your chest.... it will you feel so good... and that will reinforce that feeling	>	Reward alternative behaviour
Behaviour	27:45	so that the next time that hand even begins to move towards your mouth.... you will see it as gigantic and the feeling will break in and you will instantly push the hand down again.... that irresistible force will come down and will force your hand away... until it becomes automatic and it becomes so automatic that it never occurs to you to raise your hand towards your mouth... unless you are going to eat or do something useful... but it will never again be out of your control ... you are totally in charge.	D	Sensory Distortion, Post hypnotic suggestion
Capability	28:15	And that power is in both hands now... both arms are primed and ready.... the instant that hand goes towards your mouth that feeling will force it down... and you will feel so good that you have succeeded yet again.... and you will take a deep breath and let it out slowly... and fill yourself with that feeling.... of pride and relaxation mixed.....		Reward behaviour
Environment	28:50	And any time you go into a situation where you might have chewed your nails in the past ... something inside you, some little thing happens ... that will just bubble up... like bubbles at the bottom of a lake, this little laugh will come up and you will laugh at yourself ... and that will remind you that this is a situation where you used to chew your nails and now you don't ... and that old situation was so silly... stupid... unnecessary... that you don't have it any more...and instead you get this little chuckle to yourself.... that tells you you are in control totally...	> D	Sensory distortion, post hypnotic suggestion
Behaviour		and that you'll never start again....and you will have... for the rest of your life... perfect total nails... and there will never come a time when you chew your nails... because chewing your nails never achieved anything...	D	Remove old belief
Environment	29:48	And if your hand were to go anywhere near your mouth... you'll begin to feel a feeling of revulsion... of dirt... if your hand is there....	D	Aversion Suggestion, Sensory distortion
		and that will last only as long as the habit... and then it will be	D	safety limit

		gone... and you can still put your hand in your mouth if you are cleaning your teeth or to eat or anything else...		
Capability , Behaviour		but any time that hand goes up there to chew... the hand will appear gigantic.... like a boxing glove... or a banana... and the feeling in your mouth will be disgust... and your hand will just move straight down again because that arm will force it down... and as it forces it down.... once again you take a deep breath and fill yourself with relaxation and feeling good.... and remind yourself that you are in control.... totally.	D	Repeat of Aversion Suggestion, Sensory distortion
Behaviour	30:48	And a very strange thing will happen... that after you have had that feeling a few times... you'll lose all desire to chew your nails. You will lose all desire to do anything except to look after your nails... as if they were precious brothers and sisters.... You look after your nails...you clean them and polish them.... take pride in them... and they will just become a normal standard part of your body...		Post hypnotic suggestion , metaphor
memory	31:18	And weeks and months and years will go by and you will never even think about them. And you will forget totally ... that you used to chew them... Because that is just a habit and that's gone now....		Post hypnotic suggestion ,

		SUMMARY AND RESTATEMENT SECTION		
Capability, Behaviour, Identity	31:33	From this moment onwards.... those new things will happen ... and you will be unable to chew your nails because it will be forced down and you will become aware of it because it will look huge. and that taste will be in your mouth ... and as soon as your hand goes down the taste disappears... and your hand goes back to normal size.... and the feeling comes in, ... the feeling of feeling great... and that feeling... over time will grow more and more... and will wash out.... the little remnants of desire to chew your nails... because you know it's not any kind of solution..... It doesn't help. It's not who you are.	D	affirm new behaviour and delete old belief
Identity	32:35	Because you are a proud strong able young man.	D	
Capability	32:36	[clientname] is in control. [clientname] knows what he wants. And [clientname] wants solid strong regular nails. And now he knows how to get them.	D	
Capability	32:55	[clientname] has the ability to take over... and totally change that behaviour... so that it just doesn't occur to him... and that's pretty good... isn't it?	D	Tag Question

		SELF CONVINCER		
memory	33:18	So now I would like you think back over all those successes you have had in your life.... and all those people with good wishes towards you.... and all those people who have applauded you and will applaud more in the future.		visualisation
Capability	33:35	And bring that feeling of success ... and all those good feelings	D	Sensory

		from those people... and focus them now in your hands... and just feel your hands tingle... and just feel your hands.... I don't know whether you'll feel one hand tingling or heavier than the other or.... maybe one hand will move or a finger will move.... but you will know that that has happened. And you will feel a difference		distortion
	34:15	And when you are ready to move on [clientname] I would like you to signal by allowing your subconscious to move a finger... or a thumb and we will just go on...		Depth test
	34:30	<i>[thumb moves]</i>		
	34:31	That's fine. That's very good. That tells you that your mind has taken an irrevocable decision	>	Bind
Capability	34:40	That that habit is now in the past ... that's your guarantee. You now have the mechanism to overcome this....	D >	

		REORIENTATION		
Capability	34:55	So in a moment... I am going to count up from five to one, not now, but in a moment. ... And when I get to one you will come back to the present... feeling really good about yourself... and knowing that something fundamental has changed.... and knowing that today and tomorrow and in the weeks to come.... you will see or feel or hear... little things that remind you... and I don't know what they are... but they will be little things that remind you... that things are different... and every one of those little things... it could be just a feeling that you get.... a sudden flash of colour maybe.... or just a note that you didn't expect.... and that will remind you ... of everything we've said today....		Sensory discrimination
Identity	35:45	and of your determination and how you've changed.... and how easy it is... to change...	D	Bind of implication
Rule	36:00	Even long standing habits can't stand up to the power of your mind.... and your visualisation... and those abilities we've talked about....	>	
	36:10	So I am going to begin to start counting now...		
	36:15	FIVE		
	36:20	FOUR...you are beginning to get a little feeling back into your hands and feet....		
	36:23	THREE you can move your shoulders... begin to feel a little looser... taking deep breaths.... eyelids fluttering...		
	36:32	TWO getting ready for a big stretch.... and a smile, coming back to the present... eyelids fluttering... becoming aware of where you are....		
	36:39	ONE: EYES OPEN, BACK AGAIN....		
	36:43	Welcome back.		
	36:45	<i>Great! Wow. That was great.</i>		

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Emotional Release hypnotherapy script

This hypnosis script is for people who feel bad and don't really know why they are feeling grumpy or out of sorts or why they are hurting themselves and other people. That sort of behavior happens when some event, or something somebody does to you, triggers old feelings of powerlessness, helplessness, injustice, or whatever, and that sets off a cluster of familiar destructive behavior. This script is especially useful for hypnotherapy where a client has started drinking again, some other habit or behavior they thought they had left behind but comes back and they don't really know why, but they know that something set it off.

The script is an updated version of the Affect Bridge. You get the client to feel the bad feelings and then to visualize those bad feelings as a thing, an object. Then by encouraging them to change the object, they are actually changing the feelings. It is a direct way of doing what is usually done with Regression to Cause hypnotherapy.

HYPNOSIS FOR RELEASING OLD FEELINGS

	Preparation and seeding of feeling before trance		
	Now before you settle down... I want to think about the things that have been happening in your life that have been causing you distress... become aware of the feelings that you have been having... bring to mind now... how everything seems to be wrong... negative... and consider to what extent it actually what is happening in your own mind that is the problem... that in fact that you are projecting on to the world some inner turmoil... some bad feeling that is present in you when you are in that state... an unhelpful way of thinking... which has been caused by external events reminding you of old feelings and attitudes old pains old worries.... and think about the events leading up to when you started to feel bad that way...	I	Indirect suggestion
	in particular think about ...		
	[describe the issue or behaviour that brought them here. Make sure the emotion is brought out and they are in touch with the feeling that goes with the unwanted behaviour.]		
	Can you feel that feeling now?		
	[keep describing and evoking the feeling that underlies the unwanted behaviour until the person confirms that they are feeling it.]		
	Hypnosis induction		
	Good... that's good.... and now take a deep breath.... ahhhh... and another deep breath... and one more deep breath... and just allow the whole of your body to relax... that's good		
Resources	Now that you are relaxing.... you can allow your mind to change things for you... you can use the inner power that is in all of us...		Pre-supposition
	and I want you to imagine that inner power.... and just for a moment allow your eyes to close.. that's right....	V	start the induction
	and as you lie there... relaxing... I wonder if you can imagine some dark dim place somewhere... some place safe and warm and comfortable...	V	pacing
	and imagine there is a speck of light... and imagine that speck of light moving... and imagine that speck of light guiding you safely down... and down... and as that speck of light moves you feel yourself drawn down and down....		guide into trance

	and thinking about that speck of light... you can feel your body slowing down... your eyes getting heavy.... and the weight of your arms and legs... feel your arms and legs getting tired and heavy... imagine the whole of your body getting heavy and tired... and relaxing... deeper and deeper now....	K	kinaesthetic induction
	imagine going deeper into that dark place... as that speck leads you on... gliding further down... imagine your body sinking... drifting... deeper and deeper...	K	kinaesthetic induction
	and feel yourself relaxing... easing... sinking... like going down into the deep dark blue waters of the ocean...		
	feel yourself slowly, gently... following that speck... deeper and deeper... more and more relaxed... and imagine that speck of light is leading you through a long dim corridor... and as you go down that corridor...	V	visualization induction
	every sound you hear makes you even more relaxed... allows you to drift even deeper.... and all around you... things are becoming quiet and peaceful... and every sound becomes soothing and gentle and every sound is leading you down and down as you relax those sounds right out of your mind... everything is disappearing....	A	sound induction
	and just thinking about that speck of light... imagine it now spreading soft gentle light everywhere... feel yourself wrapped in that light... cocooned... held gently safely... drifting away... supported by that light...		
	a tiny speck of light... soft and indistinct... like a quiet glow... and now imagine that glow begins to spread around... and as it does ... as it softly spreads out ... you feel yourself somehow spreading... easing.... letting go....	M	metaphor induction
	feel yourself going deeper and with each passing moment....		
	the feeling comes over you that nothing really matters now... as you relax more and more deeply... you feel that you don't really care any more.... just letting everything go...	K	relaxing
	and as you go deeper... just imagine the tiny muscles of your eyes... becoming so relaxed... so relaxed... it's as if you just can't open those eyes... as if those eyes are glued tight shut... and you just cannot open your eyes...		Depth test
	and just feel those eyes relaxing completely... letting go... deeper and deeper... that's right.... [do a depth test]		
	Hypnotic transformation		
	and relaxing even deeper... I want you to allow your mind to drift around... to drift around to the feeling you got... a feeling that things were not right and you couldn't address them... a feeling that you were [name whatever it was, repeat and expand the feeling until you are sure that the client is experiencing it.]		Beginning the Affect Bridge
	Allow yourself to get in touch with that feeling... think about the feeling... become aware of that feeling of [name the feeling]		
	and as your drift in that place now... being in that place really allows you to get in touch with those feelings... to become aware of those feelings... to allow the feeling to come up... to make itself known...		
	and now imagine taking that feeling... and going down a long dark corridor... taking the feeling with you. And as you go deeper and deeper down that corridor.. that feeling gets clearer... more defined... you begin to get an appreciation of exactly what it is...		Permission to examine the feeling
	And as you go deeper into that corridor.... other things begin to become	D	Suggest

	clear... other things begin to emerge... that have to do with that feeling...		resources
	and as those things emerge... things begin to get lighter... you begin to become aware of old feelings... old ideas.... things that happened... things you did... things you said... things that were done to you... things that were done to you that have to do with that feeling...		
Rules	and as you go deeper still... all those things are beginning to crowd in on you now... things you never really thought about before... things that never seemed important... things that when you look at them one way mean one thing... and then in a different way mean a different thing... and when is the right time to change the rules...		Re-examine old beliefs and rules
Capability	and as you go down that corridor... just imagine that you could take that feeling... and hold it... you can actually take that feeling in your arms...		Turn the feeling into an object
	and become aware of that feeling in a new way... and as you drift deeper and deeper... become aware of that feeling as an object... imagine it has turned into an object... any kind of object, and notice its shape... its size... its color... the texture... think of what thing it most resembles... what it's like...	M	force attention to all aspects of the object
	notice that as you go deeper and deeper... the feeling begins to be animated... you become aware of it as a separate life... something separate from yourself...		Dissociation - you are not the feeling
	and that thing you are carrying in your arms... that feeling... you begin to think of how it might change... how you could change it... what might happen to it... how those other things in that place can be used... to transform it... change it... how you could explore new forms....		begin the transformation
Capability	and take a moment now to experience that place and that feeling and those other things... and the secret power of transformation that lies within all of us... that inner power you have... that you can contact and use in that place...		Suggest unused resources
	that power to lift something out of yourself and allow it to transform into something else...	I	lift it out
	and still carrying with you that feeling... that feeling of [describe the feeling that is the problem]		
	and you can become curious about it... what it is for... how it got there... and as are thinking about that... the corridor begins to open up... and you find yourself in another place.... and in that place there are many things... things that you could find uses for...	M	new environment = new abilities
	you can find a place... where you can set that feeling aside... and consider it objectively... and start looking for all those other parts... all the parts that make it up... all the parts that fit with it... all the parts that make you make sense of it...		
	now give yourself plenty of space as you go... and look at that feeling... examine it... become more aware of it... become aware of how it connects to all those other things....		
	and as you do... also become aware that you can become very curious about its origins.... and as you do... you can open up an insight into it...		Metaphor object transformation
	and remembering deeply now... everything that had to do with it... and perhaps there is one particular incident.... one particular time that you felt [that problem feeling] and you weren't able to deal with [problem feeling]		Change the object = change the feeling

	description] and while you think of that incident, you can take that feeling... and begin to change it... begin to work with it... begin to think of how you can shape it... mold it... break it...		
	and all those other things round about can become resources... things that make it possible... make it easy... and you can take that thing and transform it in many ways... and see what comes out of it... what the result is... and in that place you can keep trying new things... trying different things ... trying old things...		use the resources
	you can keep working with that feeling until at some point it will change... at some point you will go.... ahhh... 'Now I understand' and then it will be like you just sweep it away... and you do that thing... you can transform it... you build trust.... you have the right to do all these things...		assumption = it will change
	And so now... you can stay in that place... doing all those things... making the changes you want... turning and molding and shaping... like a workshop... and you can do whatever you want in there ... whatever is necessary... whatever you need is in there... maybe disguised... but it is there...		
	and you can work on that now... allow your mind to roam... to make those changes in your mind... and you can stay there for as long as you need... and your mind knows how to do this... and you'll know when it is done... and you might be surprised at what you leave that place with...		Give them time to make the changes
Capability	so now allow yourself to continue working on that thing... safe and secure.. in the knowledge that in that place nothing can harm you.. you can think about things that might have been forbidden... things that you never felt comfortable with... in that place all those things are open... all those things are possible... there are no boundaries, there are no limits...		Permission
	other people's opinions don't count down there... only you and that feeling... and you can work on that feeling... and transform it... maybe transform it into something useful to you... something you'd enjoy... or maybe you will break it into pieces and do something with them... maybe it will just start to vanish in its own way....		Seeding ideas for transformation
	it will be interesting to find out... and your mind has already started on that... and so allow that process to continue... as you relax totally... to go about it in a way that feels best to you...		
	And you become aware of everything that has happened in that place... and staying deeply in that relaxed state... your body is completely relaxed... knowing that in that place... nothing can harm you...and you have the ability to step aside and look at things from a different perspective now... to choose what you want to have happen... and just let it happen...		
	Reorientation		
Capability	and when you are done you can either continue sinking into a deep blissful sleep and wake up when you decide to... or when you are done... perhaps you will just find yourself... in a happier place...	=	
	and slowly counting to yourself quietly from ten up to one.... and when you get to one you will be back in the present... and everything will be different....		Reorientation
	so take as long as need... as long as you want... to continue in that place... doing what has to be done... and choose how you want to come out..		

	so take a deep breath now... and go deeper on that journey... as if you are wrapped up in a cocoon of healing light... and nothing outside will disturb you at all... until the time comes that you decide to come back to the present.		
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Procrastination Direct Suggestion Script

This script is aimed at the type of procrastination where the client says 'I get distracted easily', 'I can't do boring stuff', 'I can't focus on anything', 'I'm busy all day and get nothing done'. This is the type of procrastination where the person gets to work but then cruises the Internet, checks the news, goes for coffee every thirty minutes, or reads emails instead of getting on with what they really need to do. They are constantly seeking stimulation. They can do the important stuff eventually, it's not difficult, but would rather do something else, anything else.

The design of the script targets each of the main belief areas - Capability, Identity, Behaviour, Rules, Others and Worldview - in order to defeat the psychological factors that are maintaining the procrastination behaviour.

INDUCTION SECTION

	Lead the client into trance....		
	Use your normal induction and confirm level of trance, then start the therapy section....		

DIRECT SUGGESTION SCRIPT

Target	Dialogue	L	Vector
CAPABILITY	You can change		
	IT IS TIME TO CHANGE		
Memory	And allow your mind to roam over a typical day..... how little is done that actually matters... time wasted on unnecessary things ... hours frittered away...		
	And now ask yourself... is there any real reason why I can't change that.....		
Memory	You know you can change... you have changed in many ways before....	D	
Capability	and this means you can change your habits... easily and quickly.... you know you can do this... with a bit of help.... and this is exactly the help you need.... so start to change now...	>	
	METAPHOR: SWISH AWAY OLD HABITS		
Capability	Think about how you might represent your problem... imagine it as a picture or a movie.... imagine that representation as if it was on a whiteboard.... or chalked on a wall.... And imagine yourself wiping the whiteboard clean.... or washing away the chalk...		
behaviour	because you can do that thing.... you can imagine just wiping out that problem...		
Rule	You can get control... all you have to do is stop doing some things and start doing other things... the things that really matter... it's that simple.....		
Behaviour	And because of that you are more determined... more convinced now... more certain that you can change your work patterns	D	

CAPABILITY	You choose to succeed		
	YOU CAN CHOOSE HOW YOU SPEND YOUR TIME		
	and that can remind youthat every day... every hour... you are free to choose.		PHS
RULE	You can choose what interests you. You get to choose what you pay attention to. You are free to choose what you want to do with your time. And here is a thought.... You are free to choose to be interested, challenged, excited, rewarded... by the things that will make you a success....		Reframe
	And that is a wonderful freedom. The power to choose.	D	Reframe
	And the power to choose means that you have control. You get to choose what you focus on..... and that means you get to choose how much you earn.	>	Reframe
	You see, when you deliberately challenge yourself, to actively take charge you can dare to ask yourself the question....What if?		Reframe
Identity	What if I decided I am in control from now on?		
Capability	Take a moment now to think about it.... You know you WANT to change You know you NEED to change. You know WHY you NEED to change. ...and that means..... You know HOW to change. You can make a PLAN And you can ACT on that plan and that means You can SUCCEED. NOW. TODAY.	D >	A>B>C

Worldview	You value your time		
	YOU DON'T HAVE TIME TO WASTE		
Rule	You know, the most successful man in the world has exactly the same number of hours as you... You actually always have enough time to do everything... you just have to use your time right.	>	Truism
Rule	Some people think that because they are their own boss they can do things whenever they want to. That it doesn't matter if they spent time now reading the news or surfing the Internet. But the truth is that there are only eight productive hours in the day. And the most productive of that eight are the first three.		
Rule	Waste those and you waste the rest of the day.	D	
	YOU MEASURE THE OPPORTUNITY COST		
Worldview	Time is not free... time is precious... there is reason why it is called 'spending' time....		Reframing
Rule	Each morning you get eight precious hours... these are for earning... each moment you waste of your earning hours is gone forever.... you have other hours... but the earning hours are special...		Reframing

Rule	There is an opportunity cost... work out how much you earn per hour.... earning hours spent not earning is time wasted ...		
	and ask yourself... can you afford to watch that money drain away?... would you pay someone else to do that activity?	M	Reframing
Identity	Just imagine now... imagine if you could stand in your office and watch yourself wasting that time... seeing money rolling away... like a thief silently stealing from your business.... Imagine if you were at in a shop and the assistant was wasting time like that... What would you feel ? feel how that makes you feel... about somebody wasting time... what does that make you feel now....angry? cheated? determined? Feel that feeling now... multiply it and tell yourself... now... It's over. Not me. It's over.	M	Visualisation
Behaviour	And If you ever find yourself wasting time you will connect to that feeling... every minute it will build and buile... to an irresistible compulsion to get up and leave whatever you are doing... you will just stop it instantly... walk away... and you will find yourself reviewing your to-do list... and choosing an earning task and starting on that task and you will be filled with determination... and gratitude that you are back on schedule again.... going towards your goals.	D	PHS
Behaviour	And every day... every hour... you count up... what you are achieving... and you get that sense of satisfaction....	D	
Behaviour	Getting the most out of every hour makes you feel good....	D	
Behaviour	You look forward to each useful hour because you feel good about it....	D	
BEHAVIOUR	You do your worst task first		
Memory	People put off doing things for many reasons.... because they think they are dull, or uninteresting, that they might be difficult, or there is something else about that job is unattractive to them....	D	Truism
Rule	The key to reaching high levels of performance and productivity is for you to develop the lifelong habit of doing something on your major task first thing each morning.		
	EAT THE FROG		
	And I am reminded of how during the war there was a soldier trapped in a swamp and surrounded on all sides. He had to stay in the swamp for weeks and keep very quiet and make no smoke so that they would not know he was there. The only thing to eat in the swamp was frogs. He had no choice but to eat raw frogs to survive. He put it off as long as possible but eventually hunger overcame him. He had to catch and eat a live frog. And he had to do this every day. Well after a lot of scares and near-disasters he did get out of it.		Metaphor
Rule	And the thing he learned from this was.... that if you've got to eat a frog, then do it first thing in the morning. Everything else that day just has to be better.		Metaphor
Rule	Make this your rule.... repeat this to yourself now.... every morning... the first thing I do at work... is to find the most unpleasant... most boring... more undesirable thing I can that needs to be done... and I choose to do that first.		
Behaviour	Every morning I do the worst task first.		
Behaviour	Every morning I do the worst task first.		

IDENTITY	Define your goals		
	WRITE DOWN YOUR GOALS		
	Before you can determine what your particular task is, and get on with achieving it, you have to determine exactly what it is you want to accomplish.		
	If you don't know what you want, how will you know when you get it?		
	If you don't know where you are going, how will you know when you have arrived?		
	What you want in each area of your life will determine your priorities. The number one reason why some people get more done in their lives, why they have abundance and leisure, is because they are absolutely clear about their goals and objectives and everything they do is done to achieve those goals and objectives.		
	The more you know what you want, the easier it is to get started on your tasks and the faster you will enjoy the pleasures of completion.		
	People with written goals accomplish five and ten times more.		
	You think about your goals and review them daily. Each morning after you have completed your most important task, you are fired up with energy and are able to achieve even more.		
IDENTITY	You are a planner		
	YOU PLAN EACH DAY		
Identity	Every day you do the same cycle First thing you write down your tasks for the day.	D	Reframing
Rule	You identify the high value items	D	
Rule	You identify your frog.	D	
Rule	You decide your breaks and rewards	D	
Rule	You eat the frog.	D	
Behaviour	Then you focus single mindedly on each high value task, finish it, enjoy your reward, and then go at the next task.	D	
	YOU ARE A FINISHER		
Rule	Ninety percent of success in life and work is determined by this cycle.	D	
	This cycle becomes your habit... until it is automatic	D	
Identity	Because completing a task gives you a positive feeling.	D	
Identity	Every time you complete a task you know you are a winner.	D	
Identity	Whenever you complete a task, no matter how small... you feel a surge of energy.... enthusiasm... you feel good... empowered.... The bigger the task the happier you feel.	D	
Identity	Completing a task makes you feel strong.	D	
Identity	You can become addicted to completion, to success.	D	
Identity	You love starting and completing important jobs.	D	
Identity	You feel compelled to complete things.	D	
Identity	You are a guy who finishes things.		
	CHANGE THE PART THAT PREVARICATES		

Identity	There is a part of you that wanted to put off things... a familiar part... You may not know that part but it is there... and it is ready to change.... now.... at a deep level you know it is time to change.... to let go.... that part had a good reason to put things off... to delay starting... but things have changed now....		
Capability	Tell that part that it is now time to change... thank that part for what it was trying to do... but it is time to change now... every part of you is valuable.... so you can convert that part to do something else.... that part of you that used to want to avoid starting things is now being converted to a useful purpose...		
Identity	And that part of you will be glad... and it is changing now because you asked it to... and you can be surprised at how effective it can be.... and how you are different now...		ambiguity

OTHERS	Other people's expectations		
	You can have a competition with yourself, to see how fast you can complete your tasks each day... because each task takes you nearer your goal.		
	And you remember the Ugly Duckling... how it changed and grew into a swan...		Metaphor
Identity	and you can be proud....you take a quiet confident pride in your own achievement.... And now... bring to mind all the people who will be proud of you... the people who will be surprised... and delighted... and impressed.... because you are achieving so much ...		Visualisation
Capability	By focusing you will have more time... to do what you want... when you want... think of what you will be able to do... now that you finish on time... finish early you can have the rest of the day to do what you want....		

IDENTITY	You get emotional about time		
	TIME WASTING DISGUSTS YOU		
Behaviour	Every time the idea of a distraction crosses your mind you feel a sensation of disgust... at the waste... the cost		Sensory
Memory	The idea of wasting time at work repels you. When you think of you or other people wasting the day.... the most disgusting pictures come to mind... you feel repelled by wasted opportunity... by unfinished tasks.... by untidiness.... laziness....		
Memory	Every time you think of deviating from your current task you get a horrible taste in your mouth until you repeat to yourself... over and over... I deserve to get to my goal... this task is another step on the way		PHS

	to my goal.... I can feel the reward of my goal...		
Identity	And you take a deep breath and feel that calm that comes from knowing you are doing the right thing.... for yourself... for your business... for your family.... ... and deep inside you know it's what you want ... you are working towards becoming what you always wanted....		
Identity	And you can say to yourself now.... over and over... with every breath.... I'm a do it now kind of guy... I get satisfaction from seeing each step completed I enjoy finishing things. I know what I want. I know how to get it. I focus on what I want Every hour I measure what I have done that hour. Every day I think about how close I am getting to my goal	D	
RULE	You enjoy your rewards		
	FUTURE REHEARSAL		Visualisation
Memory	And see yourself.... next week, next month... when you are working efficiently and effectively...		
	NOTICE what is working... how you plan your day... selecting the most unpleasant task to do first... break the task into little steps... easy steps.... and setting yourself a goal... a competition... how quickly can you get it done... can you beat your own time... can you learn from it to do it better next time... your mind is fully engaged in the task.... and all the time you CHANGE what is not working... you focus on outcomes... and with each completed stage, each outcome.... notice how happy you are..... see yourself... ending an important task... see yourself now... CELEBRATING every success.... large and small.... see how completing a stage makes you feel good.		
	Think about the highly productive, efficient, effective person you want to be. Think about the rewards that come to you when you are able to complete important tasks easy and quickly through your habit of starting important things first thing in the day. Take a moment now and think back to how you felt when you completed some important task in the past. Allow yourself to feel the pleasure you get from a job well done. Multiply that pleasure now and enjoy that feeling as you think about how you tackle your important tasks as the first thing you do every day.		Visualisation
	And every moment that passes you feel that satisfaction growing... and that confidence and pride... see that man... and what success looks like.		

REORIENTATION SECTION

	Back to the present....		
	And when you open your eyes you realise you are seeing things differently, that things have changed... that you have changed... you are organised and focused and deeply confident.		

	I wonder what part you will enjoy the most?		
	[use your STANDARD REORIENTATION]		

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Fussy Eater script

The fussy eating child is created when a youngster has been indulged so much at the table, they have been trained into being afraid to eat some things. The child tells everyone that they don't like the flavour or the texture or something else about it, but it is just a simple phobia by association. The fussy eater's basic problem is usually their mother. The mother's behaviour is what is maintaining the child's behaviour. So the first step is to treat the mother for whatever is causing her anxiety around the child.

It is not hard to get a child to eat properly, it is what they are supposed to do naturally. With older children treat the phobia in your normal way and the problem will go away. For younger children, the kid is afraid of some foods so don't let them see those particular foods. Get the mother to liquidize whatever vegetables the family are eating and make them into a soup.

Your job is to tell the kid it is a super special soup with magic ingredients. We are dealing with a child after all. The child will believe anything in hypnosis. Make it into an adventure story. Tell the child that eating the soup will gradually let them eat more things until he becomes famous as the 'boy who could eat anything' and gets magical powers.

	Child Induction	
	I wonder if we can play a game of let's pretend? Would that be OK - to play a game of let's pretend, you and me?	
	OK then. Let's pretend that you are in your room... at home... and it's very quiet...	
	and you are lying on your bed and you let your arms fall down so they feel really heavy... and you let your legs lie flat real heavy...	
	pretend now that your arms and legs are like they would be if you are lying on your bed feeling really tired...	
	and pretend it feels like something is pressing you down into a lovely soft mattress... and that makes you feel so tired you just can't move on that bed...	
	and start to pretend that you have to close your eyes... pretend that those eyes are really tired and heavy... and your eyes are stuck closed.... just pretend...	
Memory	and while you are thinking about how it would feel... to not be able to open your eyes...	
	Substitute behaviour	
	And I wonder if you heard about a boy who lives not far from here... that boy has special powers... he is really strong and smart... and everybody likes him...	Set up expectation
	Well it seems that that boy used to be little and was always crying and got sick a lot... he was never able to go out and play when he wanted and other boys said things to make him feel bad...	set up a bad image
	and one day he was sitting outside wondering why he was not doing so well and he went for a walk ... and he came to this place	Introduce a new resource

	where there a lady sitting on rug on the grass... and she was cooking right there on a fire of sticks...	
	with an old black pot all coved with soot... and she had a cat sitting there looking at him...	
	and the cat said... 'Hey you boy... you can't come here... this is our place'.	Adversity
	and the Lady said 'Leave him alone... Balthazar' because that was the name of the cat...	
	and the Lady said ... 'You look like you need something to eat... boys are hungry all time, aren't they' and she began to stir something in the pot.	Set up the problem
	and the boy said 'No thank you... I can only eat a few things... there's a lot of things I can't eat... so better not..'	Problem defined
	and Balthazar the cat looked at him and said 'I thought so... '.	Negative feelings
	But the Lady said... 'Hush Balthazar... let the boy come to the fire'.	
	And the boy went and sat down by the Lady and the cat and the fire.	
	And the boy was sitting by the fire and he felt warm and the cat came and rubbed against his leg... and he began to feel really really tired... and the next thing was he fell asleep by the fire... and the pot was bubbling away... and the Lady was kind... and the cat was purring....	
	and maybe he imagined it or maybe it was real... but the Lady got a cup with special designs on it... and she filled it with soup from the pot...	
	and she gave the cup to the boy and she said 'Here drink this' and he just reached out and drank it right down...	Magic ingredient
	and it tasted OK... and he could feel it warming his insides... and he liked the feeling...	
	And the Lady said... 'you can feel that can't you?'	
	And the boy said... 'Yes, I can feel it. How do you know?'	
	And the Lady said... because I made this soup specially for you. I knew someone like you would be coming by today... so I made this special soup... with some magic herbs... I call it [childsname] soup... it is named after you...	
	And when you take this soup... the funniest thing will happen... you will feel the soup going down... and you will feel something else too... right inside you....	
	You will feel yourself getting a special power... the power to eat anything... to enjoy anything...	
	and the boy was thinking about what it would be like to eat anything... and he thought about eating a bus... or a cockroach... or a cup...	Visualization
	and he heard the Lady say... 'No... not those things... to be able any kind of food... to swallow down stuff that other people can't... like frog's legs... or smelly cheese... or anything really...'	Safety

	And the boy thought about what it would be like to eat frog's legs or snails... and how cool it would be for everyone to see how he could eat anything... he could amaze people by eating all the stuff that they couldn't eat... and he could dare them to eat it and they couldn't do it... but he could.		
	and while was thinking about that he realised that he was lying on the grass and there was no fire... and no cat... and no Lady....	Magical story	
	And he ran home to tell his mom about it... and when he got there... she said... 'this lady came round and she gave some herbs... and said I should make some soup for you....	Special resource	
	And his mom made him the [childsname] soup.... and everyday he drank that special soup... and you know what?		
	He became known as the Boy Who Could Eat Anything.	D	
Behaviour	And any time some other boy said 'Oh I can't eat that... ' the boy would eat that food... just to show how it was done... and everyone said it was so cool that he could do that...		
	And I wonder if your mom could make you special soup like that? Maybe you might get some if you asked.		
	And when you wake up you can ask you mom if she can make special soup, just for you... and maybe she has a name for it... so ask her when you see her next....	Post Hypnotic suggestion	

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Confidence, Motivation and Self Esteem

Self Confidence Hypnosis Script

This Self Confidence hypnosis script reframes the client's perception: it changes the perception from fear of being judged and criticized, to having a task to perform in every social interaction. The task is to put other people at their ease, to make small talk and get them talking. By giving the client a task to do the client's focus changes from internal focus to external focus. The client doesn't have time to worry about what the other person will think, because the client is busy assessing what aspects of the other person to comment on. Because the client is forced to actually look at the other person the act of looking is a trigger for a post hypnotic suggestion to kick in, specifying that what the client will see are signals that confirm the other person's warm regard towards the client.

The script also addresses the client's core belief issues which are usually about feelings of inadequacy, a feeling of never being good enough. These are replaced indirectly by overhearing remarks that the client has actually arrived at where they are supposed to be, that the client can stop striving because the right level of performance has been achieved. Then the client is given an action metaphor for leaving behind all the things that were holding them back. Each of these metaphors can be used on their own for other types of problem. The final sections relate to common situations where confidence is needed: only one is given here. The therapist can use none, one or several of these depending on the client, and other scenarios can be added to address specific problems.

	Lead the client into trance....		
	Use your normal induction and confirm level of trance, then start the therapy section....		
	CAPABILITY: YOU CAN CHANGE		
Rule	When people like yourself think about change, they realise that change happens all the time, doesn't it?.		Truism, Tag
	And I'd like you to take a few moments now to experience yourself a little differently....		Dissociation
	to think about possibilities.... think about change.		Open ended suggestion
Capability	You know, [ClientName], people are changing all the time every day your body changes...you replace every cell in your body every three months....you yourself changed from a child to a teenager to an adult... automatically and without knowing how...		Truism
Capability	and that shows that change is easy and natural for you... isn't it?	> D	Tag
Behaviouryou are already changing in many ways.	D	Lack of RI
Behaviour	You can change the way you dress, you can change the way you work, you can change the words you use to talk to people, can't you?		Truism set
Capability	And therefore you can change the way you feel about yourself.	>	Sensory distortion
Identity	And this means you can easily see yourself become a different more confident person.	>	Visualisation

	CAPABILITY: YOU CAN THINK DIFFERENTLY		
Rule	I once met a man in Bombay [use anywhere exotic] who told me the way to get confidence is 'Fake it till you make it'.		Dissociation
	Now... isn't that an interesting thing to think about?		Tag Question
Capability	And I wonder how easily you could imagine what it would be like to 'Fake it till you make it.'?		Adverbial modifier
Capability	Take a moment now and imagine yourself doing that..., next week or next month maybe,		Visualisation
Capability	just pretending to be confident....., confidently acting confident		Rehearsal
Capability	And for you to be confident of being confident you need to be confident in your ability to be confident so you can be confident you can fake it confidently till you make it confidently. And you might have to fake faking it till you can confidently fake faking confidence confidently until you are confident that you can have real confidence faking fake confidence confidently, and you can do that, can't you?	D	Confusion Deepener
	Henry Ford became the richest man in the world by creating and running the Ford Motor Works. He started life as a farm mechanic but became a success because he had a clear idea of how the world worked.	>	Metaphor
	He said something that I think you might want to ponder. 'In every situation', he said, 'it doesn't matter whether a man believes he can, or believes he can't, he's right'.		Paradoxical suggestion.
Rule	So you see, confidence is a matter of believing in yourself.	D	
	And I wouldn't tell you to believe in yourself ...		Misdirection
	because, you know, I think you remember how you used to believe in yourself and you know you can again.		Missing RI
Capability	There are some things you are already confident about.... you are confident about your name... you are confident about how many toes you've got, aren't you?....		Truism
	MEMORY: YOU CAN REMEMBER SUCCESSES		
Memory	And I would like you to take a moment now... allow your mind to drift... go back into your memory... allow your mind to range over things you have done in the days and months past... and in years long ago... I want you to go back to a time when you were very confident... every day... in every thing... there was a time when you were naturally confident... and you can think back over your life... even when you weren't confident there were times when you were confident.... and find times when you acted confidently... when you did exactly the right thing... and you knew you were doing the right thing... and get that feeling again... bring that feeling up now... and really feel the confidence you had then... that feeling of confidence that you remember... and now go into your memory and identify every instance ... every time that you acted boldly... and confidently... bring all those memories... every one of them to mind ... right now...		Reconnection
	and when you think about it there are many things you already feel confident about, <i>isn't it</i> ?	D	Grammatical inconsistency
Capability	And that means [Client-Name], when you choose to, you can feel totally self-confident about things you choose.	=	Missing RI
Identity	If you believe you can, you can.	D	Lack of RI

	YOU CAN BECOME AWARE OF CHANGE		
Capability	And you are sitting in that chair getting more and more comfortable with yourself knowing you can start to feel self confident now .	D	Ambiguity
	Every change you perceive means your confidence is rising and giving you a positive outlook.	>	
	You may already have begun to realize that you are becoming aware of the changes and I'm wondering how eagerly you're looking forward to using them?		Bind
Behaviour	The old structure of your life is changing, and making way for a more solid and happier existence. In the days and weeks coming up, you will be free to explore new opportunities and new relationships.	I	Open ended suggestion
	YOU CAN LEARN CONFIDENCE		
Behaviour	Before you go into a new situation you take a moment to stop and imagine how good you will feel ,	I	Visualisation
Capability	and that imagining makes you feel confident because you know as you begin to feel good about yourself your confidence begins to grow .	>	
Identity	You are filled with confidence.	D	
	And I'd like you now to think about some situation you might find yourself in where you need confidence.		Rehearsal
	It could be at work, or a social situation, or something else.		Covering every possibility.
Capability	Think about all the ways you can take control of that situation and how good that makes you feel. Imagine yourself dressed exactly right, saying the right thing, using the right gestures.... fitting in with what others say, what others expect.... showing you are in command of yourself, getting respect. See yourself looking good. Hear your own voice, confident, sure, convincing. Feel how you stand, how you move, how you smile..		Rehearsal
	Experience that feeling that comes with total confidence		Sensory
	How good does that make you feel? What part of that do you enjoy the most? Now I'd like you to double that feeling....and double it again.		Fractionation Bind Expectation
Capability	And get used to that feeling because you have the confidence to get that feeling more and more from now on .	>	
Behaviour	And always in situations like that, some little thing you see or feel , reminds you instantly that you have changed now , and you begin that process of building more confidence on your confidence, growing ever more confident.		Anchoring
	YOU ARE IN CONTROL NOW		
Rules	You feel in control and sure of yourself in every situation. You evaluate the situation before you choose the best way to react. You always use the right words and gestures to match the expectations of the other person.	D	
Identity	You are secure and confident in every situation.	D	
Behaviour	You always act confident	D	
Capabilityand your act is so good you convince yourself .	>	
Identity	You stand confidently, dress confidently, move confidently. Your voice is strong and steady. Your handshake is firm and friendly.	D	

	<p>You look people in the eye and you smile easily.</p> <p>The way you hold yourself... you communicate with your whole body... you let people know you are pleased to see them... you signal that you share their views and values... that you are a worthwhile person... that you look forward to meeting them...</p> <p>You always know exactly what to say...</p>		
Identity	Everything about you broadcasts confidence.....	D	
and this makes others react to your inner confidence.....	>	
Identityand their reaction confirms you are confident now.	>	
Identity	<p>You believe in yourself. You know who you are. You like who you are.</p> <p>You know you are as good as anybody.</p>	D	
	YOU ARE A WINNER		
	I wonder if you can imagine yourself at a gathering, a party of some sort, lots of people are talking, mingling, there are drinks and nibbles and everyone is relaxed and having a good time...		Visualisation
	and you enter the room ... feeling great... looking great ... you mingle and greet people... you are dressed superbly... you look well... poised... confident... people look round and smile... ask you to come over... and you just have a quick word and move on...		
Identity	everyone admires your poise, your control, your self confidence ... you believe in yourself... you can see it in their eyes... the friendship,... from some... respect, from others... a bit of nervousness as well... some people are unsure of themselves when you are around... you impress them with the way you walk in ... as if you own the place... you belong there...	D	Sensory
	...there are many people there... every one you know in fact... people from work... people you know socially... people you hardly know at all... people you haven't seen for years... friends, family, colleagues... all there because you are there.		
Behaviour	you are the star of the party... it is in your honour... to celebrate how you have changed... how you are showing automatic confidence in every thing you do now... how you make everyone feel good... in your dealings with them...		
Capability	<p>and as you talk to this one and that one... you hear snatches of conversation..... "Doesn't [clientname] look so assured? I wonder how (s)he does it?"</p> <p>"(S)he's so good at what (s)he does."</p> <p>"Everyone admires the way (s)he's changed and now takes charge."</p> <p>"I hear there's talk of a new job."</p>		
Identity	<p>And from further back you hear "[clientname]'s the best son/daughter I could have hoped for."</p> <p>"I have always been proud of her/him even though I maybe never said it. And I am even more proud now."</p> <p>"[clientname] has become everything I ever wanted her/him to be."</p> <p>"Now, it's time for her/him to build on those achievements in her/his own way. (S)he has exceeded everything I ever dreamed of." "[ClientName] can now go her/his own way... (S)he has nothing left to prove to me."</p>	I	
Memory	And as you leave that party you take with you those words you heard... and they become a part of you... burned into your memory... something	D	Post Hypnotic Suggestion

	that you will never forget.... at odd moments those words come back to you and each time they make you feel good about yourself...		
Identity	And maybe some part of you thinks you don't deserve those words... maybe some part of you doesn't want to believe... many people are proud of you, you know... and you can be proud of what you have achieved... after everything that has happened... it is time for you to reassess what you think about yourself... to really consider if you are being truthful.... or if you can now allow yourself to believe the best about yourself.... to think about all your good qualities... all you have to be proud of..	D	
	YOU CAN LEAVE THE PAST BEHIND		
	and the feeling that you are taking something away with you is balanced by another feeling, now... because you have accepted those words...	>	
	you can leave some things behind as well, ... ideas, feelings, things that have been holding you back... as you leave that room you can become aware of those old things dragging behind you... like the train on a queen's/king's gown... like pulling a broken down car... and now... you turn suddenly and slash out behind you... you cut through the ties...it falls away from you ... you can leave it all behind, can't you.... dump things and move on...		Metaphor
	and as you do, you feel a weight lifting off your shoulders... you breath easier... you feel something stir within you... free to change, free to be everything you want, now.	D	Sensory
	YOU CAN BE DIFFERENT WHEN MEETING PEOPLE		
Capability	Everything you have learned today will help you to understand yourself and others better.	D	Open ended suggestion
Environment	When you believe in yourself, the more you meet new people the more you enjoy the sensation you always get	>	Sensory
Memory	and you forget about how you used to doubt yourself....		Amnesia
Perception	because you can always find a moment to remind yourself that they are really looking forward to meeting you...	>	Reframe
Expectation	...people are always curious about other people		Truism
	...aren't they?..		Tag Question
Capability	Being comfortable when meeting people is something you can learn.	D	
Rules	Some people feel that if they don't have something important or clever to say then other people will think they are stupid. The truth is that really confident people always say really simple things.	I	
Rules	Starting with really simple, unimportant things... like the weather or parking... signals to the other person that you are not a threat, that they can relax when you are around. And that's the most important step in starting a conversation: helping the other person to feel confident.	I	
Rules	The really confident person, you know, always aims to say something to put the other person at ease....	D	
Rules	... and Confident people will tell you ' <i>The simplest way to put someone at ease is to get them to talk about themselves</i> '.	I	Indirection
	Everyone loves talking about themselves, don't they?		Truism, Tag
Memory	And when you get people talking about themselves, this means you can forget about yourself. You can forget to be nervous.	>	Amnesia

Capability	That shift in your awareness allows you to enjoy relationships, tasks and challenges.	>	Non sequitur Open ended suggestion
Perception	And you can begin to notice those little gestures they use that show their interest and kindliness		Discrimination
Stimulus	and you could be surprised		
	at how much you enjoy anticipating that little feeling that comes just before you introduce yourself...		Reframing
Identity	...that tells you you are connecting with your own inner self confidence and so you are reminded every time that you are a confident person.	>	Sensory Distortion
Behaviour	The result is you act so relaxed and comfortable around people that you could find yourself noticing and enjoying that little bit more flair and style that comes from your increased confidence.	>	
Identity	Meeting people is something you look forward to.	D	
	and afterwards... you go over in your mind everything you did that made it go so well and so enjoyable... and you feel good about your performance.	>	Visualisation
Identity	Meeting people makes you feel good.		
	YOU HAVE CHANGED FOR EVER		
Capability	As this session comes an end... in a few minutes... not now... you will find yourself feeling stronger... more powerful ... different.... and with a deep feeling that something has changed... you have rediscovered your natural confidence... you remember how to be confident.... you know what to do in situations... you have learned to use old skills and new skills, haven't you?		
	And as you come back to present... as I count... you can allow yourself to imagine what your days will be like from now on...		Visualisation
	see yourself getting up in the morning... a smile on your face... feeling good about the day ahead ... before you go out you check yourself in the mirror... that confident person smiles back knowingly... you get to work or somewhere like that... you see how you walk into the room... like you own it... you walk with poise and respect... you look smart... act smart... you greet everyone and see the respect in their eyes... you carry yourself with new self respect.		Rehearsal
	You know to them you look like a different person... and inside there is always that little feeling, the tingle you get that tells you that you have changed... that that confidence is bubbling up inside you like a secret laugh you can't suppress...		
Identity	You are relaxed and comfortable in every situation.... confident and self assured.	D	'Yes' set
Capability	Because you know you have a choice, don't you?	>	1. Conversational Postulate
Capability	You can choose how you feel, can't you?	D	2. Conversational Postulate
Capability	You always feel confident now, don't you?	D	3. Conversational

			Postulate
	So now I am going to start counting from five up to one. And when I get to one you will be awake, feeling great and filled with the new feeling...		
	Five...four... three... two...one...		

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Ego Strengthening Script

Any hypnosis script aimed at increasing the client's capabilities is broadly described as 'Ego Strengthening'. The original ego script was published by Dr John Hartland (1901-1977) in 1966. The script was considered revolutionary because psychotherapy at that time typically took five to ten years, but this new type of script was effective in 'brief' therapy, creating a change in 'as little as ten sessions'.

What was different was its novel approach: aiming to strengthen the client instead of attacking the symptoms.

Ego Strengthening Scripts are basically direct suggestion scripts aimed at building up the client's confidence and self belief. This script follows the format but uses modern wordings and techniques. Most therapy sessions should contain some elements of ego-strengthening.

Target	Reframing problem thinking	Technique
Memory	When you think about how you are now... what you feel... about what bothers you... you might want to think about how those feelings get sustained... what keeps it there... how it survives...	Dissociation
Rule	Because when you think about it... the things that annoy you, bother you... upset you... limit you... can only do so if you allow them to... isn't that so?	D Truism & Tag
Memory	So in a way a problem only exists if you allow it to exist... any problem that you can choose to ignore... is no longer a problem... is it?	I Truism & Tag
Identity	So... from now on...you can think about your problems in a different way... and think about yourself differently.... and every day become more aware... in many different ways... that it is how you choose to think about your problems that is the problem... how you choose to adopt a problem... that determines the outcome of the problem...	> Reframing
Behaviour	and as you do that ... you are becoming aware of choices...	D Imprecision
Capability	<i>You can choose... Every day, every moment... You have a choice</i>	D Imprecision
Capability	<i>Changing how you choose to think about things, changes how you feel about things. Changing how you feel about them, changes how you feel about yourself. And that's an interesting thing to think about, isn't it?</i>	D Tag
	Self confidence in relationships	
Capability	From now on you can go beyond the surface of your problems, recognising them for what they are... you can dismiss them and spend time thinking about what you really want to do... the things that are important in your life.... the things that are permanent.... you can choose what to think about... about what matters to you...	All options
Capability	<i>You can choose to focus on what is important to you.... the important things... the lasting things...</i>	Reframing
	...for it is your own mind that directs your thoughts... your feelings... and choosing what you think about means that your mind can learn to enjoy that inner peace that comes from focussing on the good things of life...	>
	And because you can decide what to think about... you know that nobody else can really influence how you feel... or make you worry about how you look... or what you say.... unless you let them. You and only you can choose what influences you...	

Capability	<i>You no longer worry about what other people think.... or say... or do. They have chosen how they want to feel.... just as you are now choosing to take control of how you feel.</i>	D	
Behaviour	From now on... you will be able to think... much more clearly... you will be able to concentrate much more easily... than you did before... all these things, you will be able to do... much more easily now.		
Memory	You can forget about those things that used to bother you. More and more, you recognise that other people's ideas and needs are not your problem any more.		
Rule	<i>How you feel has nothing to do with other people. They cannot influence you. The only person who matters is you. The only person whose opinion counts, is you. And you have complete control over that.</i>	D	
Confidence in the future			
	And because you are taking control... from now on ... you will begin to see your personal life is improving... each day, each week is bringing something to look forward to, something new and better.		
Capability	<i>You can see a bright future for yourself. Things are getting better now.</i>	D	Visualisation
	Other people will see these changes you are thinking about... and you will notice changes in yourself, your outlook, your thinking. You can look forward to other people noticing.		Positive Visualisation
Memory	Because throughout your lifetime... you have made many changes... haven't you? Most of them have just been natural... like the way you changed from a baby to a child... then from a teenager to an adult... natural, easy, automatic...		Reinforce experience
Capability	<i>Change can be natural, easy, automatic. You can change.</i>	D	
	And you can make other changes... you have made other changes already... lots of them... haven't you? You have changed addresses... or the type of work ... the people you spend time with....		Reinforce experience
Capability	<i>You can choose to change any part of your life.</i>	D	
	So the changes you will be making from now... for your own good... will come easily to you... for you know that you can make these, positive... lasting... and welcome changes.		
	And as these changes are happening now, you find you are more confident in everything that you do... more assured... and much more at ease with the decisions that you are making... both now... and in the future.		
	And you know... all those things... that you used to worry about... probably will never happen		
	Even if some things turn out to be wrong... it does not matter... because you have the confidence now, you can cause things to change... and you are comfortable with change... and time will bring more change and you know you can use that change...		
Capability	<i>Because you have that capability now, you know what's important, and what you can safely ignore. And seeing things more clearly now gives you confidence.</i>		
Self esteem - health and appearance			
Behaviour	From this moment on, you become more aware of your health.... Your health is important ... from now on it is something you think about every day... you will pay much more attention to your body... from now on you	D	Health

	eat sensibly... get to bed regularly... rise at a set time every day.... exercise every day....		
Capability	<i>You can choose the level of health you want... a healthy mind in a healthy body.... You deserve to be strong and healthy.</i>	D	
	Every day... you are becoming more positive towards yourself.. and your appearance reflects that... from now on you care about yourself... you care about how your are dressed, about how you appear to others... you care about looking your best at all times... about your clothes, your hair, your nails ... and doing that will make your attitude to others change.... your self respect is increasing every day...	D	Appearance
Capability	<i>You can choose to look good... you increase your self respect by noticing that other people respect you. By dressing like a winner, you are a winner</i>	D	
	And as you become aware of these things happening, you are becoming a stronger person... in your own mind... in your resolve... and you know somehow, that these things... are going to go on happening... exactly as they should be... and those changes just feel right....		
	Change is happening now		
	So take a few moments now... relax even deeper... and as you do so you are allowing your mind to accept a new way of seeing things, allowing your mind to examine your memories... to become aware of your many strengths... for your mind has managed changes before... for your own good... and you have always been able to make the changes you need... you have that ability and as you relax there your mind can remember those times when you used those abilities well.		
	And as you are relaxing there, you can be thinking about what you want to have happen next.... developing more confidence in yourself ... becoming more and more comfortable with your own opinions... . more aware of your feelings... and how good it is to be open to those feelings... and relaxing can be so enjoyable... and yet many changes can be happening at the same time.		
	So take as long as you like to consider these things, and what you want to have happen, and how best to make it happen, and how soon you want to enjoy those changes.		
	And when you are ready you can come back to the present... awake and alert and ready to move on.		

Self Esteem Script

This client was a woman in her late thirties. She had come through a bad childhood, had suffered several traumatic events in adulthood and had attempted suicide several times. She could not say exactly what she wanted to change, she just felt worthless. She wanted to try hypnosis to make her feel better. When asked why she did not have a steady relationship she replied

'How can anyone love me if I don't love myself?'

What does 'don't love myself' mean?

I hate myself. Most of the time.

Why do you hate yourself?

Because I am a failure.

And what does 'failure' mean?

Not being good enough for anything.

Not being good enough?

Being a failure makes me unattractive to myself.

And 'a failure'... what is being 'a failure' like?

Emptiness.

And what is 'emptiness' like?

Failure.

Several more rounds of questions produced the same circular answers.

The therapy therefore needed to be more directed, but focused on what the client valued, and what she thought would make her worthwhile. These values were therefore targeted in a multi-part hypnotic metaphor.

There was obvious lack of self esteem, almost self loathing, which meant that any suggestions would be rejected if they were put to her directly. The whole script is therefore based on dissociation - things are happening to someone else who happens to be just like you. The hypnotherapy works because the listener automatically seeks parallels with her own life, and bringing to mind those similarities means she automatically puts the ideas into her own mind.

The following hypnosis transcript shows how her definitions of success were woven into an elaborate set of metaphors and combined with indirect and direct hypnotic suggestion. The client came from a fishing town and knew a lot about the sea, its moods and things that live in the sea, so that was chosen as the main metaphor.

The script is broken into sections but was delivered in one continuous session over about forty five minutes. Note that the word 'hypnosis' is never mentioned, but trance is induced.

Personal values section

	What does success mean for you?		
	What would the opposite of 'a failure' be?		
	A success.		
	And success is like what? If you were not a failure, what would you be like?		
Identity	Intelligent, successful, wealthy, admired, confident, strong.		THE TARGET VALUES
	So you feel like a failure, and failure makes you unattractive to yourself, and that unattractiveness is like a feeling of emptiness?		Confirming the self image
	Yes.		
	And do you feel that emptiness now?		Affect
	Yep.		
	And how do you know that emptiness is there?		Testing for an affect bridge.
	From the way I feel.		more circular responses

Induction section

	You can relax into your mind		
	OK, I want to talk about what emptiness means to you. So just make yourself comfortable... I just want you to relax a bit.... So put both feet on the floor.... and just shrug your shoulders down... and make yourself comfortable....that's good. So are you quite comfortable sitting there?	I	Seeding 'comfortable'
	No, not really....		
	mmm... make yourself comfortable	D	
	[moves around in the chair]		
	That's fine... are you alright now?		
	Mmmm.... better		
	OK.		
	Now just take a breath and let it out..... that's good..... and now take another breath and let it out.... and now just focus on your breathing.... just become aware of the breath going in and out of your body.... that's good..... just become aware of what it's like to relax.... and just focus on.... each gentle breath in and out.... That's good....		Using the parasympathetic response
	and just tell yourself with each breath out... That you are feeling more and more relaxed... more at ease... more comfortable.... That's right....		Self induction
	Now I wonder if you have ever lain down on a hot sunny day... and maybe it was in a park or a garden ... or it could have been on a roof or somewhere.... on a bright day... when you look at the sun with your eyes closed.... somehow you can still see that bright light through your eyelids... and as you lie there remembering that light... and breathing gently... and remembering what it is like to lie on a grassy slope somewhere... and feel the grass under your back and under your legs...	I	Recall childhood memories invoking sights, sounds, smells, touch

	and on a warm day you can feel so drowsy... so ready to drift away... and maybe you can imagine lying in a park somewhere.... or a garden.... and I wonder what you would hear... maybe you could hear children playing... people talking.... and the way that their voices can just fade away... like a radio being turned right down... as you lie there... peacefully relaxed.... just feeling yourself supported... and your own weight pressing down.... and maybe there is a gentle breeze.... that just ruffles your hair... and a warm sun caressing your face... and your arms....		
	and as you lie there every muscle can become... limp and loose.... It's so good to just totally relax... just let everything go.... and you might remember back to a time... a simpler time... when you could just relax and enjoy that peace and calm... that's right.... and just think how good it is... to enjoy relaxing... nothing to do... nothing to worry about...		reminder of relaxation
	and maybe you can imagine, or remember, lying on a beach.... just a nice sandy beach somewhere... and no one to bother you... and there can be gentle splashing waves... and in the distance there is the sound of traffic.... and the smell of sunscreen lotion... And in the sky... there are clouds... and as you watch the clouds drift across.... and the clouds are drifting slowly from one side to the other....		Invoking memories with sound, smell, vision.

Deepening the trance section

	Relax deeper and deeper		
	And those clouds go down towards the horizon.... and as they go... you watch them.... gently floating... and you count the clouds going by... and as they go off there are ten left... and then one disappears... and there are nine.... and still the clouds go down and there's eight... and now there's seven.... and then there's six... and those clouds are drifting gently down...and five... and four... and with each cloud disappearing... you feel more and more relaxed... more at ease.... and three.... and two.... and there's just one cloud left... and you can imagine yourself in that cloud... being completely surrounded by a lovely warm fleecy cloud... and you can feel yourself... gently supported..... floating, drifting.... just going down and down and down ... inside that cloud... safe and secure... strong....	I	Count down deepener

Cloud metaphor section

	You can feel your troubles drift away		
Capability	And in that cloud you can dream many things...		
	You can dream of a girl on a beach... looking at clouds....		
	And as she watches the clouds, one particular cloud comes across... and she can see it coming from one side.... and it comes across the sky until it appears to be stationary above her... and as she looks she becomes aware of a connection with that cloud... and she is just lying relaxed...		

	looking at the cloud... she becomes aware that there is a connection between her and the cloud... and as she looks at the cloud... the cloud begins to get darker... and bigger... and she becomes aware that there is energy coming out of her and going up into the cloud.... and she can imagine lines or threads.... connecting the cloud to that girl.... and as she watches... that cloud gets darker still... she becomes aware... that she is feeling lighter and lighter.... that all her worries are just drifting away.... all her concerns are being sucked up into that cloud...		
	And as she is lying on that beach.... she feels lighter and younger and happier... because... things she has been worrying about for a long time are just loosening ... lifting... and detaching.... and she can feel them drifting from her toes... up her legs.... from her fingers... up her arms.... and going up past the shoulders.... and drifting out and away... and still the cloud takes more and more of these things... and the cloud is getting darker... and that girl feels.... so much lighter perhaps.... because she knows it's time to let go... of things that have been there for such a long time... and they can just drift up and up and as she lies there... all those things that made her feel out of control are disappearing... and she realises that she has control....	D	
Rule	She can control what she wears.... she can control what she eats... she can control what she does second by second and minute by minute... and that control is a matter of choice... that if you choose to believe you have control you have control.... and she is choosing now to take control of herself... she's choosing now what she is going to allow to affect her.... and what things she is rejecting and forgetting things from the past that she doesn't need any more... are just loosening and lifting... drifting....	D	
	and as she watches more and more things are sucked up... away... just removing themselves.... and the cloud is getting darker and darker		developing the metaphor
	and at last the cloud begins to billow and change shape... and all those things that went into the cloud ... have been transformed... have been changed somehow... and things start coming down from the cloud that are different.... that are valuable... that are useful.... that are attractive... and those things begin to come down and that girl begins to feel herself being filled... being fulfilled.... and at last ... that feeling of emptiness ... that has been there so long ... is beginning to fill up and as more and more of those things come back changed from the cloud.... that feeling of emptiness.... that feeling of not being good enough.... begins to shrink...		changing the symbol changes her feelings
	You can destroy the old feeling		
Capability	and that girl can imagine that feeling of emptiness... as a picture of some sort as a bag or a bucket or something else... and as the cloud transfers more and more of these changed things.... that image of emptiness... begins to shrink.... begins to fade.... and it's changed for ever.... and as she watches.. that image breaks up.... breaks up into smaller images... and smaller pieces still... and that feeling of emptiness is lifted off her... and all those tiny pieces disappear.. and in its place she notices a different feeling growing.... and she realises that she is ready.... ready to change... she is ready to take control of her life... of what she		Metaphor modelling: destroy the mental picture of the problem

	does... what she wears... what she eats... and what she thinks about... about herself		
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Parts therapy section

	You can remember success		
Identity	And she can see herself reflected in that cloud... and she sees a woman who is beautiful inside.... a woman whose inner beauty shines out.... a woman who is attractive.... attractive to men... and attractive to women.... and she can see herself and she is attractive and she realises that she is attractive to herself... she is....	D	Reverse her self assessment
capability	Because she can see beneath the skin... beneath the bones.... right inside... in that reflection.... she can see that beautiful little girl... that little girl who is full of hope and joy... that little girl who loved everyone > without reservation... who gave love... who felt love... and felt loved.... who wanted love... who deserved love... that little girl is still there...		
capability	And as she watches.... that little girl is also growing and changing.... and that little girl begins to fill out.... and that little girl grows.... and as she grows.... that image of her cracks and splits and she steps out of the old picture.... just like a lobster in the sea shrugs out of its old shell... as she grows she sheds the old shell and replaces it with a shiny strong new shell.... and the old shell with all its dents and blemishes... is swept away... all those things that happened that aren't important any more.... an empty restriction that she has outgrown....		Metaphor of lobster shedding scales = old feelings
Identity	And that girl on the beach can see how that little girl grows and changes.... and become strong and smart... and determined... and as she changes and grows... constantly she is shedding the old battered shell and replacing it with a new smooth shiny one... and she is changing and growing inside that girl on the beach.... growing up... growing strong... and she is filling the last little bits emptiness that was there... that beautiful loving little girl.... is now growing stronger and firmer... and completely filling that emptiness...		
Actions	And as that emptiness is filled that girl on the beach... realises that things have changed.... that she doesn't have to feel empty any more... that that picture broke up.... those images have been shattered... like a mirror that can no longer hold an old idea...		Metaphor: old ways shattered, can not be put back
Identity	And all that old stuff... the broken pieces... just gets taken up into the cloud... and she sees herself reflected in the cloud.... a loving attractive little girl peeping out... laughing... inside an attractive woman.... and as she sees herself she sees that little girl... who has now grown up... and has taken her rightful place... where she belongs... and brought with her all that fun and curiosity and ambition and strength and that boundless sense of the possible that children have in them....		Reframing, association

Regression section

	You can forget all the bad stuff		
	And that cloud just continues to suck up all that old feeling.... all that old stuff... all the hurts and knocks... all the anger and bitterness and sarcasm... just like the lobster sheds its skin... all that debris has been sucked up.... away....		
Capability	and as she watches... that girl on the beach sees it going into the cloud... and then the connection gets thinner and thinner.... and breaks... and as it breaks the cloud begins to drift away.... that dark angry cloud... flashes of lightening in it... and a rumbling... like people arguing... as it drifts away... and that cloud begins to drift over the sea ... and the winds blow it ... and it drifts on and on... further and further.... and it gets smaller... and that grumbling and the noise and the flashing and boiling.... gets smaller until you can't hear it any more... you can't see it... it fades into the distance...		people arguing = family problems amnesia, can't see, can't hear it.
	and the cloud continues to drift far out to sea.... and it gets as far as the horizon... and still the cloud moves on... getting smaller and smaller... and it passes over the horizon and out of sight.... and that cloud begins to get mixed with the air currents far away... and is forced to change.. and suddenly the cloud opens... dumps all its contents into the sea... and that rain mixes... dilutes... with the vast oceans and is no more.... gone completely... carried away by the currents... and far away....		Get rid of old metaphoric symbols for ever
	the next day... a bright new sun shines on an ocean where it once rained.... but the ocean has no memory..		introduce new symbol = light
	You can be different		
Capability	And that girl on the beach... lying there... filled... and she can begin to enjoy that happiness that she is due... happiness that is owed to her.... she can really begin to change.... and as she lies there she can feel that change.. she can feel it spreading... and maybe it is coming from the forehead and down the cheeks... and down the neck and spreading and spreading... warming and relaxing.... comfortable.. become aware of certain things in her body... the feeling of certainty... the feeling of taking back control.... the feeling of choices		Suggest physical change = emotional change
Identity	And that girl on the beach... is intelligent... and successful... and is on the way to being wealthy... and she is admired because she is confident... and strong... and she is all these things... and that feeling that old feeling has gone for ever... because she has been filled by the spirit of that little girl... her bright sparkling intelligence... and her sense of wonder... of limitless possibilities... looking forward to life... and changing... always changing...	D >	Values
Capability	and that girl on the beach can remember all that... and is remembering it now... and it makes a difference... as if a bright memory has swallowed up the dark one...	D	Metaphor Modelling
	she gets in touch with that bright memory as it fills her completely... like a light shining into dark corners... showing that there is nothing there now.... and as she looks around her body... her brain...her chest.... her stomach... there's no room left for darkness... for emptiness... that cloud took it away... and replaced it with something like a bright sun...	>	Developing the Light symbol to replace the dark.

	banishing the dark forever... so now she feels that she can do anything... take control...		
Identity	And that girl on the beach knows that she is good enough for anything... she knows that no matter what happens in life she can use it to take control... and succeed on her terms... she can become wealthy and confident and strong... and because of that she is admired...she knows that... she accepts that and she knows that because she feels lighted... and all that stuff's shrunk and evaporated...		lighted: confusion

Sea shell metaphor section

	You can discard the past		
	and that girl on the beach begins to think back over her life... begins to think back to what was good and what was not so good... and she spends some time... as much time as she needs.... because she has lots of time.... and she takes each of these things from her past and she examines them... turns them over... like shells on the beach... you pick them up... you look at it.. and decide whether you want to keep it or not.		Metaphor: shells = life events
	And the ugly shells, the broken shells, the damaged shells.... they are just thrown to one side... but the good shells, the well formed shells, the polished ones... the happy ones... those shells... well she gathers them beside her... and gradually she works her way through all the shells.... and she keeps the good ones beside her... and she throws the broken, the diseased, the ugly, the angry and pointless... all of those she throws down the beach... and she can see them tumbling... rolling down the beach away from her.... and she watches... she works through all those shells...		Discarding bad memories
	and the day wears on ... and as the sun get lower... and the tide begins to come in and the tide is lapping at the edge of the beach... and the waves begin to pick up those ugly broken shells ... and it rolls them around... and it rolls them this way and that... back and forward in the surf... and as they roll they get broken... they break down into tiny tiny bits and those little bits get rounded and smoothed... and they begin to mix with the sand on the shore... and the little round pebbles...and those pebbles.... will just grind away some more.... and all those ugly broken shells get broken down and recycled....		destroying bad memories symbolically
	and as the day wears on the tide comes in... more and more of those old shells get broken up... but you know what? As they get broken up they turn into beautiful sand. Beautiful smooth polished sand. And when you think of it... so what makes a beach attractive is all the old stuff that has been rolled around and worn away... by time and tide...		A beautiful life emerges from processing bad memories
	and the tide begins to pile the sand and swish it this way and that... and there are ripples on the bottom....like the memory of waves passing and fading...		memories can pass
Capability	And the tide begins to come up the shore and still the girl lies there... happy... content... having sorted through so much... she is ready to go		good memories

	on... and so she gathers all the beautiful perfect shells .. she puts them in a bag... she looks through them... counts them... feels the smooth shiny surface in her fingers... and there are hundreds... each one a masterpiece... a miracle of nature... and some of them are white and some of them are brown.... and many of them glow with wonderful shimmering colours... and she holds them up to the light and the sunlight glances off them... and maybe they reflect yesterday's rainbows... and some she can hold up to her ear and hear the far off sea and waves falling on distant shores.... washing gently on other beaches far away... and it is as if those waves are washing away her problems... like those discarded old shells... washed away and broken up.	reinforce destruction of bad memories
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Rehearsing the future section

	You can have everything you want		
	And so she puts all her shells in the bag ... and gathers it up... and she stands up... and brushes the sand off her... and takes the bag with her... and her belongings... and starts up away from the beach...		Visualise all the things she equates with success.
Identity	She gets to the edge of the beach and there is a road there. And in the road there are cars... there's a Mercedes.... and a Lexus.... and four wheel drive... and she looks at the number plate...and they all have her name on them...		WEALTH
	And she walks across the road... there's the driveway.... leading up to a house...and it's her house.... and in the driveway she stops and looks in the mail box.... and it's full of letters... addressed to her.... from admirers... and there are offers...and there are orders... and there are cheques.... money orders... all for that girl's business...		ADMIRER
	And she walks up the drive and into her beautiful house... and she steps into the kitchen... and there is a chef there... a beautiful meal waiting ... and a maid... and they serve her this beautiful meal... and wine... and she sits there...and there are contracts to sign.... and other stuff to do...and she looks out the window at the beautiful garden... a long expanse of grass and plants and flowers... exactly the way she wants it... and the gardener stops his work and waves and carries on.... and she finishes her meal... thanks the staff...and dismisses them....and walks into the living room... there's a gigantic screen... and beautiful paintings on the wall... and there's the telephone...and there's messages winking... and there are messages from people all over the world... who need to speak to her... and she just dismisses them because she has control over her life.... she has control of her finances... and she looks out the front window at that huge expanse of lawn... and the playground... and knowing all that makes her feel good...	>	MATERIAL SUCCESS playground = children?
	And finally she goes up stairs and she throws off her clothes... and opens the walk in wardrobe... and there are hundreds and hundreds of racks... clothes and shoes... and there is a mirror there with make up and she looks at herself... and behind her there are those hundreds of outfits.... and she just smiles to the mirror... that little secret smile she		CONFIDENT

	has...like a little girls is peeping through... that little smile that lets her know that deep down inside is the source of that attractiveness.... that feeling of wholeness.... completeness,.... fulfilment...		
	and she thinks back to how she got all this... and how it all happened one day when she realised that all she had to do was to let go of some things... and decide to be in control. From that day ... she was in control... of herself... And being in control of herself made her in control of everything.		STRONG
Rule	How it all just follows on from that.	D	
Identity	And she got everything she wanted. Everywhere she goes... people see... she's intelligent... successful... wealthy and admired.... and confident... and strong. And she is all those things... isn't she?		INTELLIGENT
Capability	And she realised all she had to do was take them.	D	

Dream success section

	You are a success		
Capability	So with a last look in the mirror that beautifully groomed elegant woman ... she closes the sliding doors and steps into her bedroom... there's a beautiful bed... warm and welcoming and comforting... and she slips off her stuff and slides into that bed... snuggles down... and as she lies there she drifts away to sleep.... she just drifts off... and every night that little girl comes to visit her... and fills her with strength and determination.... and that boundless enthusiasm...		Post hypnotic suggestion
	And I wonder what that woman dreams of?		Dissociation
Rule	Dreams have a way of becoming true...	I	
Capability	And that woman dreams of success... and she remembers all the times in her life when she was in control... when she felt good... every night she reminds herself of all those good times... over and over.... remembering when she felt right with the world... and she sees the world as a bright place...	D	'light' symbol
Identity	and she knows her own value...and that inner beauty follows her everywhere... it gives her strength and confidence... and the wealth that they don't keep in banks... and the success that is not measured in money... and intelligence which is above education...		Reframe her current deficits
Identity	And so [clientname] you can join that woman as she dreams her dreams of success and control... and you can connect back to all the parts of your life.... where you have control... and you have success.... and you recall the times when you felt wealthy and strong... and you can take those lessons... now... and bring them into your life... now.	D	Associate the client into the idealized version of herself
Capability	And you can weave those together... into a plan...like a plant... with roots and leaves and stems that can grow in this direction or that, always growing up toward the light. And knowing that.... what ever happens ... you will be supported... you will be admired for planting that seed...		seed = change, plant + light = growth

Reorientation section

	You can make these changes now		
Capability	So you and that woman can dream successfully... and enjoy that feeling you get when you decide what things to keep and what to throw away... and you can enjoy that for as long as you want... and when you have thrown away what needs to be ... remember all the good things... take as long as you like... as long as you need to start to change for ever...		bind: you are starting to change
	when you have done all that....you can imagine that woman waking up... and you can waken up and come back to the present.... feeling good... feeling again that inner beauty...	I	waking up = you are beautiful
	So start that now... you can waken up when she wakens up feeling really good ... whenever you want.	I	ambiguity: waking up anytime or feeling good anytime?

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Fear of Failure

Break out of your restrictions

This metaphor can be used for a wide variety of issues to do with breaking out of restrictions or breaking down barriers. Everyone has seen a mock Western movie set so everyone should be able to relate to the core of the metaphor. The therapist can embellish it with detail to suit the particular client. Fear of failure can feel like being up against a wall, like being trapped with no way out. But that fear exists only in your mind, and so can be removed with hypnosis. Fear of rejection, fear of success, social anxiety, procrastination are all fears that can be treated by this hypnosis metaphor.

Target	Induction...	Comment
	Take a deep breath... and let it go... just relax...	
	Loosen your shoulders... lift your arms and drop them... raise your legs slightly and relax them... just get all the tension out of your muscles...	Muscle relaxation
	Take another breath... and let it go... and really relax...	
	One more breath... this time as you breath out... Slowly close your eyes...	
	Now breathe normally for a few moments... think about how your arms and legs feel... become aware of the weight of your body...	Give them time to settle
	Now slowly open your eyes and then close them as you breathe out... and allow your body to relax even more...	Fractionation
	Fear of Failure metaphor visualization	
	I wonder if you can imagine being in a remote small town far away from here... it's late afternoon...you feel the fierce sun beating down... you feel hot and tired...	V
	You find yourself in a long silent street somewhere... an empty street... quiet...	
	You walk along and dust rises from the ground under your feet... the place smells old, neglected, run down...	
	you look around... on each side are buildings... ..closed and silent, blank windows... watching... banks, shops, stores, offices... some have names above the doors, some have no identity...	M
	there is no one around...the whole place feels deserted... abandoned...lost...	
	ahead is a large solid building like a town hall... some kind of official building, maybe...blocking your way...	
	behind you the road stretches back to a featureless empty land...	
	A wind blows dust up the street... your mouth feels dry... you turn to the left... then to the right... everywhere you are hemmed in by buildings...you can't go left... you can't go right... you can't go ahead...	
	you stop and wonder how you got here... so far from where you wanted to be... so different from what you hoped for... everything seems empty and barren... the buildings seem to be pressing in... there is no way out...	
	Empower the listener	
	And then you notice something...	

	a little movement... something disturbed by the wind perhaps...		
	on the front of one of those anonymous buildings... you see that little movement... you go across the street... step up to the front of building... and look closely.		
	The movement is a little flap of something... like cloth... attached to the building...		
	you grab hold of it and you pull...		
	there is a ripping sound... and suddenly there is a big tear right in the front of the building and light is pouring through the rip...		
	you pull again and a big piece comes away in your hand... you look closely and you can see that it is paper on one side and paint on the other... paint the same colour as the building...		
	you look closely at the building again... now that you see it close up you realise that it is fake... nothing but a false front... it is not real...		
	you grab the edge of the rip in both hands and you pull again... another big chunk of paper comes off...		
	you can see right through the building...there is nothing behind it...		
	you rip off more and more...		
	and the more you rip away the easier it comes off... you feel a surge of joy as you rip and tear at it... you push at the window frame and it topples out of position and smashes down onto the ground with a great crash...		
	You can see right through the illusion now... there is nothing holding you back...		
	...it's like a movie set... everything you thought was real is really an illusion... .		
	you step through the hole and there is nothing but a few struts holding the building in place...		
	you kick at the nearest strut and the corner of the building sags... you kick out the second one and the whole rotten framework creaks and shudders... you kick away the last support and with a mighty whoosh the whole edifice collapses flat on the ground...		
	you feel a surge of power... you laugh with delight...you feel like a child again...		
	you look along the back of those solid seeming buildings and you realise that they are nothing but someone's imagination... false fronts held up by nothing...		
Behaviour	and you realise that you are not stuck... none of those things can keep you in now...		
Capacity	and that fills you with a relentless determination...		
	you go along the whole of one side of the street and kick out all of the struts, one after the other... whooping and yelling and laughing out loud... and one after the other all those false fronts come tumbling down...		
	and then you get to the biggest one of all... the one that was stopping you going forward... so solid seeming... so permanent... and yet it is paper thin...		
	a few kicks and it is gone... smashed... destroyed for ever... you watch it		

	stagger and crumple... you can feel the crash through your feet...		
	and you don't even have to do the other side... the force of the blast causes all the rest to crumble and fall... falling like dominoes... until all that is left is a scatter of flattened sticks and paper... being blown away... scraps and remnants fluttering out of sight...		
	Reframing success		
	And you can see your way ahead now... nothing in the way...		
	and with those illusions gone... you can feel a fresh breeze blowing... blowing away that dirt and dust... you can smell the clean fresh countryside around...		
	and out of a clear blue sky... refreshing rain...		
	you lift up your face and feel the soft wet drops on your skin... washing away the dust of the past... you drink in the new water...		
	you are renewed... uplifted...		
	and what seemed like a dead end street is now an open field stretching all the way to the horizon... there are no limits... and you know... now... that you can go all the way... any way you want now...		
	Reorientation		
	[Continue with the next part of the therapy]		

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Addiction Recovery

Recovering from a setback

This metaphor reframes a slip back into bad behaviour as being something that you accept on the way to your outcome, that slipping does not mean that you have failed, that you always have the option of calling on inner resources and picking up where you left off. Whenever you fail on the way to your goal, you get to keep what you have achieved so far and there are always others ready to help you.

When I was a student, I went out one winter's afternoon and I found that my old car wouldn't start. I had been up all night getting my thesis finished...the final part of my degree... I had spent so long on it.... In fact I had been working on it without sleep for days....I was exhausted. I had finished 365 pages and it was all tied up. I had to get it into the mail before my deadline. It was very important to me. If I didn't get it right this time....well I didn't know what would happen..... and so I reluctantly set out to walk to the Post Office ten blocks away. The weather was terrible, it was grey and miserable....there was slush on the roads and icy patches on the pavement.

I started to walk very very carefully at first... being very careful where I put my feet.... and then as I got going I got more confident.... I was in a hurry to get there...I began to pay less attention... and suddenly I found myself flat on my back... sore and bruised... I lay there winded.... and imagined everyone laughing at me.

I felt like giving up there and then, you know? Maybe my effort wasn't all that good anyway....I could have spent more time on it....I had no idea if it would be good enough....maybe I was kidding myself....maybe I wasn't going to pass anyway.... at that moment I don't know if I even wanted the degree.....I didn't know if it had been worth all that effort....Maybe I wasn't meant to pass.... the car, the sleep.... the snow....

But as I sat there feeling stupid and sore and disappointed and wondering what the point was, I saw myself reflected in a shop window. I saw myself sitting there in the snow and slush looking ridiculous. I looked so silly, I began to laugh. And the people passing by began to laugh with me... and two of them, total strangers, helped me up.

And they didn't know it, but inside I was still laughing. Because I had seen something else reflected in that shop window. I had caught a glimpse of how far I had come. I realised that compared to how far I had come, I had really only a tiny way to go. Just get to the Post Office and it was all over.

I had slipped and fallen quite badly... I had hurt myself....I had been laughed at....but I could laugh at myself. You can always laugh at yourself, can't you? Looking back at it,.... I had actually made a lot of progress along the road. Maybe I was unrealistic, maybe I was trying too hard....but I realised that when you slip, you never slip all the way back to the beginning. My fall was only an interruption.... I was still on my way to the Post Office. It was a slip, it wasn't the end of the journey, but it wasn't the beginning either. You get to keep what you have achieved so far, don't you?. The distance I had covered was still there, and all the progress I had made still counted. I could see where I was going.

So I rubbed my sore back, decided to pay more attention to bad patches in future and I went on.... bruised and embarrassed, but proud of what I had achieved... and knowing that I had learned something.....

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Astral projection Hypnosis Script

Hypnosis, astrology and out of body experiences

This astral projection hypnosis script takes you on an out of body experience to a place up in space. There you travel to the stars and through all the houses of astrology.

In each star sign you meet the heavenly being who controls your destiny and are offered the chance to collect the wisdom of the star signs before returning to earth with everything you need to know.



Hypnosis and horoscopes are combined with astral projection in this hypnotic out of body experience. The out of body experience allows the mind to open up to all possibilities. The astral projection astrology visualization allows the unconscious mind to access inner wisdom.

Induction section		
OK. What I would like you to do is... sit comfortably with your feet flat on the ground... hands on top of your thighs... Good, that's right...		
and just close your eyes... Now take a deep breath... take a deep breath and hold it... and then let it go.... that's great.		Relaxation Induction
Take another deep breath and hold it... and this time before you let it go.... really let go of all the tension in your shoulders and in your face and your eyes... just breath it out... that's right....		
Now take another deep breath... in your own time and this time really let yourself relax.... let your whole body go soft and relaxed...		Pacing breathing
That's excellent, you're doing very well ... and now just allow your breathing to go back to normal...		
And you can become aware of the chair under you... as you are sitting there... breathing gently... supported by the chair... and you are probably wondering whether you are going into trance quickly or slowly or what it will feel like as you are going into trance....and that's good... because that's the right thing to do... and you don't have to think about anything...		Dissociation
you can just think to yourself about being in that chair there... and you begin to wonder what it would be like to just sink into that chair... to be really so relaxed and so comfortable... And you feel yourself sinking... down and down into that chair...	D	Sensory Distortion
and with each breath out... you can say to yourself... quietly... 'deeper and deeper... deeper and deeper... more and more relaxed'....		breathing induction
and every gentle breath out just leaves you more and more relaxed... that's right... you can move if you want to... to just make yourself comfortable... as you are relaxing into trance...		
Just allow that feeling of relaxation to go all the way through your body... that's right... that heaviness is just telling you that you are going into trance now exactly as it should be...		
Stars coming out Deepener Section		
Now that you are in trance... you can allow your mind to drift off...		

	and imagine now that you are sitting in comfortable chair... by a window.... looking out... and outside the sun is setting... and the whole world is settling down for the night....	V	
	and as the sun sets and slips below the horizon... everything around you is getting quiet and dark... outside... here and there lights are being lit....		
	and in your chair.... become aware of a darkness settling over you like a soft gentle blanket... feeling more and more relaxed as the darkness deepens... feel its weight taking you down... and as the darkness settles over you... your body relaxes deeper into the chair... more and more comfortable now...		
	and as you are lying there in the dark... safe and secure... your mind is beginning to drift away.... and in the sky the first stars are coming out.... and as more and more stars appear you feel yourself sinking.... drifting...		
	and the more stars there are the more you feel detached from your body... and you can forget all about that body now...		Dissociation
	that body feels different... your mind... your personality... is now gently detaching...	I	
	so you can be relaxed about the process... and curious to know where it might lead...	>	
	Out of body experience		
	and now you feel yourself drifting away from your body... up and out... and you can enjoy the sensation... of being weightless... floating easily...	K	Dissociation
	as you are relaxing in that chair... breathing slowly... feeling detached.... you can look back at yourself... relaxing there... a figure gently breathing....	V	
	now float outside... and feel yourself floating amongst the buildings... slowly drifting upwards now... above the trees....	V	
	and still you are slowly moving upwards... safe and secure... warm and comfortable... somehow supported... as you drift upwards past the rooftops...	V	Safety!
	and now you can begin to see the whole area... streets and houses and roads.... all laid out in the dim darkness.... and higher still... and you can see the glint of moonlight reflected from a river far below....	V	
	and soon you are among the clouds.... soft white fleecy clouds... rolling around you like warm soft air wafting you upwards...	V	
	and then you are past the clouds... looking down on them... and they are getting further and further away as you go ever upwards... rising on and on...	V	
	and soon the whole country is spread out before you... far below... and you become aware of a gentle sound.... like angel's breath... and you look up at the stars high above... glittering in the dark night... pure and clear...	A	
	Get ready for accepting new abilities		
	And you find yourself drifting, floating among the stars.... all round you... you can feel the vastness of space... the majesty of the heavens...	V	

	and there you come into the presence of the Great Architect of the Universe...		
	and you are shown all of the vast black sky and the constellations like diamonds scattered across a field of dreams...		
	and you are taken on a tour of the heavens... to visit each of the planets... to learn what each keeper has, what has been learned in depths of time... what gifts of wisdom and insight the astral traveler can find...		
	and you learn that you... now... because you are in this state... you are to be given an opportunity only offered to astral voyagers...		
Capability	to choose what you want to take... what you want to take back with you... and you can gather up all these... like stars in a bag... and take whatever you need...		
	so get ready to visit each House in the Star signs... and you find yourself moving... spinning... covering great distances in an instant... as you begin to sense the crystal spheres of eternity... and journey through the entire solar system...	Metaphor: travel = change	
	Journey through the Houses		
Capability	And you come to a space ruled by the planet Mars.... and you find yourself in the house of Aires the ram... and there... you are shown your life... as it has been... and you are shown your life... as it can be... and you see yourself ambitious, independent... and there you are offered the strengths of the ram... to be assertive, independent, energetic.... and you can take what you want and it is yours now....	Aires	
Capability	And now you are drifting out to the planet Venus... and a place of love and beauty... and there is the House of Taurus the Bull... and you hear beautiful music... and the music carries you away... and in that music you are offered all the gifts of Venus.... you can be generous, sensuous, affectionate and enjoy stable relationships from now on....	Taurus	
Capability	Drifting now towards the Sun you come to the planet Mercury... a place of logic and reason... and the House of Gemini, the Twins. And there, the Twins give you their gifts... from now on you can choose to be sociable, funny, flexible and you can learn to learn, learn to teach... to enjoy your intellect... be proud of your mind...	Gemini	
Capability	now you are seeing the moon.... and in that cold light you see the crab in the sky... and the crab uses its claws to pull apart those defences that have been holding you back... that keep you from the truth... and as those barriers fall you become open to all the powers of psychic and sensitive... the Crab offers you the gift of Imagination, intuition and caring...	Cancer	
Capability	You move on into the brilliant light of the Sun... and there is a fiery lion, the sign of Leo outlined in fire. In the House of Leo you can collect the ability to be self assured, energetic and the ambition to succeed.	Leo	
Capability	And then the Messenger carries you away to the planet Mercury, in the sign of Virgo. In Virgo you feel your mind being explored, your values sorted, and you are left with the gift of analysis, of seeing patterns and mysteries....	Virgo	

Capability	Next you find yourself visiting the planet Venus, the place of marriage and love... and there you are offered the gift of balance from Libra the Scales, learning how to be sociable and diplomatic.		Libra
Capability	and then off to Pluto, far out in the cold reaches of space... a place of death and rebirth... where the Sign of Scorpio rules... and in that place you can be reborn... and learn the mysteries of life and beyond life....		Scorpio
Capability	Then mighty Jupiter appears, the planet of adventure and travel, a chance to get all the optimism and enthusiasm that Sagittarius has....		Sagittarius
Capability	Saturn, with its rings, appears before you... and in those rings you find the constellation of Capricorn, you learn to be organized, patient and to have then endurance to make your life better... to plan and prosper and rise through the ranks....		Capricorn
Capability	Out past Saturn is lonely Uranus, the planet of freedom and change... and there you touch Aquarius, the water carrier, and drinking that water gives you the gift of languages, and curiosity, and a love of change....		Aquarius
Capability	And on to icy Neptune, god of the eternal sea, in the realm of Pisces the Fish.... Where you learn sensitivity to others, and the power of the imagination.... and lead to great things for you....		Pisces
	Then you feel everything slowing down...	K	
	There is a bag, a container of some sort.... and even though it is filled with age old wisdom, and the power of a million suns, and rare and wonderful talents so rare that you can only marvel at yet it weighs next to nothing...		
	and you find it clinging to you.... wrapping around you.... and you become aware of a feeling of light... of some strange substance penetrating... crossing the barrier of your skin.... filling your body with a sensation... and all those ancient powers are coming alive now... in you... in your body and your mind...	K	
Identity	and you are beginning to feel different.... strong.... filled.. happy... you beginning to become aware as those talents are being lodged deep in your mind... to be there whenever you need them... whenever you want them....and a power... of determination... and purpose is slowly uncoiling.... and an ancient still wisdom is spreading... changing everything it touches...	K	
Identity	and you have changed now... changed for ever... changed by the touch of those stars... by being close to those planets...	I	
Behaviour	and things just seem different now... easier... clearer	I	
	Reorientation		
	and as you think of those things... and what you learned on that journey....		Reinforcement
	those stars begin to fade... and as the earth turns on its mighty axis.... outside the sun is coming up.... a new day... a new dawn... a new life... is starting for you...	I	Metaphor
	and as you become aware of the light.... you are coming back to the present...now...		
	THREE.... TWO... eyes opening.... ONE.... back to the present... wide awake.		

Learning to Learn

A hypnosis script to help with learning. This enables you to connect to your own inner resources for learning and gives you back the confidence you have lost. It uses a combination of visualization and direct suggestion to help with learning difficulties. The first part takes you into your own mind, and shows you how it works. Then you clear out the old stuff that was stopping you learning and lets you create a new learning process. Then the learning function is trained and tested to make sure it is working OK. The next part is a visualization of being back in a school room and getting praised for learning. The final part of the learning to learn script is a direct suggestion for confidence and the ability to retain what has been learned.



	Induction		
	Now why not let yourself get very comfortable... and while you are hearing these words... you might like to think about how comfortable you could become...		supposition
	I wonder if you can remember when you felt most comfortable... I often think of a time like drifting in a boat... or lying on some grass somewhere... peaceful and content...	V	
	breathing gently... and how good it is to close your eyes and feel the weight of your arms and legs... pressing down... heavy and limp and loose...	K	
	and how simple it is to relax... close your eyes... and feel yourself going deeper with each breath...	I	
Capability	And people don't really have to learn... how to relax... and how you learned to relax... maybe it's just something you do... relaxing... learning to relax... learning seems so natural... and you have relaxed so deeply before...	>	General to specific
Capability	you know how to do it... and without even thinking about it...	D	
Capability	you are relaxing now...you know... using what you learned...	>	
	and there are things you know... and you don't know how you know them...		Truism
	there are things you learned and you don't remember learning them...		Truism
Capability	and that means that you can learn things naturally... easily... almost without paying attention...	>	Hypnotic logic
Capability	and just by relaxing and breathing softly now... you are learning to relax even more...	>	
	and the more you do that... you more are learning... to drift away... to forget about where you are... imagine your surroundings fading away...	>	
	and every sound you hear now... is taking you... guiding you... gently into a trance-like relaxation... and it's a way of learning... nothing matters... and everything can fade away... and learning to use that feeling... of drifting off... floating away....	A	audio induction
	and isn't it curious how feeling heavier can let you drift away?...	I	Tag question
Capability	and noticing that means you are learning... many curious things... about		Lack of RI

	yourself... about relaxing deeper and deeper...		
	how every word is letting you relax more inside... peaceful and calm.... nothing to think about... comfortable...		
	and that means you are open to new things... new ideas.... thinking while not thinking... thinking about learning and not learning... and knowing what you know...	>	
Identity	And one thing you have learned is that you already know how to learn... to do new things... to get good at things...	=	You can learn
	and while thinking and not thinking about these things you can allow your mind to drift away... to another place...		
	Metaphor Section		
	<i>Finding the learning place</i>		
	and you find yourself in a place with many spaces... with gray walls... like rooms... and on the walls and floors there are lines of pulsing lights... and high above there are lights winking on and off as distant parts communicate with each other...	V	
	and you realize you are inside a giant network of connections... there is a soft slow rushing noise in the background... and a feeling of controlled activity... checks and balances... moving at lightning speed... as a vast number of different activities are managed and guided into place....	V	
Capability	and you realize you are seeing into your own mind... sensing your brain at work.. and that means that you are in the place where you can make changes to the way you think... to how you learn... to how easily you learn...	>	Reframing
	<i>Preparing the learning place</i>		
	and you can become aware of a special place in that network... the place where you learn... and you find that place... and there you can see where you store the things you learn... and the place that runs the process of collecting, sorting, storing and connecting all the things you have to learn...	M	
	and you can examine how you learn... see the things that are there that stop you learning... and the things that help you learn...		self inspection
	and take a moment now to examine what is there... and to take out and discard anything there that shouldn't be there... remove anything that is stopping you learning... you can do that easily and quickly in that place... and keep clearing away old things until you have it the way you want it...	M	Metaphoric activity
	and when you have done that you can begin to prepare a new place for learning. You can create places to store pictures, a place for facts, a place for sounds, a place for numbers... a place for physical learning... a place for ideas... for anything you want... You can decide how big to make them... how to connect them...	M	Create new Resources
	so take as long as you need to make that learning place exactly the way you want it... exactly the way it should be... exactly the way you need it to be to learn effectively... quickly and easily...	M	Permission to change
	and when you have done that... you can signal by nodding or say the word 'Yes' and we will continue....		
	<i>Using the learning place</i>		
	That's good... and now... think about the kind of things you have to learn.		

Capability	You are now free to train your mind in the way you prefer to learn.		
	Think about something you want to learn... see yourself opening the book, or listening to the instructor, or trying out the new actions... whatever it is you have to learn....		
	and then watch as the learning central control room puts each part of your learning in the appropriate place... the facts in the facts room... the connections in the connections room... and watch as your learning process stores away each thing in the right place... sorting and classifying... carefully labeling each part so that it can be easily found again...	M	
	and test that process over and over so that you are sure that everything is working the way you want it...		
	and notice if there is anything there that wants to interfere with the process... and if there is... you can identify it... and order it out of there... until everything is working like a well oiled machine...	V	Take control
Identity	and you are sure that the whole process is now lean and efficient... you can learn anything.	D	
Capability	and you can trust your mind to continue like that...	D	Assurance
	<i>Rehearsal of learning</i>		
	And now put yourself in the situation of learning... choose something you want to learn... see yourself starting the process, getting ready to learn... and now notice how it is different... notice how... now that your mind is trained and all that old stuff has been thrown out... see how your mind goes about the process of selecting, storing, linking and retrieving and displaying the items.		
	Feel how confident you now feel... knowing that everything has changed... that you have changed... that the way you learn has changed.... you are different now... and everything is clear and straight forward for you... from now on		
	<i>Reassurance of ability to learn</i>		
	And that means you know how to learn. You have always been able to learn... take a moment now and think of all the things you have already learned... automatically.... easily....		Metaphor
	You learned to read and write ... you learned how to make friends... you learned how get by.... you learned how to do your job... and since then you have grown and matured... You have now learned how to learn...		
	and that means that nothing can hold you back now... you are ready to change.		
Visualization metaphor therapy Section			
	Now take a deep breath.. and let it go... let it all go... allow your mind to clear...		
	Focus on your breathing... be aware of each gentle breath out... and as you breathe out... feel your body relaxing... deeper and deeper... feel yourself drifting away... going deeper now... deeper and deeper... more and more relaxed...		Deepener
	Allow your mind to go back... back in time... back in your own life... a long time ago... when you were young...		
	and bring to mind a school room... with other children... and a teacher...		
	and in that school room... the teacher is staring at a child there... a child		

	just like you... and the whole class is watching... and that child is embarrassed... humiliated... that child just wants to get out of that place... to hide...		
	and that child has been made to feel stupid, to feel that they can't learn... that child hates being there... being in that position... of having to learn... of not being ready... or not feeling right...		
	and the thing that little child learned was that learning was hard, learning was connected to being singled out... learning was something the other kids could do... but not that child...		
	and you know, that wasn't true at all.		Reframing
	What actually happened there was that a bad teacher was allowed to make that child feel inadequate... teachers are supposed to support and encourage people at school... and so are other grownups... but they don't...		
	It is not that child's fault... that child can learn... it is only because of bad teachers and other people that a child learns to avoid learning, that they are no good at it... It is never true... every child can learn... every adult can learn too...		
	And now imagine that same school room... that child is there... but someone else comes into the room... a adult... an adult who is actually the grown up version of the child... an adult with power and intelligence and experience...		Inner Child work
	and that adult challenges the teacher.. and demands that that teacher changes how the class is taught... and all kids are cheering... and the teacher looks small and weak... and says 'I'm sorry for picking on you... I 'm not a very good teacher... you are smart and you can learn, it's just that I don't know to teach you the way you should be taught. I am so sorry'.		Suggestions inside quotes
	and that child stands up in front of all the class and says 'Yes. I can learn, I am smart. I can be as good as anybody... I can be better than anybody'. And the teacher looks down... and everyone else is laughing and happy		Suggestions inside quotes
	and that adult leaves and says 'Everything will be OK now. I will always be around if you need me'.		
	And everything is different now.		
	Direct Suggestion Section		
Identity	You have the power to learn. You are intelligent and your mind is as good as anybody's.	D	
Capability	You are able to forget you ever had learning difficulties.	D	amnesia
Belief	They were never a part of you... they were put there by other people... and now you are free... free to learn and study and enjoy learning.	D	
	You can remember when you need to... you recall ideas and procedures and lists and... well, anything you want...		
	You know how to learn, how to learn quickly and easily... and how to show that learning when you need to...		
	Anchoring Suggestion Section		
	And knowing this gives you confidence. The confidence to learn, to study, to succeed. And you can feel that confidence now.		
	And that means you have the ability to get that confidence anytime anywhere. And with that confidence you can succeed at anything, can't you?		

	So think about that confidence... think about how you know you have the ability... think about how great it is to have that confidence... feel it growing in you now... and the determination that you will have it when you need it... when you want it...		
	And you can do that. You can make sure of that. All you have to do is to choose some action, some trigger, to remind you of your own ability... of your belief in your own mind... of your change... and you will instantly feel that confidence return when you need it to...		
	So now, press your fingers together... or touch your thumb to some part of your body... or some other thing that makes sense to you and you use to bring back that power... and in future whenever you do that... that same confidence will be back... full strength... just like it is now... and you can pass any exam... learn anything... and know that you know...		
	<i>Reorientation Section</i>		
	So now you know you know how to learn to learn. And that is all you need to succeed.		
	So in a moment I am going to ask you to count slowly from five up to one ... and when you get to one you will be back in present.... fully alert and ready for the rest of your day. So start counting... now.		

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Hypnosis for Wealth Creation

Many people feel that there is something blocking them from creating wealth. They feel held back from taking opportunities to make money. There is a cycle of making money and then losing it, almost as if something is making you sabotage yourself.



Some people are told 'money is the root of all evil', 'blessed are the poor', and that it is impossible for a rich man to enter the kingdom of God. In fact, it is *Love* of money, not money itself that is the problem. Many people unconsciously act on this belief and no matter how successful they are they always lose it. Every time they reach a comfortable level they begin sabotaging themselves. This metaphor helps to eliminate these unhelpful beliefs and install the freedom to have all the money you deserve.

The Making Money hypnosis script is in the form of a multiple embedded metaphor. Three problems are described that cause false beliefs about wealth and making money and these are then resolved.

	Hypnotic Induction		
	[Use your usual induction]		
	First Embedded metaphor		
	[1. Poor boy growing up. Developed fear of not having money]		
	There once was a boy who lived not far from here. His family were poor even though many people around them were quite well off.	metaphor setting	
	The boy saw this and wondered why his family had to be poor... why other kids had the latest games at school... why they were always better dressed...		
	and the other kids called the boy names... and made him miserable because his family were poor... he was unhappy... and sad for his mother and father... because he wanted them to be rich and happy...		
	and he thought 'if only I could have money, everything would be all right'.		
	Second Embedded metaphor		
	[2. Poor boy is told that having money is evil]		
	And he went and told his mother that when he grew up he was going to make lots of money, because he hated being poor, and he hated seeing his parents shamed in public by having no money... and he was going to buy them a car and a big house and servants and clothes and everything they ever wanted...		
	But his mother told him that money is the root of all evil. That becoming rich meant that he would lose his way in life, and that would make his mother sad.		
	He went to his father and told him how he wanted to have lots of money so they wouldn't be poor any more... and his father told him... A rich man can never enter the kingdom of heaven... and the boy should accept things as they are...		
	and even though he hated being poor... and really wanted to make something of himself... everywhere the boy went he was told... money won't make you happy... money is not the answer... blessed are the poor... if you make money it will just get taken off you.... money causes more		

	problems... better to stay as you are... live like your parents...		
	Third Embedded metaphor		
	[3. Poor boy makes money but always loses it]		
	But as he was growing up... the boy saw wealth all around him... he saw people in new cars... going in to fancy shops... and he saw those people looking down on his family... and he knew it was wrong... he knew that money was everywhere.. he could see opportunities everywhere...		
	and most of all he hated being poor... and saw no reason for staying poor...		
	So he learned to buy and sell... to do things that people wanted... he learned to find ideas other people had missed... to go through every door and seek out what was there...		
	and he began to make some money... and as he did he learned... and he learned how to get more money... and he learned what it was like to be able to go into any shop... to have a good car... move among rich friends...		
	and yet... something in him was not right... somehow every time he got money... he just couldn't hold on to it... it was almost as if there was something inside him that caused the wealth to drain away... to put in bad decisions... to trust people he knew would disappoint him... to buy pointless things he didn't even like...		
	and every time he found he was making money the cycle started again... and soon he was somehow back where he started... struggling for money... back to being poor...		
	And he wondered if he was condemned to repeat this forever... if he would never escape... and he knew that he could make money... be successful... but he also knew that something always forced him to come back to how it was...		
	It is as if there was a block to making and keeping money.		
	and he could see no way out...		
	Reverse Third Embedded metaphor		
	[-3. Poor boy makes money but always loses it]		
	And then one day a guru appeared in the town. A wise and holy man who had come from far away.		
	The guru said. I have heard about your story, and I have come to help you.		New Resource
	You did not get this way on your own. Someone a long time ago put these ideas into your head.		
	They did this with the best of intentions. They wanted to help you. But those ideas have stopped the growth of your natural talent.		
	You are entitled to be wealthy. You have a right to be rich. You deserve to have money.	D	
	Gestalt Reversal Section		
	It is time now to go back and tell that person that they were wrong. That you are taking control of your life, of your capacity to prosper. It is time to go back and reverse those ideas.		
	I want you now to relax even deeper.		
	Relax and let your mind go back to the earliest time you can remember about money. About what someone said to you about having money.		Deepener

	So allow your mind to drift back in time, and find a memory, an image, a situation, that has to do with being told that money is bad, that having wealth is sinful, that being rich is the same as being bad.		
	and in your mind's eye, see that person, become aware of them telling you these things.		
	Hear those words again... only this time... challenge them. Challenge those ideas. Tell that person that you are entitled to have money... to be rich... to enjoy wealth...		
	tell them that you know how to make money... and you are entitled to have money and to keep it...		Reframe
	Find the right words to tell them that you respect their views on money... but that those are not your views... and get them to remove that instruction...		
	Get them to tell you that you are free now... free to become what you want to be, to have what you want to have....		
	Direct suggestion section		
	Because those ideas are wrong.	D	
	The widow who clears a bit of land and plants the seeds is entitled to enjoy the crop. There is nothing bad about taking what you have earned.	I	
	The man who can tell a story that keeps lots of people amused is entitled to a reward for his effort. Being paid for what you can do and others can't is fair and right.	I	
	The boy who sees an opportunity that other people pass by, is free to take it. It is the right thing to do.	I	
	The woman who works harder and smarter than her sisters deserves to enjoy the benefits. There is joy in being wealthy.	I	
	The world is not equal. People are not all born the same. Some need to be protected and some need to be given the room to thrive and prosper.	I	
	Unless you are wealthy you cannot support the poor. You have a duty and an obligation to make money in your community so that you can contribute to it.		
	Reverse Second Embedded metaphor		
	[-2. Poor boy is told that having money is not evil]		
	And then another great teacher appeared. The boy said that I have been told that money is the root of all evil, that a rich man cannot enter the gates of heaven. And the Teacher said 'Let me remind you of the Parable of the Talents. A rich merchant had to leave to go on long journey and would be gone for many years. He gave each of his three servants a gold coin, called a talent, and told them to use the money to make money for him, and when he got back he would reward or punish them. On his return he demanded from each servant an account of what they had done with their talent. One had invested in the market and made lots of money. The merchant told him he could keep the money he had earned and even gave him more. The second servant had tried to work with the money but had lost it in bad business decisions. The merchant blessed him and gave him another talent so that he could try again. The third servant handed back the very same coin. The master was astonished. When the master asked why, the servant replied 'I was afraid of losing it, so I buried it in the		

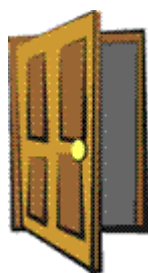
	garden, to keep it safe so that I would still have it when you returned'. The merchant was very angry and beat the servant, and took his coin and gave it to the first servant.		
	The master said to them all. I gave you these talents so you would use them. You are put on this earth with a certain number of talents and you are expected to use them. If you have a talent for earning money then you must use that talent. Others don't have that talent and they expect you to use yours. The people who are unable to play a musical instrument are entitled to music just the same as those who can, and so people who can make music must make music so that they can share it.		
	People who have the talent to make money must use that talent. Only if you make money are you able to share it with those who can't. The poor of this world are entitled to money, and you must become rich if you have the talent and opportunity. Without rich people there would be no charity.	D	
	People who say money is the root of all evil are not reading the quotation correctly. What it actually says is 'love of money is the root of all evil'. There is nothing wrong with having money. It is why you have it that counts. Money is simply a tool that lets you get things done. Rich people have brought many blessing to the world, blessing that would never have happened without those people first becoming rich.		
	And the guru said 'If you have the right reasons for having it, money will be showered upon you... and you are entitled to keep it and use it'.	D	indirect quote
	Reverse First Embedded metaphor		
	[-1 Poor boy growing up. Change fear of not having money into abundance]		
	Your desire to get money came from love... love for your family, for your parents... from a desire to help them... that is why you can now make money and keep it.		Reframe
	Any money that comes from a desire to help others is blessed.	D	Reframe
	You are free to enjoy everything that comes from having such money, and to make it grow so that you can use it to show love.	=	
	See yourself a few months from now. See yourself as you want to be. On your way to wealth and riches. Working and getting what you want. Visualize yourself surrounded by abundance, everything you want is right there.	V	Visualization of wealth
	Reorientation		
	[reorient the client with suggestions of permanent change]		

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Redundancy Hypnosis Script

Being made redundant is always traumatic, but it doesn't have to be a disaster. This hypnotherapy script helps energize a client who says 'I was made redundant'. You can reframe the experience, come to terms with redundancy, and visualize a life after redundancy.



Redundancy happens to thousands of people, and being made redundant is not an individual failure, although redundancy often feels that way.

This script lets redundancy be seen in a different light, to be able to gain strength from it and use the redundancy experience as an opportunity for a different future.

	<i>Getting redundancy Induction</i>		
	Just relax now and let your body go limp and heavy... Now take a deep breathe... hold it... and as you let go... really let your body relax...		
	Now take another deep breath... and relax even more...		
	I wonder if you can imagine what it would feel like if your arms and legs were really heavy... just imagine your arms and legs are so relaxed and heavy that you just can't move them...		Kinesthetic Induction
	and now think of some place where you can be that is always calm and peaceful for you... a place outdoors perhaps... or a favorite chair... a place where you can be on your own... just relaxing... nothing to think about... nothing to do... nowhere to go... just letting it all go...		relaxation induction
	and think of the feeling you get in that place... and then imagine it's late afternoon... early evening... and the sun is going down... things are getting ready to settle down for the night.. and focus your attention on your breathing... become aware of each breath out.. and with each soft breath out... that sun goes down a little more... things get a little darker... and with each breath that sun is going down over the horizon... and then slipping away... down and darkness is gathering...		breathing induction
	and stars are coming out now... and when there are a ten stars you can imagine turning out each star... one after the other... and as you turn off each star think of the number ten... and then turn off the next one... nine... and as that sky gets darker you feel yourself going inwards... more relaxed... letting your mind relax... and eight... another star going out... and more relaxed... and continue counting... down and down... as each number is making you more at ease.. more comfortable...		Pace and lead
	until it is just too much trouble to find the next number and it is time to totally let go... and just drift away...		Depth test
	<i>Focus on what you still have</i>		
	When you think of what has happened to you... it is OK to think of what you have lost... but people who have lost much also need to think about something else...		Reframing
	they need to think about what they still have... about what is still good in their life... about the things that are worthwhile... things that last... family... friends... memories... knowledge... skills... attitude...		Ambiguity

	and while it might seem that these cannot measure up... really, they are so valuable that they are irreplaceable...		Reframing
	when you think about it... some things in life can be relied on... to last forever... that nothing can take away...		Resource
identity	and you have those things...don't you?		Tag
Identity	You have lifetime of experience in so many things... and when you think back...		
Memory	Take a moment now and think back to all the things you have succeeded in... and there are many...		Reconnect to successes
Memory	you learnt to drive... you learned how play on a team... you learned how to...		
	[add in whatever the client has told you has been a success]		Examples
Behaviour	Your whole life has been a series of tests and successes... things you had to learn to do... and learned to do well...	I	Reframe life experience
Capability	You have a natural ability to do things you need to do... that you want to do... and you have always been able to do that...	D	
Capability	And this thing is no different... you have had setbacks before... and you have learned to master them... to get past the problem... to create a new way forward...	D	
Capability	And you can now...	D	
Capability	You can get back everything you have lost and more...		
Identity	you are the type of person who can pick themselves up and get going again... even faster... stronger... more determined...	D	
Behaviour	Learning from this means that you can learn to see things differently... to feel differently about yourself... and you can see that starting now...	>	
Future pacing section			
	so take a moment now... and think of what your life might have been if you had never had that job... if you had taken some other route earlier in life... if you had never met some particular person... if you had made a different choice on one critical day...		Every possibility
	and think now... of your perfect life... what could have been... what should have been... take a moment to allow your mind to roam... to speculate... to think... 'what if?..'		
	And thinking of that perfect life... think about what parts are still there to go for... what you can still achieve... think about how you can take what you have now... now that you are mature and more experienced in life's ways...		
	and start to build a future for yourself in your mind... imagine what the right thing for you would be...		
	and then see yourself achieving that... having what you want... what you really want... take as long as want to enjoy that feeling that you will have when you get to where you want to be...		
	Imagine that life in full... see yourself... others... see what you will own... what you will do... hear people talking to you... talking about you... feel what it is like to get what you want... exactly how you want it...		
	[pause]		

	and you can wonder what bit you will enjoy the most...		
Capability	because if you can imagine it... you can have it...	D	
	focus on every bit of it... see and hear and taste that success... feel how good it is to have what you want...	D	all modalities
Behaviour	and then let something deep inside change... let that something build into a determination to get going... to will you to succeed... to climb out of this place and create a new life... a better life...	D	sensory change
	and you are not alone...	I	Truism
	Getting redundancy Metaphor		
	There is an island in the South Pacific where the people are said to be the most friendly in the world.		Metaphor
	Every few years a great typhoon comes along and damages their houses, uproots trees and puts everything into chaos. All the people work together to fix what was broken and they replant the trees.		
	But once every century or so, an exceptional storm comes over the horizon and giant waves sweep right over the island. It doesn't just bring down the trees, it washes away the crops, the livestock, the bamboo houses, their fishing boats and everything else.		parallel with getting redundancy
	Those who are left face starvation and ruin. And yet they know, in the middle of all that turmoil, in a few days the sun will shine, the waves will settle, a few chickens will emerge from hiding, green shoots will appear in the fields, and if they hang on and help each other, the good times will return.		reframing
	They can only survive by reaching out, taking what they need, giving what they can. And they do it willingly, with good heart. They mourn those who were lost to the great storm and then start rebuilding their lives.		way to survive and thrive
Rule	The result is that out of adversity comes good.		Truism
	Your storm will pass. All you can do is to keep your head down while it rages over you... and then... look for what the storm has uncovered... how you can help others...		Reassurance
Rule	every change brings opportunity...	I	Truism
	Positive Change		
	Nothing in this world is absolutely secure. Everything comes to an end eventually. Change does happen. Change must happen.		Reframe as inevitable.
	What has happened to you is the result of things that started far away... like the storm that batters at the windows... that storm started in some distant place... started almost unseen... as a combination of circumstances.... heat, pressure, humidity... these all combined in strange and complex ways to create a system that grew and grew until it was beyond anyone's ability to control...		Metaphor
	No one is to blame... the system keeps gaining energy until all that energy just has to go somewhere... it strikes at random... blindly thrashing about... tearing down things that have stood for generations... uprooting the strongest trees... unpredictable in its savage fury...		blind forces cause the lay offs
	and there is no stopping it until it has spent most of the energy that was driving it...		energy = resource
	but when it finally ends.... there is so much energy swirling about...		

	some of that energy leaks out... and is transferred... ready to be harvested... to be harnessed....		
	all that energy destroys... but it also creates... in the spaces where the old trees stood is now clear patches... where things can grow... places that were previously guarded and unavailable are now open... ready for anyone to use...		Opportunities
	And you can see that now... you can choose to search for those vacant opportunities... things that were obscured are now exposed...		
	Loss of friends		
	People don't just work for money. The job gives you a social life... it gives you status... a place in society... a definition of who you are... and when all that is torn away people feel lost... that is understandable...		empathy
	but all that has happened is that they have allowed the job to take over their life... to take the easy route... to stop finding friends outside... to let the job be the centre of their life.... but it was a choice... not something that had to happen... all those friends are still around... all those people are still interested in you...		Reframing - something was taken from you
Capability	you can re-create your social life... you can go out and meet new people... you can contribute in many ways to your community life ... you can create a new life for yourself...		take it back
	Think about the interests you have that you never really pursued... things you like to do... think about how you would like to spend your time... with friends and family... interesting things...		begin to plan
	and then ask yourself - 'what is stopping me having that?'		energize
	'What would I have to do to make the first step?'. 'Who would I talk to?'		
	Then imagine yourself doing that... and one step leading to the next... and getting advice and guidance.... and each step leading to the life you want...		
Capability	Because you can have that.		
Identity	Looking forward in your life you know that you are the sort of person who does do that... who knows what to do... who is willing to take the chance...		
	This may be your destiny		
Behavior	A lot of people believe that what happens is meant to happen. Everything happens for a reason. The real issue is whether you are going to take the time to think about what that real reason is, and what this thing is trying to tell you.	I	
Behavior	Life never unrolls in straight lines. Maybe it is time for you to consider a totally different career, a different direction, a different way of living.	I	
Behavior	Or maybe it is telling you that you can do more than you think you are capable of... maybe it is time to really get out of the rut and test yourself?	I	
Behavior	This may be the greatest thing that ever happened to you, the thing that finally unlocks your full potential.	I	
	Letting go of negativity		
	Everyone reacts differently to situations. Some people give up, some people get angry, some people get stressed.		

	Frustration is natural. A sense of frustration is a sign that whatever you are doing isn't working and it is time to try something new.		
	A feeling of anger is telling you to get going and get active. You need to take action and make things happen.		
	A feeling of depression is a sign that you need to make a clean break with the past and put some distance between yourself and your old ways.		
	<i>Direct Suggestion Motivation</i>		
	What you do determines your success. Your future is up to you. The only way to change the future is from the present.		
	Redundancy did not happen because you were not good enough.	D	
	You did not fail. The company failed. The management failed you. You should have been protected. You are entitled to feel angry, to feel disillusioned, to feel frustrated.	D	
Behavior	And now it is time to fight back.	D	
	Now it is time show them what sort of person you are.	D	
	You can overcome this. You can succeed. You can start again. Bigger. Better. Stronger.	D	
Identity	You are a winner, the type of person who can pick themselves up and get right back into the fight.		
	[Pause]		
	<i>Reorientation Section</i>		
	And thinking about who you are... and what you want to be... and how you are going to start over...		
	You can count from five up to one... and with each number you will feel your confidence growing....		
	Feel that power coming back.... that determination and drive that carries you through.... that power to fight back and take what you want...		
	so start to count silently from five up to one... and when you reach one you will be back in the present ... eyes open ... fully alert... and ready to make changes... to live life fully... and be a winner again... .		
	so when you are ready... start counting now....		

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Relaxation and Stress Reduction

Guided Relaxation script

This script is a creative visualization designed to teach an over anxious person stress relaxation techniques. It can also be used as a hypnotic induction and meditation. It takes you on a mental journey to a tropical island where you visualise relaxing images and then become part of nature and leave your stress behind.

The fish metaphor is aimed at calming intrusive thoughts, the sand metaphor is aimed at emptying the mind, and the bird metaphor suggests taking a new perspective. The final section sets up an anchor to call up the feeling of relaxation anywhere, anytime.

Target	Induction		Technique
Memory	I wonder if you can imagine lying on a soft cushion.... on a warm day.... with nothing to do.... maybe on vacation somewhere.... or in a favourite place....	V	Dissociation
Memory	or even in a warm bath in a hot steamy room....	V	
	and as you lie there.... relaxed, breathing gently in and out... nothing to think about... nothing to do.... just letting go...	I	Pacing
	you can close those eyes and imagine it if you want to imagine... arms and legs.... comfortable... floppy... your head supported... eyes closed....		Sensory
	eyes relaxing, face smoothing, muscles easing and softening.... a feeling, a heaviness in your arms and legs....		muscle relaxation
	as if they are sinking down into the cushion.... and then a feeling of floating.... held safely and securely... as if you were sinking down and down into a wonderful soft luxurious bed....		
	totally relaxed.... just letting go.... allowing your thoughts to drift away.... nothing to do... nothing to think about... just enjoying that relaxation...		
	and as you relax every breath relaxes you more.... as your mind drifts deeper... and you can enjoy that wonderful feeling of drifting down	>	
	Stopping racing thoughts		
	And maybe you can imagine an island... far away... summer... warm... soft light.... gently breeze....	V	
	and there is the smell of the sea... and maybe a smell of spices and strange ingredients....		Smells
	or a feeling of being rocked gently.... as if you are on a boat.... tied near the shore....		Memory of rocking
	and down below... multitudes of bright coloured fish darting this way and that.... a smooth sandy bottom...	V	FISH Metaphor
	the water is waist high.... warm and clear....		Safety!
	and watching those fish.... you notice that at first they are like thoughts... darting here and there.... at first.... shooting off suddenly in any direction....	M	
	but as you snuggle deeper and get more comfortable....		Deepener
	the fish start to pair up... to gradually begin to move in the same direction		

	at the same time... and soon they are forming schools.... shoals of similar fish....		
	as each shoal gets bigger.... the fish move closer together.... and the whole group slows down.... and the fish form a gentle swaying moving mass of colour and beauty....		
	gently gliding this way and that... flashes of dark and silver.... responding to some unseen current settling into a pattern that calms and steadies...		
	and anytime a fish becomes aware of another fish a natural instinct takes over....		
	all those fish swim together naturally... enjoying each other's company.... getting grace and direction from each other.... like partners dancing underwater ...	M	
	and as you watch they slow down and move and merge in formations of light and colour... peaceful and serene....		
	Emptying the mind		
	and that peaceful feeling stays with you	D	
	like swaying at ease in a hammock between two trees... or in a swing seat looking out to sea... totally at ease....	V	Memory of lounging
Memory	there's a cool drink by your hand... beads of condensation run down the side....	V	Tactile
	and the soft lapping of nearby waves.... the waves roll up the beach and then pull away.... and the rhythm of the waves matches your breathing.... and each wave rolls gently out again....	V	Repetitive sounds
	the sound is relaxing and calming....	>	Deepener
	and as each wave rolls down the beach it swirls the sand grains around... and lets them settle.... and swirls the sand grains around... and lays them down softly.... and swirls the sand grains again... silently, pattering smoothly down....	M	SAND Metaphor
	like a gentle slow motion rain....	M	
	smoothing out every bump.... every footstep... endlessly smoothing and rounding and polishing.... until the sand is smooth and flat....		
	like a mind totally at ease... with nothing to think about... a flat expanse of perfect white sand.... stretching unbroken around the island...		
	and maybe you can imagine that sand sloping all the way down to the blue depths of the ocean... perfectly smooth.... going on and on... stretching from the sunlit warm shallows to the cool deep blue depths.... like a mind at peace....	M	smooth = calm mind
	a current can carry the imagination across that smooth sandy surface.... just drifting on and out.... or gliding effortlessly through the clear warm shallows without a care.... without a thought.... just content to let the water carry you		
	free to move or float or drift or just remain surrounded by warm gentleness... sliding and gliding..... soundless wordless....		
	like colours fading and merging... or vague shapes and silent harmonies.... and a feeling of deep rest.... relaxation.... letting go....	M	
	Getting Perspective		
	letting go... allowing your mind to soar free....		

like a tropical bird in an empty blue sky... and down below.... trees... streams.... roads.... houses.... people.... and from up in the sky you can look through the bird's eyes.... give your mind a wide horizon.... a bird's eye view.....	M	BIRD metaphor
in your mind's eye.... ride the wind with the bird as it begins to circle... high in the sky... away from everything.... peace and silence.... nothing but clean air and the feel of the wind rippling....		height = perspective
and you can see far into the distance.... and you can see the ground far below.... as that bird soars onwards into the sky... leaving the dull earth behind..... it's as if you were leaving everything behind...	>	
and through that bird's sharp eyes you can see yourself.... lying there totally relaxed... and from that distance everything looks very small... almost insignificant...		Dissociation
the bird gives you a new perspective on things....	>	Reframe
and as the bird soars.... further and further away, but still somehow connected... it lets you think about yourself... and the people around you.... and your situation... what's going on.... from a different view point....	>	
And maybe you can see yourself... as a part of a bigger thing, and the actions of those others as part of a bigger thing.... but from the bird's point of view.... everything is really quite small... isn't it?		
And from a distance... patterns become clear.... patterns form and break and merge and you can see how things change....		
and can you can make them change.... and how everything depends on how you look at it.... one thing blends into another thing.... doesn't it.... and really... putting some distance between yourself and a situation might give you the chance for a different perspective...		Reframe
you can think about possibilities.... and give yourself all the space you need... room to move.... to stretch.... to grow.... to enjoy a feeling of lightness and ease.... as if you've left so much behind...		
and just enjoy the moment.... the comfort... the relaxation.....for as long as you want...		
Anchoring relaxation		
And, if you want to, if it is safe to, you can drift off to sleep.... a natural restful sleep.... a steady blissful relaxation.... and wake up at your normal time....		
or you can continue to enjoy this dreamy relaxed state for as long as you want... and come back to the present feeling wonderfully refreshed.... when you are ready... as if you had a long sleep....		
you can choose.... whatever is best for you....		
and you can choose to remember this state of relaxation.... anytime you want....		
in the future... in a busy day maybe.... you can find a moment or two....		
and you could choose an image from this session.... or a sound... or a particular feeling you enjoy... or you might call up something different to remind you...		Select the best anchor
and when you bring that to mind.... you will recall this wonderful relaxed feeling... every time... your body will relax... your mind will relax... for as long as you want... a moment or a hour.... you can choose to slip into	>	Link the feeling

	relaxation.... mind and body.... whenever you need to ...		
	all you need to do now is to choose... to drift away or gradually come back... you can choose to relax, anytime anywhere....		Options
	and that thought will stay with you whatever you do.... now.		Post Hypnotic suggestion

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Spirit of Time

This script is for people who feel a sense of loss in their lives, who feel disconnected and out of touch. It was developed for a client who had a bad upbringing and felt she had not really spent the time she should have with her grandparents - they died when she was very young.

It is a basically a Revelation metaphor, but has elements of other metaphors throughout. The end section is about getting refocused on your goals and overcoming obstacles to reach those goals.

Induction Section

Physical Relaxation

Take a deep breath now and as you breath out... just allow the whole of your body to relax.... settle down and let go... that's good... and on the next breath out allow your arms to relax... and on the next breath allow your legs to relax... and maybe you could imagine what it would be like to have your arms and legs feel so heavy... as if you could not move them... loose and limp and heavy.... a feeling of heaviness in your arms and legs... and your shoulders perhaps... allow that feeling to grow... and maybe could imagine that each breath out can make you more and more relaxed.. and just allow that breathing to allow you to relax.... more and more... and each breath out....can allow you to become more at ease... more comfortable... more relaxed.... that's right...

Visualisation induction

And I wonder if you can imagine a beach somewhere.... and you are walking along the beach... and the waves are coming in ... and as you walk along... the waves are washing away your footsteps ...

and you find yourself gradually getting more and more relaxed and you look up in the sky and there is a bird ... floating ... drifting... flying.... and that bird begins to circle round and round ... and you can follow it in your minds eye... as that bird begins to sink ... and spirals down and down... round and round and down and down... and as you watch that bird... the sun begins to set and everything begins to be dark and calm.... quiet and that bird is going slowly round and round down and down.... and you can watch that bird as if you were above...looking down as it circles... disappearing... down and down.... that's right...

Countdown Induction

[use a countdown if the client shows signs of needing deepening]

Allow your mind to clear... to be open to possibilities...

Therapy Section

Dissociation

I wonder if you can imagine a land far away from here... a place of mountains and valleys and trees and streams... a place of magic and mists and memories...

Setup the entry point

and you find yourself walking along a road... and there is a strange dream like quality to the experience... you feel warm and safe... calm... and all round you everything is peaceful... and yetthere is a feeling in the air.... a feeling as if something is about to happen... and all around everything suddenly goes quiet.... and up ahead there is a mist.... and that mist comes towards you... and you feel yourself enveloped in that mist... and everything is grey and formless and quiet... and suddenly ahead of you... you notice a crossing... like a bridge to the other side... and you somehow know that you should cross over here... that crossing is there for a reason.... that it's there, now... specially for you...

Indirect Suggestion - Leaving behind

and you start on to that crossing... and as you do.... it is as if a weight is lifted off your shoulders.... something that has been affecting you for a long time now just isn't there any more... as if you have been dragging something along with you and now it's gone... as if you have stepped cleanly out of an old set of clothes... and you have this feeling that you have always been wanting to cross that... to the other side... and you feel strangely free... for the first time in a long time....

the Meeting

and on the other side of the bridge you find yourself following a path.... leading you on... and up ahead.... two figures... it looks like a man and a woman.... are waiting for you... and as you get closer you can see that there are other people there as well... smiling... looking at you, happy to see you... and the feeling you get is... acceptance... welcome... completion... as if you have come home.... to this place.... after a long journey.... even though you have never been here you know this place ... everything feels just right... it is as if something has finally been settled...

Meet the ancestors

And you look at the man and the woman... old and wise faces ... and there is a stillness about them... a wisdom... an inner calm... and their faces seem familiar... maybe a family resemblance... you realize you might have seen these people before... old photographs... vague stirrings of memories... from when you were very young... and you look around and you somehow know who all these people are...

Purpose

And you hear a voice saying 'Welcome... we who went before you welcome you to this place... we have been waiting to meet you for a long time now... since before you were born, we have been watching your progress... and especially now... now that you are ready... to change....

Perspective

we here have watched you grow up maybe you were aware of our presence sometimes... maybe not... but we have seen everything that happened in your life... everything that has made you who you are... and you might think that you were alone ... nobody knew the troubles you had... nobody heard you cry... nobody saw your sadness... but we did.

Change

And we also saw your strength... that inner spark ... striving, yearning for better things... what we have learned... what you are here for... is about change... life is about Change... you may not have realized this yet... but your life is about to change... your unconscious mind knows it is time to change.... and that unconscious mind will protect you... keep you safe ... everything you learn today will stay with you always... and let you enjoy... changing, growing, maturing, evolving.... after today, how you think and feel and behave will be different ...

Self esteem

So come and share with us for a while... we are all proud of you... pleased with what you have achieved so far... of who you are... what you are doing... we are all proud of you... admire you... and what you are about to do... and there is one couple who particularly want to meet you... who want to tell you something they never got the chance to...

Getting the wisdom.

And you walk with these people, talking and sharing, laughing, learning.... enjoying the company of these wise and gentle men and women... and you hear stories about distant times and far off places... stories about your parents and their parents... of generations past... stories of struggle and defeat, strength and success, quiet contentment and family ties.... and you spend some time with that couple... learn something they want to tell you... something they never got the chance to... and you can open your mind now...open your heart.... let go of something you have been holding back for so long... hiding perhaps... and be ready to receive.... to know that you are loved and accepted for who you are.... and you might be aware of.... words... feeling...sounds... sensations... things that let you feel as if something in your mind is talking to you ... giving you the advice you need... the learning knowledge.... putting things into perspective.... showing you what really is... what really was.... what really will be.... affirming that you are loved and wanted... that you are worthy... you are special.... that you are equal to anyone ... equal to everyone.... that in their eyes you are better than all of them... special... wanted... awaited... that they wish they has been able to spend more time with you ... but they had to go.... and they never really got the chance... to tell you what they are telling you now...

Self resources

And you can take a few moments now to be open to those voices... to those feelings.... to accept those ideas.... to experience yourself as they see you.... to become aware of what they have been trying to tell you.... about yourself... about your life.... who you are... how you can be...now.....

And as you become aware of that your mind drifts away to a far off place... a place of possibilities... a place without... time... without form... a place where you can sense many different things.... and you can see yourself in many ways... and understand what was before unclear... and maybe know different lives... as if you are watching

them... like images projected on clouds....as if you were hearing the sound of rainbows... music in the thunder.... and knowing that all clouds fade eventually

and now your mind can be open to everything.... that used to be closed... that you have permission and there are so many ways... and you can imagine reaching your arms out... gathering them all to you... picking up that strength... storing away determination... courage... and above all... finding the love for you that is there... and absorbing it... deeply....

[1 minute break]

And you find more and more people in that place.... and from each you get something special.... a word of wisdom... a gift of knowledge... a reminder of how much you mean to them... and that awakens in you a realization... you are a part of something much greater... that one day you too will have something to pass on... that you are worthy of being in that place with those people.... and you too can see life in perspective.... as if from a distance

Attaining the goal

And as you are thinking about these things... time passes...and with every moment you are gathering more and more things to yourself... opening doors.... letting in light... looking into dark places.... and finding treasures waiting there...

until one of them draws you aside and tells you that your time with them is coming to an end... that soon you will have to go back....

'But before you return ... there is one more thing we want to give you ... we want to give you a vision... we want to give you the ability to achieve.. because there is something you need to achieve something important to you and the time has come to do that.... and part of you already knows what that is... and with our help you can find it and achieve it....

Goal Metaphor

and you find yourself in a high place.... and on one side you can see the road you came on.... far below... and you know you are finished with that way... and on the other side... is a broad slope.... with a path going down... that gets gradually wider and in the distance becomes a broad road... and the voice tells you 'look at where that path leads... it leads to your goal... to what you want, to what you are striving for....'

and you look,... and in the distance you can see something there... something that symbolizes what it is that you want to have happen... something that symbolizes success... and you can think about what it is that you want to achieve.... and you can allow your mind to recognise something that represents that, and put that in place at the end of that road. And maybe it's sharp and clear and maybe it's a shifting misty form.... it might be a door... or a cloud or something else... but that's your goal

Obstacle

And while you think about that symbol the voice says 'It is now time to start down that path, to get to your goal... ' and you find yourself setting off... and at first the path is easy and you are going quickly and then you find yourself up against an

obstacle.... and you realize that you have been here before... this obstacle has always stopped you in the past... and you have that familiar feeling... and then you hear a wise old voice whispering deep in your mind 'you can go round it... you don't have to stick to the same route...' and you find that as soon as you step off that familiar path... the obstacle vanishes... and you can go on....

Twists

and you continue onwards and the way gets easier but ahead the path starts to twist and turn and fold back on itself and it all looks so far and takes so long... and you get a feeling of weariness.... that you recognize... and you begin to ask yourself if it is all worth it... if it is worth going on... and in your mind the voice whispers 'Keep your eye on the goal... go straight for it'... and you surprise yourself by walking straight ahead... right across the paths.... and you realize that those twists were put there by other people... you don't have to follow them.... you can go straight on.... and you do...

Barrier

and finally, you are on the broad road... the easy path... and you are almost at the goal... and you can see it clearly now... you can feel it's what you want... you know it's what you want... there is a barrier right in front of it. And a sign that reads 'Danger, keep out'. And you look at the sign, and it's old and peeling... it looks like it was written by a child... and your goal is almost in reach... you could just reach out and touch it... and the voice whispers... 'dare to, do it, take it'... So you rip the sign off, and you push on the barrier... and at first it's too strong... and you push again and it moves a little... and then you become aware a hidden strength, of a hundred invisible hands pushing with you.... and that barrier moves and breaks and crashes down... and tumbles out of the way...

and you can run forward into that feeling... rush forward into it now... feel yourself surrounded by it... bathed in it... supported by it.... success.. and you know you can do it... you have done it... achieved it... you have what you want... and you can allow that feeling of success, of achievement, of arrival, of completion ... to grow in you now... to fill your mind... to fill your body... like a warmth spreading through you... as if the clouds have parted and flooded the scene with bright happy light... in your mind you can throw your arms out... throw your head back and laugh out loud... like a child running free in some grassy place... because it is yours... you have done it... achieved it...

And you find you self... like a floating in a warm bath... totally at ease... knowing you have succeeded totally... and it's yours now.....

And far away... on a hill looking down...there are hundreds of figures... watching... approving... applauding your successes.... and as they fade away you know that they are there for you always...

So now take a deep breath and release it... ahhh.... and take another deep breath and just allow your mind to clear... that's right...

Direct Suggestion Section

From now on... you will become aware...that you can deal with problems... that there are always solutions... that you determine the outcome... that you have the resources and the abilities to get what you want... what you deserve...from now on you know that you approach each problem calmly... decide what you want ... and keep going until you achieve it.

You are a stronger person now... you realize that you have a place in the world... you have a destiny... you can dare to choose.... you can decide what you want... and what you will not accept... and what you will do... change and challenge comes easy to you now. because you know you are worthy.... you know you are the equal of anyone... you know that you are a worthwhile person... that every part of you is valuable.... that you are strong.... determined... capable.... confident... you know that behind you... is a long line of people... pushing you onwards.... supporting you... following your every move with approval....
And knowing that can make you more confident... you know you have support... always and everywhere....

Core Transformation Section

So now take a deep breath and release it... aahh.... and take another deep breath and just allow your mind to clear... that's right...

Now allow yourself to get that feeling... that feeling of success.... that feeling of knowing that you are supported... that there are generations of people supporting you... and allow that feeling to grow and fill you... and think about that feeling... think about what colour it might be... allow your mind to focus on that colour... think about what shape it might be... and focus on that shape... and become aware of how you are experiencing that feeling... whereabouts in your body it is...

And allow that feeling now to grow to spread ... and really enjoy that... feel it spreading to every part of your body.... feel it spreading through out your mind... feel yourself awash in it.... feel it surging through you ... that strength and certainty and knowledge... really enjoy that ... allow it to multiply ... feel yourself surrounded by it... filled with it....

And there is a problem that you have been having for a while.... think about that problem now... and think how that problem is transformed by having that feeling... and the knowledge that you have that feeling... that you have that support that it is surrounding you ... How does that transform that problem? Allow that feeling to transform the way you think about that problem.. how you experience it....

And from now on.... in your quiet moments... you can get in touch with that feeling again... and feel all that support... and think about all you have learned... and ask yourself... when you have a problem, an issue... how does that feeling transform that thing that you are thinking about...and allow the transformation to take place... and it will transform... and you will find that you have freedom.... confidence and ability... because of that support.... and you know that you are worthy.... and you know that you represent a long long line ... and you have much to be proud of... and knowing that can make you strong... and give you the ability to make that change.... and the time is now... and you can accept that now.... and it just feels right...

Reorientation

So take a deep breath and release it... aahh.... and take another deep breath and allow your mind to clear... that's right...

You are doing very well.... you have made a profound change...

And in a moment I am going to count from five to one.... and when I get to one you will be back in the present feeling good and ready to continue with your normal activities.... and knowing that something deep inside has been completed... fixed... released...

So counting now.... FIVE.... FOUR.... beginning to get feeling back in your arms and legs.... and THREE beginning to stir...head moving... shoulders moving... and TWO coming back to the present eyes flickering.... and ONE eyes open... back to the present awake and alert....

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Cruise Control

Focus on what really counts

This metaphor can be told to clients who are over anxious or feel 'driven' all the time. It is about knowing what your goals are and how to get to them. It points out the lesson that we all tend to rush at things that we shouldn't and waste time worrying when we should be powering ahead.

Cruise Control

I used to have to drive to another city at the other end of the country several times a month. The journey took about eight hours. I could have gone by plane or train but I had a lot of gear to take with me. Also I enjoy driving. It's good to get out on the road from time to time. I tried various routes but it always took about the same time. I used to go as fast as I could, but got frustrated by slower vehicles and bends in the road. I always arrived tired and grumpy.

Then I bought a new car. This one had cruise control. With cruise control you just set the speed and the car takes over. It maintains that speed for you and all you have to do is point the car in the right direction. I loved it. It turned driving into steering. I would set the cruise control to just under the speed limit and take my feet off the accelerator and just enjoy the scenery going by.

Before I had cruise control my method of dealing with bends in the road was to brake going into the bend and then accelerate out of it, but overall going as fast as I could. Some bends have signs showing recommended speeds. I ignored them: it was only a recommendation after all, and I was driving a good car, still well under the speed limit.

But what you can do is not necessarily what you should do.

Because I discovered one important thing. You actually don't have to slow down at bends. On my long journey I would set the cruise control and just let the car run on by itself. At first it was terrifying, letting the car hurtle round bends at maximum speed. I used to sit there, with my foot poised above the brake pedal, ready to stamp on it if things got out of control, but time after time the car took me around the curves smoothly and safely. I came to realise that road engineers do a wonderful job. In this country, every bend is so designed that on a dry day you can go into every bend safely at maximum speed, unless it specifically has a sign telling you to use a lower speed. And I also learned to respect that recommended speed, no matter how low. By going into the bend at the recommended speed the car went round as if it was on rails. No stress, no panics. Just gliding through smoothly and safely, and then again setting the cruise control to maximum.

I found that not only was I getting to my destination quicker than before, I was arriving fresh and relaxed. By trusting that the car I was driving was built to handle the twists and turns in the road, I was using the roads the way they were designed to be used.

So what I discovered is: it is not about driving as fast as you can. Speed is about effective speed, not maximum speed. The secret to going fast, is actually about not wasting time on worrying. When things look difficult, remember that the road has been designed for you to go to the limit, and that the rules are there to protect you. By accepting that invisible partnership, you can go further and faster than you ever thought possible.

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Worry Garden Stress Relief

This is an extended metaphor script for stress relief, similar to the Worry Tree. It encourages you to plant your worries in the garden and leave them there to grow into something else. The metaphor works to relieve stress by getting you to transform your worries into metaphoric objects, and giving you a visualization of changing them. Once your mind accepts that they can be changed, even a little, your own healing ability starts and the process will continue until the underlying reason for the stress is eliminated. The metaphor then continues by encouraging the transformation into something new and fresh.



	Induction Section		
	[use your normal induction]		
Memory	and as you are lying in that chair... relaxed... relaxing even more... your mind begins to wander ... to think of a summer day... a place outdoors... a place with trees and fields and water gently flowing... warm air...	V	dissociation induction
	a tranquil place where you have nothing to do... nothing to think about...		
	and yet... there always seems to be something that stops you relaxing... isn't there? Worries and concerns... and sometimes it seems like they never go away...		Empathize
	and you know, there are times when you would just like to forget about then... and when you think about it... why not do that?...		seeding
	I wonder if you can imagine what your worries would look like? I mean if you were to take each worry, and think about it, not the thing you are worrying about... but the worry itself... imagine all your worries being converted into objects... like things... imagine what size and shape and colour each worry would be...		Metaphor Transformation
	and then imagine how it would be to line up all your worries... put them down on the ground... and just look at them... look at them as they lie there... and notice how each one is different...		Externalize the problems
	and think about how you feel about them... about how long you have had them...		
	and imagine that you find a bit of land in that place outdoors ... good rich soil... soft and easy...		Resource
	and then dig a hole for each one... see the size and shape of the hole... and see the first worry going in the hole... and see it being covered up... buried... and then smooth the earth over it... as if it had never existed...		begin the transformation
	and take the next worry ... and bury that one... and the next... and the next... until every worry is buried... and then rake all the earth back and forth... until there is no trace of them... just rich soil... ready for new growth...		
Memory	Now ask yourself...what is the opposite of worry? and allow those things under that soil to begin to change...		transformation
	and imagine going back to that place now and again... tending the soil...		continue small

	and after a while... you notice little green shoots appear... and those shoots grow... and soon the whole area is covered with little green shoots...		changes
	and then leaves appear... and all sorts of different plants come up where those worries used to be...		more change
	and those plants begin to bud... and then each plant gives flowers... one flower on some... lots of flowers on others... and you realize that each worry has a good part... and you can enjoy the good part while letting the other part go...	D	Reward
	and then the time comes...when you are walking past one day... and you decide to harvest those flowers... and enjoy all the colors and forms and scents... and you can weave them into a quilt of happiness...		Reframe
	and then when you have gathered them all up... rake over the soil... and smooth it out... and plant new seeds... and let those old worries recycle... plant seeds of hope and strength and forgetting... and imagine what kind of flowers will be coming up from them...		New Resources
	and Nature is constantly reminding us of how things change ... of how as one thing decays it nourishes another... that good can come out of anything... and things that seemed permanent can just fade away... to be replaced by something fresh and bright and new...		Truism

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The Crystal Waterfall

A hypnosis script to show you how to let go of the past and choose your future. The script uses a water theme throughout. It uses water as an induction, water as a deepener, and uses a magic waterfall as a metaphor for washing away your troubles. The second part develops the theme and the water metaphor flows into a special place where bad memories take on a form that can be molded and changed, a place where you choose to change things and those things change you.



	<i>Hypnosis Waterfall Induction</i>		
	Take a deep breath.		
	Take another deep breath and let your eyes close.		Eye closure
	Allow your arms and legs to relax... feel the heaviness in your body and let that feeling relax away all the tension. Feel your muscles relaxing... letting go... allow all the tension to release... loose and limp now... And mentally go round your body ... think about relaxing your feet... relaxing your legs... relaxing your hips now... and your stomach... your chest relaxes... feel your shoulders relaxing... and your neck.... your face and jaw and lips relaxing.....		Progressive relaxation
	And now test that relaxation... imagine your eyes are utterly relaxed.... so relaxed they just don't work... so relaxed it's as if your eyes are too tired to open... and when you know they are so relaxed they just can't open... you can try to open them... and you will find that you just can't open them... that's right....		Depth Test
	<i>Water Relaxation Induction</i>		
	And now let your mind drift to a place where you can relax.... imagine a pool of water... trees all around... a place of tranquility, calm... a secret place just for you...	V	
	a place that is warm and comfortable... a place where you can forget everything...	V	
	And then think about relaxing in that pool like lying in a warm bath.... and everything arranged just the way you like it... everything you need around you...		Reassurance
	and lying in that soft warm water... feel your body floating... weightless... supported in the water...	K	
Memory	and you are reminded of feelings... safe, and calm and protected... warm and comfortable... nothing to think about... nothing to do... just relaxing in the warmth...		
	And in that place... Imagine the feel of soft hands caressing your forehead... smoothing out all the cares and worries of the day...	K	
	And in that place there is a stream of water... running down some rocks... and that stream becomes a waterfall... a shower of clean clear water splashing down into a pool...		Metaphor
	And you can go into that pool... and under the waterfall... and feel the clean mountain water on your head and face... feel it running over your body... and feel that water taking away all the strains... the tiredness of the day... washing away the tension... making your skin tingle...		

	and in your mind you can sense the water turning into light... light of different colors... and in that magic place that light enters your skin... a healing light... soothing and releasing...	V	
	and as that light penetrates... your body releases all the old hurts and bad feelings... all the things you have been holding in for so long... can be let go now... let the healing light work... working to release what needs to be released... feel that energy moving inside your body... making things right... making you strong... whole... clean again...		
	Feel yourself connecting to the power of the place... the natural energy... the bounty of freedom... feel the whole of your body loosening... going free... letting the water and the light wash out all the things that have been held there for so long...		
	And in that pool... as you change... as everything changes around you... imagine that water swirling round... draining away... washing all the cares out of your body... watch as that water carries away your worries... as the water swirls around... imagine you are being drawn into the center... feel yourself floating... changing... feel your spirit detaching... being carried gently round and round with the water...		Metaphor
	<i>Waterfall of Change</i>		
	and you find your spirit drifting... safe and warm and comfortable... in a place without walls... without time or space... a place that just is what it is... a soft dark place... where you can let go... a place where your being, the essence of what makes you, you... can manifest... can come out... a place where you can get in touch with your higher spirit... a place of healing power... of energy and light and space...		
	And in this place you can become aware of yourself... of what you are capable of ...		Seeding change
	And in that place you can think about the purpose of your life. You can think about what you are now... what you have made of your life... what you have created...	I	presupposition
	In that place you can become aware of what you are and who you are... in that place of spirit and energy and light... you can think about a fresh start... beginning again... in a way, being born again...	I	
Capability	and knowing these things... you can become everything that should have been... everything that you are capable of...	>	
	you realize that the time is now... now is the time to redesign your life and everything in it...	D	
Capability	You have the power to change... You can learn and grow. You can transform your natural energy into anything you want to... Your life can be what you want it to be.	D	
	And in this place you can become aware of your thoughts... you can notice the power of your thoughts... the effect of your thoughts... you can take all the time you need now to examine your thoughts... and think about the influences on life... the events of the past and the things of the present...		
Capability	But in that place thoughts have power... thoughts and feelings have the power to change what was and what will be...	=	
	<i>Visiting the sculpture park</i>		

Memory	And now allow your mind to drift back... back in time... back into your own memories... and you can examine all the things that have influenced your life... all the things that happened to you...		
	and as soon as you think of it... the moment you think of any event, any memory... the power of thought makes that memory materialize in that place...	>	
	each memory becomes a thing... a shape... an object... is manifested as if it was a piece of sculpture...		Metaphor
	and you can create your own sculpture park... fill it with your memories made solid... and walk around among these memories... see them from all sides... touch and feel and smell these memories...		Developing
Capability	and in that park of sculptures you can become an art critic... decide what you like and what you don't like... what has to be removed and melted down or recycled...		
Capability	and you can become a sculptor... and anything you want to change... you can change it... any way you want... until everything there is pleasing to you...		
Capability	And when you are satisfied.... you can begin to rearrange those things... to decide what goes where... what you will keep and what you will put away forever...		
Capability	And when you are satisfied... you can merge all those things and make them into a new you...		
Identity	to become something that lets you be who you want to be... a source of power and energy... a power that carries you onward... a power to open up all choices... to realize that for you, nothing is fixed... for you the future is limitless.... you can do anything... be anything...you have changed that place and that place has changed you...	D	
	Reorientation		
	And coming back from that experience... you are free to choose to come back to the present or to take some time and decide what you want your future to be....		
	So think about what you want... and when you are ready ... come back to full awareness in your own time... in your own way... all choices are yours now...	D	

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Fears and Phobias

Exam Anxiety Script

This script is designed to help someone pass an exam, end exam nerves, overcome exam anxiety and worrying about tests.

This hypnotherapy script uses direct and indirect suggestion, metaphor and visualisation. Each piece of hypnotic language is aimed at creating change: changing how the client perceives their environment; how the client deals with an emotional reaction to a trigger; changing their actions in response to a trigger; or changing their beliefs about their own capabilities. The script assumes a pick-some-questions essay type test, but can be easily adapted for multiple choice question tests.

The main part of the script goes through the series of events that lead up to an exam. At each step the student gets a suggestion that the triggers or anchors will cause a different feeling or action, and therefore replaces any previous beliefs or learned fears that might be operating.

Analysing the Script

The script is shown laid out in sections in order to explain how it works, but it would actually be spoken continuously, with pauses where indicated and with changes in emphasis, volume and tone of voice at various parts.

What the symbols mean:

>	shows Cause and Effect linking statements of the type 'doing A leads to B'
=	shows Reframing of the type 'A is really the same as B'.
D	shows where a direct suggestion is being made.
I	shows where an indirect suggestion is being made.
M	an intentional metaphor being introduced
V	indicates where the client is invited to visualise something

The script would be delivered slowly, with pauses at the ellipses (...) or where explicitly indicated.

Embedded commands are **bold**: use analogical marking with these phrases.

Coloured text does not imply emphasis: it indicates to the reader what work the words are doing, or helps to structure the script.

INDUCTION SECTION

Target	YOU ARE READY NOW	Comment
	You are lying there comfortably,.... breathing gently,.... listening to my voice.... and as you drift even deeper you can allow yourself enough time to think of many ways to succeed .	Pacing Permissive bind "many ways" ambiguity
Assumption	You are concerned about something that you have to do soon. It is natural to be concerned. You are going to have to perform well , to work under pressure, on something that will affect your future.	Validate the client's concerns
	And being concerned shows that you are giving it the right amount of attention.	= Reframe

	You are getting ready for an exam. Everybody worries about exams. So you are worried about an exam.		Truism
Rule	But everybody who is ready passes their exams, don't they?		Tag question
	And you might be wondering just how you will know how you will succeed .	I	Presupposition :Inevitability
Capability	You have studied, practiced, revised. You know the subject. You are ready , now. You can always learn more, but you are ready now.	D	

RECONNECTION SECTION

	YOU CAN RECALL SUCCESS		
Behaviour	You know, [ClientName], life is full of examinations, full of tests. You have passed many tests in your life. You might not think so, but your life has been a series of exams and tests... and you have passed them all. You are good at passing exams.... you have been doing it all your life.	=	Reframe Paradox
Capability	There was a time when you couldn't tie your shoelaces, that was a test... and you passed , didn't you? There was time when you couldn't read, and you passed there was a time when making friends was the biggest test, and you passed ..	>	Resource Association
Capability	Oh, I know there have been some setbacks, but really, when you think about all the tests you have passed you have passed test after test, you know how to pass tests	D	
Behaviour	You are good at taking tests.	D	
Capability	So you can look forward to this exam. The exam is about showing people how good you are. How confident you can be.	>	Reframing
Memory	When you think about this exam you realise that it is the opportunity you have been waiting for to show everyone what you know. To show yourself how good you are. You are ready to show the world that you know what you know you know .		Reframing Repetition
Capability	You are prepared for this. You are ready for success. You are ready now...	D	

DEEPENER SECTION

	YOU CAN RELAX DEEPER		
	You are standing at the top of stairs.... ten steps going down... and at the bottom of those stairs you can see a door... a welcoming door ... door that you know holds something wonderful for you...		
	when you are ready begin to go down the first step... count the step to yourself in your mind... One... and then the next step... Two... and with every step down you say to yourself... deeper and deeper... going deeper into a warm safe gentle place... continue down the steps counting to yourself as you descend.... allowing yourself to go deeper		P:time Bind

	and deeper... into a comfortable dreamy trance.... and when you have reached the tenth step and are in front of that door, you can signal by lifting a finger, or maybe a thumb... and we can go on.		
	[Await ideomotor signal]		Depth Test
	That's good, you are doing really well.		Pacing

REFRAME THE CYCLE SECTION

	YOU CAN ENJOY EVERY STEP		
Rule Stimulus Successful people know that success starts before the exam... on the night before the exam... you go to bed in good time and sink into a good night's rest, confident of a deep refreshing sleep, confident of success the next day. On the morning of the exam you open your eyes refreshed, alert, excited, ready. Ready for a great day.	> D	Reframing
Stimulus	... at breakfast you take a moment to go through the topics of the day's exam in your mind. In your mind somehow you know you know the books and lessons and notes are confidently laid out for you. You know they are all there.... there in your mind... ready when they are needed, secure in your mind, easily and instantly.	D	
Reaction	You leave for the exam early.... time... to take a stroll to enjoy the air and enjoy the anticipation... that feeling, the signals you get from your body that is your body's way of letting you know you are ready for it ... there's no rush... you arrive at the exam room twenty minutes early... time... to settle down to easily review the main headings... and something you experience on the way in reminds you of how good you feel...	> D	Reframing
Stimulus	and inside the building ... passing through the doorway... seeing the room... the desks... reminds you of all the hopes and wishes that have been said that morning to you and so many others... and you can feel some of that spirit lift you as you can open your mind to accept complete confidence now.		
Stimulus	You ignore the words and actions of other students: they are irrelevant... they are unimportant to you... you don't even notice them.... you are focused.	D	Negative Hallucination
Activity	As you settle comfortably into your seat, you take three deep breaths... you feel great ... Relaxed and confident... and the more you become aware of the growing relaxation in your mind the less notice you pay to sounds and distractions around you...	> D	Opposites
Reaction	and with each breathe your concentration increases as every noise and thought from outside dwindles away... You feel all the resources of your mind awakening; your body feels a surge of confidence. Your hands feel alive, your brain is sharp, your eyes sparkle. You take a moment to picture yourself working steadily and confidently through the questions. All your preparation falls into place... it all seems so simple....	D	
Stimulus	You analyse the questions in the exam paper,	D	
Response	break them into parts... little easy parts... and the topics for each question just jump out at you... key words trigger memories..... You	> D	

	review what you know about each topic and the details just appear in your mind, crisp and clear and effortless.		
Behaviour	Your reading... your practice.. your preparation fills your mind. Your actions are almost automatic. You quickly produce an answer plan and still have the time to enjoy another brief relaxation break. Feeling great. Ready to roll... ready to write...	> D	
Stimulus	As you start the first question your confidence and recall increases and the right words flow from your hand, effortless, flowing, sentence after sentence, idea after idea, crisp and bright, each stronger than the first.	D	
Response	As each question flows out you check your time, review your answer plan, relax your hands, relax your mind, move on to the next question. And you enjoy that growing sense of ease, every line of your answers increasing your confidence, bringing ever more resources out as you need them. It's just amazing how the right thing appears in your mind at the right moment... examples... explanations... theories... models... cases... whatever the question calls for arrives...	> D	
Response	As the exam progresses your focus increases, the outside world fades away , the only thing in mind is the questions.... and the answers flowing effortlessly from brain to paper.	D	Negative Hallucination
Rule	And isn't it good to know, that your answers don't have to be perfect? You don't have to be perfect. You only have to be good enough. Your answers only have to be good enough. Long ago, the Persian rug makers used to put a little error, a small mistake into their rugs, one knot wrong ... so as not to offend god, by trying to be perfect... knowing they had made one mistake somewhere meant they could stop worrying about knot being perfect, can't you.		Metaphor
Behaviour	And when the last answer has flowed out, you still have time to review everything , that every question is answered, everything completed.		
Evaluation	See yourself standing up, stretching... handing in a complete answer ... walking out of the examination room; confident, powerful, elated; you have done well; looking forward to the results . Your rewards are waiting for you, aren't they, now.		Visualisation

SELF ESTEEM SECTION

	YOU ARE A VALUABLE PERSON		
	And now allow your mind to clear.... ..now to let your mind drift to a time after the exam is past ... you are in front of a door that leads to a special room. In that room are all the people who love you, and all the people who you love and respect. There are people from the present and people from the past.... they are all in there, like a party... expecting you. They are waiting to congratulate you....now, you can go through the door into that room.		Past = passed Future rehearsal.
	<i>Pause</i>		
Identity	They are all there... They look up.... they applaud as you enter.... they crowd round you. You can see the delight on their faces... their smiles... they know about your outstanding result ...Hear the voices of friends	I	[Activate all the modalities] P: <i>out standing</i>

	and family talking to you..."Great result"... "Wonderful"... "I've always thought you were the smart one in the family, [clientname]"... "You're better than any of them ".... Feel their hands in your hand... a hand on your back, arms around you, the friendly touch that means 'well done!'. Enjoy their warm hugs. People want to be near you.... as you walk from group to group...		<i>result</i>
Identity	you notice respect in the eyes of teachers... students ... others... and that new respect makes you reflect on yourself, how do you look in their eyes?		Dissociation
Identity	And as you move around you overhear people talking to each other.... "I'm so pleased about [clientname]".... "I couldn't ask for a better [son/daughter]. I've always been proud of [him/her] but this makes me even more proud".... "Yes, you're right. This is only the beginning, [clientname] will go far ".... "You know, I've always admired [clientname]".	I	Extended quotation
Identity	Everywhere you look people show in many ways that they love you and respect you and admire what you have done so far .		Sensory. Bind: Time "so far"

PEER ESTEEM SECTION

	YOU ARE RESPECTED BY OTHERS		
Capability	And someone leads you to a phone. Feel the excitement in your fingers as you telephone and text friends, students, family... taste the tingle of success on your lips as you tell them the results; hear the warmth in their voices..."I knew you could do it "..."It's been too long, let's catch up soon"..."Maybe we could do something together?"..."I'm so jealous of your luck".		Indirect Suggestion
Identity	And as you look around the room everyone is smiling and waving, lifting their glasses to salute you.... you are a success you turn in the doorway and wave back. ...		
Memory	... and take a few moments to enjoy that wonderful feeling from all those people....[pause] and whenever you think about the exam you will enjoy these feelings again ...		Anchoring
Identity	... people want you to succeed ... and you are determined to make them proud of you.... you are someone who lives up to expectations, aren't you? .	D	
	<i>Pause</i>		

FUTURE REHEARSAL SECTION

	YOU CAN REMEMBER YOUR SUCCESS		
Memory	Enjoy what success means to you, let your mind roam over the successes you can have in the future... and let your mind recall all those things that you did that led to success in that exam.... how you prepared yourself... how you relaxed and enjoyed the challenge...how you	I	Connecting with resources

	focused on the task... how you shut out all distractions... how the answers just flowed onto the paper for you...		
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DIRECT SUGGESTION SECTION

	YOU WILL PASS THIS EXAM		
Stimulus	...now allow your mind to move forward in time. To the time when the exam is past... think about how you learn the results....		
	picture the result right there in front of you ... it's a great result... you pass easily. Success. Imagine yourself at that time... Experience that sense of achievement... Move into your own body, feel how it reacts to success... allow pride in achievement to grow inside you, opening like a sunflower, lighting up everything you do... Enjoy the burst of pleasure that comes with learning your exam results: a pass; an easy pass; more than you ever got before. Let yourself experience now that glow of pleasure... delight ... pride... confidence... as you learn you pass the exam. and learned to pass the exam... and passed the exam by learning how to pass the exam...		Visualisation
Capability	You know how to study. You know how to learn. You know how to succeed. You know how to pass that exam. You WILL pass that exam. You CAN pass that exam. You WILL pass that exam. You ARE READY to pass that exam NOW. You WILL pass that exam. You are looking forward to that exam	D	
	and now... I want you to focus on your breathing.... become aware of that breathing... and with each breath out.... you can hear in your mind somehow... these words... over and over... going through your mind, as if someone is whispering them to you.... and you will hear these words being repeated in your mind... all day ... all night.... repeat them over and over now....	D	Post hypnotic suggestions
Identity	I know how to study. I know how to learn. I know how to succeed. I know how to pass that exam. I CAN pass that exam. I WILL pass that exam. I WILL pass every exam.	D	

REORIENTATION SECTION

	YOU CAN BRING BACK FEELINGS OF CONFIDENCE		
	... and now.... confident in your abilities, sure of yourself... allow		

	yourself to come back to the present bringing with you all those good feelings... ONE TWO THREE [snap] EYES OPEN....		
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Fear of Flying Script

Fear of Flying responds well to hypnosis. Some people are terrified of flying even though they have never flown. Other people start out as OK travellers but who become more and more afraid of flying as they continue to have to fly. This script is for that type of fear of flying.

The client was a woman in her thirties who had been flying on commercial flights for many years. She was required to travel for work purposes, and typically flew several times a month. Her first experience of flight was wonderful, flying to Victoria Island as part of university studies. Her particular worry trigger was looking at the sky and imagining bad weather on the day of flying and the noise of takeoff and landing. There is a lot imagery about animals and fields because the client grew up on a farm. She loved the New Zealand landscape and was passionate about her job, a vitally important part of preventing pests from affecting NZ agriculture.

The script is annotated with multiple sections so that you can see the work that each section is doing. Each addresses one thing that the client said had been a problem at one time or another. This is therefore a very full script and there is a degree of redundancy in it. For some clients one or more sections could be omitted.

INDUCTION SECTION

	You can allow yourself to Relax		
	OK. What I would like you to do is... sit as you are now... and just close your eyes.... Now take a deep breath... take a really deep breath and hold it... and then let it go.... that's great.		Relaxation Induction
	Take another deep breath and hold it... and this time before you let it go.... really let go of all the tension in your shoulders and in your face and your eyes... just breath it out... that's right....		
	Now take another deep breath... in your own time and this time really let yourself relax.... let your self go...		Pacing breathing
	That's excellent, you're doing very well... and now just allow your breathing to go back to normal...		
	And you can become aware of the chair under you... as you are sitting there... breathing gently... supported by the chair... and you are probably wondering whether you are going into trance quickly or slowly or what it will feel like....and that's good... because that's the right thing to do... and you don't have to think about anything... you can just think to yourself in that chair there... and you begin to wonder what it would be like to just sink into that chair... to be really so relaxed and so comfortable...		Dissociation
	And you feel yourself going down and down into that chair...	D	Sensory Distortion
	and with each breath out... you can say to yourself... quietly... <i>'deeper and deeper... deeper and deeper... more and more relaxed'</i>		Self talk induction
	and every gentle breath out just leaves you more and more relaxed... that's right... you can move if you want to... to just make yourself comfortable...		pacing movement

	Just allow that feeling of relaxation to go all the way through your body... that's right... that little tremble in your eye is just telling you that you are going into trance now exactly as it should be...	Trance achieved in 3m 15s.
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DEEPENER SECTION

	You can relax more deeply still		
	And I wonder if you can imagine a big old house somewhere?.....		Dissociation
	maybe it's out in the country... or in town... and a house with a big garden and trees.... and there could be a swing on the tree... and a veranda... and it's got windows and door and its an old house ... a house where there have been lots of things happening... where there have been weddings and funerals and happy people sitting around a table having a meal... and people going off on journeys... and people studying.... the kind of house that generations of people have grown up in...		Connect to childhood memories
	And inside that house you can find yourself at the top of some stairs... and you could look down those stairs... and there is a handrail... and those stairs could be carpeted or wooden.... anything you want... and looking down... at the bottom of those stairs there is a door... and you can go down those stairs... you can down them gently and each step... will take you deeper and deeper more comfortable.... more relaxed.... and so going down those stairs now... Ten deeper and deeper.... and Nine... deeper and deeper ... and Seven... and Six and Four and Three and Two deeply relaxed... and One.... and right at the bottom is a Zero. And in your mind you can go through that zero... into a warm velvety darkness... feeling safe and secure.... and through that you are standing in front of that door.... and you feel very comfortable...		Staircase Deepener
	What colour is that door?		Depth Check
	White		
	It's a white door....that's right		
	And behind that door... there's a new day... and adventure for you.... and you can go through that door in your mind... knowing that there is something absolutely wonderful for you... you want to go through and have a perfect day through that door...	D	
	And can you go through that door?		Safety check
	Yes		

CONNECT TO SUCCESSES SECTION

	You are a success		
	So I'd like you to open that door now... and as you open it you find bright sunshine... and there's a big meadow... and there are flowers in the meadow... and there's a horse further over... and there's a couple of horses there... It's a great big paddock,... and it's got fences round it... and water troughs... and a track going through it... and over to one side there's a ... kinda hill thing... and you go over there and you lie down in the grass... and maybe you can feel the wind blowing across you... smell the fresh cut grass.... and the little flowers... and you can feel the earth against your back...and the sun on your face.... and you get a wonderful feeling of peace and relaxation... and maybe you can hear the horses whinnying further over... and other animals... it's just a perfect place... on a perfect day...		Safe Place

Memory	And it makes you feel to so good to be there.. and it reminds you maybe of days from your childhood... perfect days.... long ago.... and it's really nice to know you have that place in your mind always... where you can be anything you want to be... and you can dream anything you want to dream....		remind of happy past
	and you know you have the whole future ahead of you ... a future of success and prosperity and happiness. And there will be houses... maybe children.... and a lot of laughter... really good times....		Establish happy future
	and you can imagine yourself... sitting round a table with happy people... having a celebration...		Seed 'success'
Capability	and you can imagine yourself going to work in a really flash car... going into a huge office building... the doorman greeting you... respectfully.... "Morning, ma'am" ... getting in a lift and going to your office... huge office in the corner... with a view over the water... a stack of reports there from the Ministers.... asking your advice on this and that... and Personnel people coming in and asking you what to do... and you tell them... "Do this... and Do that" ... then you dismiss them all and sit behind your desk... and think about how good it is to be in charge of this whole corporation. And how much you own... and how many friends you have.. and how life can be so good....		Connect happy future to job future

FUTURE REHEARSAL SECTION

	You already have the resources		
	Take time and just enjoy that feeling now		
Capability	And when you think of the key things you do to make that happen... and how easy it was to get there... and how everything just seemed to fall into place.		Looking back from the future
Behaviour	That reminds you of how you solve problems... You once had a problem long ago... about travelling... there was a time when you had a problem with travelling...		Dissociation
Memory	but that is all in the past now [clientname]...	D	
Behaviour	In your future you travel all round the world... and you travel to Paris and Los Angeles and Rio de Janeiro and other exotic places...		Link to exotic destinations
Behaviour	and you love travelling, you love going to new places, doing new things, seeing new people...	D	
Capability	And you love getting on a plane... and taking off and doing these things.... because you learned how to do this	D >	Future Rehearsal

BEHAVIOUR CYCLE SECTION

	You can enjoy every stage of flying		
	Cycle REFRAME: Remember what flying means		
Memory	And you can think back to the time ... when you worked in [Company Name] and you were doing a lot of flying... just like now...		
Memory	And you had the perfect flying day.... and you remember how it was ... and an issue came up ... someplace.... could have been North Island or South Island.... you had to go there ... and you were the only person who knew how		

	to fix it.... and that issue came up and your secretary came in and said..."You've got to go to....." the place... And you said "Oh, great!... there are really good people there". And you began to look forward to seeing the people.... and having your meetings and your field trips... and a chance to get out of the office....		
	<i>Stage 1: Notified to fly</i>		
Stimulus	And every time an issue comes up the first thing that comes into your mind is that this is another wonderful opportunity for you to get out of the office and go and do what you really get paid to do ... make a difference for NZ's biosecurity... make a difference for the agricultural sector...	I	Reframing
Capability	Using your intelligence and your ability and your training... to go out there and meet people.... change things....		
Behaviour	That's the feeling you get whenever an issue comes up... a chance to get out of the office.... and to indulge your love of travelling	D	Sensory anchor
Stimulus	And so when the secretary says "Yes, I've made a booking for you" inside you, something changes... there's a little feeling you get of "Yes!!!" "This is it". "Another one, I love travelling". "This is so good!"	D	Sensory anchor
Stimulus	And I wonder what part of that feeling you enjoy most?	I	Supposition TDS
Memory	It just makes you feel so good... reminding you of all the things you love about that part of your job....	D	
Behaviour	And you carry that feeling around with you... for the whole of that day and the next day... and however long it takes.... until you are ready to go on that flight.	D	
	<i>Stage 2: See the ticket</i>		
Behaviour	And you get your ticket and you look at it and you go "Yes!!!". Just seeing the ticket makes you feel so good... the anticipation gives you a tingle... and you can feel a little tingle in you now.... just thinking about it...	D	Sensory
	And you are looking forward to the flight... because you know that that flight means that you are getting out there to make a difference.	>	
	And the flight is just.... something in the way...		
	<i>Stage 3: Morning of the flight day</i>		
Behaviour	And so... on the morning of the flight you waken up and the first thing that happens is ... even before you open your eyes... is you look forward to meeting those people... getting out there in the paddocks...and walking around and seeing the animals and the plants....		
Memory	And you think of the time... of that first flight you ever took how excited you were.... and something of that same feeling comes in on every flight now...	D	
Behaviour	Every morning... just before you wake up... you wake up with a smile on your face... from ear to ear... thinking "Yeah! I get a plane today... I am going out of the office... I love travelling.	D	
Behaviour	And so you open your eyes ... and you get up.... and you do whatever you normally do... and you are walking around thinking "How soon can I get to the airport?... this is really good... " and you get that familiar tingle.... right down in your stomach... and it's anticipation... that's what it is... it's this feeling of excitement... you love going to the airport... you love the whole business... of packing... and putting your stuff together and running around	D	Sensory Distortion / Reframe

	trying to locate your keys and whatever... seeing if you have got the right files and all this sort of stuff... that's excitement... that's what you love doing.		
Capability	That's what carries you through the whole morning, you feel really great about that	D	
	<i>Stage 4: Leaving for the airport</i>		
Behaviour	And as you go out.... you just glance at the sky and you think... "Hell, it doesn't matter what it's like... I'm not flying the plane..."	D	
Memory	And you can forget everything about weather		Amnesia
	because you know that no plane would ever take off... unless the pilot knew it was actually safe...	>	
Rule	and so you put your faith in the pilot... that pilot is getting paid twice what you are getting paid... there's no way he is going to give up a good job by flying into a mountain.... And he's not allowed to take off unless the weather is absolutely spot on...	D	
	And we live in Wellington... there's a lot of wind....		Truism
RULE	...you know, pilots actually like the wind... because it gives them something to fly against... the wind gives them power and strength ... and the planes we have are the best in the world...		
Behaviour	Every time you see a plane you know that it has been tested and tested and tested....		Reframe
Rule	and just looking at a plane makes you feel good.... because you know there are so many things about that plane... that you don't know... how it works, but you don't have to... what you do know is that that plane will take any kind of weather that this country has...	D >	
Behaviour	And so... you just forget about the weather.... you can forget to check... you don't even bother looking...		Amnesia
Behaviour	All you do is... you get out your house.... you look at the sky and you think "Yes, there is a sky... so I'm flying today... and that little tingle comes back...that anticipation... you can feel it going right down to your toes... That tingly little thing that you get... you feel like almost bouncing on your toes... "Yeah! Getting ready to go!"		Reframe
	<i>Stage 5: Arriving at the airport</i>		
Identity	Then you get to the airport... and you like airports... you get there and there's shopping.... and there's things to do...	D	
Behaviour	And when you get to the airport... one thing you always do.. is you look at the other passengers, if you are not with someone... and you try to spot the passenger who looks nervous ... because that's your main function in the airport... is to look around and find someone that you can go and talk to and just reassure them...	D	
Behaviour	And maybe you can take a moment now and just imagine yourself going up to another person... imagine what you would say... what would really work for them... hear the words you would repeat to them...		Visualisation
	<i>Stage 6: Sitting in the aircraft</i>		
Capability	And your main function is to make sure the person you sit beside feels really comfortable... and so you watch them... and you look for the little signs that they might be uncomfortable... and you make conversation... and you know, you don't have to be a genius to make conversation... you just look at them and say "that's nice watch you have on" or 'where did you get that brooch' or		

	"Did you have trouble getting to the airport?"		
Behaviour	And you just engage them in conversation and you make sure they can stay calm and collected... and that's your function... you are going to look after these people... They don't know that...and you don't have to tell them... but it gives you something that makes you feel really comfortable... because all the flying you've done...and all your experience gives you the ability....to assure them... that "I've been in things like this" And when they look nervous at the noise...of this thing or that thing... you say "Don't worry about it ... these are really strong planes.."		
Stimulus	And so sitting there... before that plane takes off.... you just exude confidence... and other people pick up that confidence...and you can imagine them now...		Visualisation
Memory	You are sitting there... in an aircraft seat... and you are just radiating confidence... and all these other people are looking at you and you see them thinking "My, she looks happy". And they smile and you smile.... and you smile back at them and the more you do the better you feel.... and just getting into that seat makes you feel good.... because you know that you are talking to these people and you are making them feel comfortable and everyone is looking at you are the experienced traveller... and they are all really pleased to have you on that plane...	D >	
Behaviour	And everything about that aircraft is familiar.... the small aeroplanes and big ones and the middling ones.... They all make you feel safe and secure... they also make you feel something else... [clientname]	D	
	<i>Stage 7: Preparing for takeoff</i>		
Identity	When that aircraft shuts the doors... and the captain says 'we are about to take off' you get another feeling... you get a feeling... it's almost a feeling of power...		Anchoring / Sensory Distortion
Capability	because as that plane lines up and you can begin to hear the engines rev up... the captain pouring power into those engines and you can feel that power in yourself...	D	Metaphor: engines = personal power
	you can feel a rising excitement as that plane begins to rev up its engines it begins to shake and its held by the brakes like a wild animal on a leash... and the brakes are let off it begins to roar along the tarmac... and you think "Yes! this is where I go" and you feel that power in you ...	D	Metaphor
Capability	you feel as if you could flap your wings and make it take off just by force of will and that feeling mixes in the feeling of what you are going to do in that meeting... what you are going to do when you get there you are filled with power you can deal with anything....	D	
Identity	And every time you get in the plane that same power of getting up there makes you feel so good so strong so big you are just filled with the same shaking power that is in there... and it's such a buzz to get in a plane and take off...	D	
	<i>Stage 8: During the flight</i>		
	And in fact you are a bit sad when it finally you feel the wheels bump up and you think "Yes! now we are on our way..."	D	Reframing
	And it takes a little while for that whole feeling of power to begin to settle down again. And as it does you cast your mind over what you are going to		

	do when you get there...		
Identity	And every time that plane levels off from its climb your mind goes back to Victoria Island. When you had a wonderful time... days and days and days looking after those birds... and that feeling of pleasure and bliss and comfort... the feeling that you are doing something really important... and flying is part of that and flying is part of you. And you can take that feeling... of pleasure... of anticipation... of power.... and every time you see an aircraft or think of an aircraft ... that feeling swells up in you... it comes, I don't know...from your toes from your fingers right up into the centre of your body... and you begin to breath stronger and you feel it in your face and you feel your heart pounding and you think 'Great! I love this....This is what I do flying is what lets me get these good things"		Reframing
	And everything else is irrelevant... because flying is what takes you to places like Victoria Island.... and Dunedin... and Queenstown and all these other great places you go to....	D >	
	Every time you think about a plane you think about the people you meet.... and how you get on with them... how you get out there and you do the field trips and you get in those little jeeps and you roar through the forest and you are talking to people about their problems and you are helping them and it's such a buzz to do that, isn't it?		Reframe
	As you fly along... sure sometimes there's bumps and stuff but you are an experienced traveller...	D	
RULE	you know that these bumps are just an indication the flight crew are doing their job... that they are awake and alert.... and those bumps are just an indication that you are getting to your destination... in fact the more bumps there are the faster you get there....and that's a good thing to know...	D	Reframe
Behaviour	And even they make you feel good because that reminds you too... of why you do this job... of why you are travelling and how you are getting closer and closer to that meeting... to those people... and in fact as the plane begins to glide down... once again you begin to think of all things you are going to do... and you are so busy going through in your mind of how exactly you are going to deal with this ... and who you are going to see and remembering if you have met the people before what their names is and what their families are and what you talked about last time and how they get on with each other and why you are there and all the details of the case and the problem just go through your mind...		
	and time passes in an instant....		Time Distortion
	<i>Stage 9: Preparing for landing</i>		
Behaviour	And all the other things that happen are really irrelevant to you... all you know is that you are gliding smoothly and safely down ... and you don't have to fly the plane.... you can just let it go.... leave it to someone else....	D	
	As far as you are concerned the wings are flapping.... its just coming down like a great big albatross.... swooping gently under complete control...		
	And as it goes down again you feel that rush of power those engines begin to back up and you can feel the ground coming up and you can feel the power, that encapsulated power of the plane, power that is there... and the pilot's skill .. and how wonderful this technology is that you can be part of ... and this technology is just whizzing you along to allow you to get your job		Reframing

	done...		
	As it goes down you can picture the ground rushing up and know that you have all this power under control... that this controlled power is what you are after...		Reframe
	<i>Stage 10: Landing</i>		
Behaviour	And then the wheels gently touch down and maybe a bounce and that gives you a laugh... you always like that bit...and it bounces up and you think..."Wheee.... a little jump..."		
Behaviour	and everyone else is looking a bit worried but you are just exhilarated.... exuding confidence because you know how this works.... and that little bump is good... bump bump bump and suddenly you're down and then the nose wheel goes down...	>	
	and you are trundling along there is a lot of noise and engine goes backwards and there's all this feeling that you are part of this entire technological miracle that this power is there just for you.		Reframe

REINFORCE THE WHOLE CYCLE AGAIN

	You enjoy every part of flying		
Behaviour	And it reminds you of your power... and how much you love flying... now the whole business is easy from end to end you sit there and feel great and talk to people....just put people at their ease...		
Capability	And how it is that things that bother other people... you just forget about them... you don't even notice.... Those little creaks and stuff that people think about...		Discrimination
Memory	you don't think about them, they're gone... they are of no interest to you...		Discrimination
	Every time you think of an aircraft you think of the fun you have.... the anticipation... the Victoria Island moments... and you feel really good about it...	>	Reframing: flying = fun
Capability	And you know, you actually secretly look forward to those issues coming up... so that you can really enjoy that feeling again... and you go through the whole cycle of the anticipation... of that tingle... getting ready to go out and then just before you waken up... again that whole feeling comes up... of how good it makes you feel to travel... and all the good things that are happening to you... and all the things that your future holds...	>	Sensory distortion
Behaviour	And you get outside and there's that quick glance at the weather... and 'who gives a shit!' - "I'm getting on that plane!". And you get in there and you are looking around for people to help and if there isn't any that's OK and if you are with company then you just deal with them...	>	
	And you get on the plane and you put that seat belt on and you snap it together and you get ready for that surge of power... You get ready for when that plane... the bit you love... is when the plane gets to the end of the runway... and the wheels are down and engines begin to roar and rumble and the whole plane shakes and you are waiting for the brakes to come off and there's that rush, that surge that takes you through that lifts you into the air that thing throws itself into the air and you get such a buzz out of that power you have really experiencing that... and then it goes off again...	D	reframe: engine power = personal power

	And you use the time to talk to the people around and share your experience as a mighty traveller... all the things you've done and been... and putting them all at their ease and then the glide comes down again like that giant albatross... all that power under your control... and you are just gliding in like a great bird ready to land anywhere you want... knowing that you are going to have a great day, that you are going to make a difference, this is how you do your job.		
	Flying is part of it, and you love that part, you love the travelling.	D	
	And you never know, on that glide path you are thinking 'what will be the magical thing about today? There's always a magical part of every trip, isn't there? It might a joke somebody tells you, it might be just where you go, it might me be a new organism.... who knows?		
Behaviour	That's what fills your mind as you glide down there...	D	
	And then again just as you are getting down there is that whole feeling of control and power... and then there's the bump and a little laugh as it bounces and another flight is done.... and really you can't wait to get on the next one because it makes you so good.		
Identity	You love flying. It's such a buzz.	D	
	God, you should have to pay people to let you do that! That is just so good.	D	Reframe

REWARD VISUALISATION SECTION

	You know flying builds your career		
Behaviour	And when you get back to the office, there's all your colleagues... and you're looking radiant		Future proofing
Identity	"Yeah, it was a great flight. I loved it. I love flying".	D	
	And they just nudge each other and smile and say "Yeah, there's no way we can put her off any more. She absolutely adores this".	I	[List client specific beliefs]
	And see their smiles and the confidence in them. And that's really what you build your career on... Really impressing people like that. Radiating that confidence that comes out. That power you have, that power you can remind yourself of.... and you know, when you get into the office that power stays with you.		
Identity	When you sit down at your desk that power radiates, when you talk to people that power is obvious... and you can see a real respect in their eyes coming... the way they talk to you... the way the people you give orders to think it's just right		
	And how the people above you are looking.... real carefully... thinking this girl is going places.... she has that power... that thing that makes her different....		
	And every field trip... you come back with new knowledge... new abilities... new contacts and you work those contacts constantly.... and your power grows and grows and you are in control....		
	And you can look at your job as being a mixture of fieldwork and office work and the bits in between to get there		
Identity	and you can love every bit of it... you love that job.... you love those trips....	D	

DIRECT SUGGESTION SECTION

	You want to fly		
	Just thinking about a trip now, you can feel that passion coming into you ...	D	Sensory
	you can feel that tingle growing up from your toes and your fingers and swelling inside your stomach and your chest and you can really buzz and the laugh and the fun you are going to have! and how good it is to be in that plane!	D	Sensory
	And think about sitting there, and you snap your seat belt and there comes that surge of power! and it is so good! It's better than sex.... this is wonderful... and you ... you get this stuff for free!!!		Reframe
	And that's what you think about when you think about an aircraft.	D	Reframe
Behaviour	You look forward to those trips [clientname].	D	
	They are the most fabulous thing you ever had	D	
	Because they are what's going to take you ... not just to the destination ... you are flying into your future... you are flying into a bright wide future... that includes lots of travel... that makes you even more experienced	>	
	And you will be travelling for fun and for work and you will be travelling around whenever you want... anywhere you want...	D	
	On every flight there's that secret that only you know....	>	
	that you get such strength from it ...	D	
	and everyone else thinks... 'how does she get her confidence?' ... but you know ... and they don't.	>	

POST HYPNOTIC SUGGESTION SECTION

	You have changed forever		
	Now with that wonderful feeling of strength.... and confidence... you can find yourself back in that meadow.. lying there amongst the fresh grasses.... listening to the horses whinnying and clopping around ...maybe horse comes up and snuffles up against you and.... feel it nuzzling your face... and you can feel the whish of their tails as they stand around and look at you....		Multiple modalities
	and that makes you feel really good...	D	
Capability	and all of it reminds you that something has changed ... something has changed immensely... you've learned a lot in that field ... you've learned a new way of thinking ... a new attitude... a new secret... that you can take with you and use anywhere		Supposition
	And you know that tomorrow morning... things will be different....	D	
Behaviour	and I don't know what it is that you will find that is different, but you will notice... some little thing ... will just remind you ... and as soon as that reminds you ... that surge will come in you... that eagerness to get away and get on the plane.... you are almost running to get there ... that's a great feeling... isn't it?	D	Sensory Distortion
memory	So I would just like you to run through in your mind again... a perfect day.... where just before you wake up in the morning you have that feeling and then you get up and you do your stuff ... and outside you just glance at the sky and you forget the rest .. you make your way to the airport ... you get on the plane and buckle in.... and just go through in your mind now, the whole		visualisation

	sequence....		
	of getting up... and going to the airport... and the take off... and the gliding and the albatross and the landing and then a really great day like Victoria Island was.... someplace you've never been... really neat people... interesting problems and a good solution... and getting taken back to the airport in the evening ...		
	looking forward to another flight...	D	
	and getting back to Wellington... and going home... to your husband.... and he says 'How was it, hon?'		
Capability	And you say 'It was fabulous, the best flight I ever had!'. 'I had a great day'.	D	
	And inside... you know that every day is going to be a great day...	D	
Identity	Every day you fly is a fabulous day. That gives you such a buzz.	D	

REORIENTATION SECTION

	You will remember all these changes		
	And now... just feeling that really good feeling about yourself... and knowing its changed... and just allowing those horses to move quietly back away towards the fences.... and you find yourself in that field and the sun is going down and it's getting a little bit chilly ... getting near sunset.... and you are lying there feeling really good and knowing something amazing has happened ... and how much you enjoyed it... and you begin to feel feeling coming back into your arms and into your legs.... and your fingers begin to twitch and move.... and your feet shuffle... and you take a deep breath and get ready to open your eyes and feeling really good and maybe have a stretch..	D	
	And then you count to yourself... THREE-TWO-ONE and you OPEN YOUR EYES and feeling really good...		
	<i>Mmmm.... Yeah....wow.... yeah.... [laughs] I feel so relaxed.</i>		
	<i>[hears a plane going overhead] It's funny... in hypnosis I heard the plane before that and I thought "I wonder if I can get on that one!"</i>		
	You have completely changed yourself.... and when you get on that plane it will all come flooding back ... and it will grow and grow and grow until they will have to hold you back....		Post Hypnotic suggestion
Behaviour	<i>[Laughs] Oh, that's great. I'm looking forward to the flight tomorrow.</i>		

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Fear of travelling script

This client had a fear of travelling on a ferry or a plane. What he feared was the sensation of dropping as the ship went over a wave, or the plane hit turbulence. He felt it had something to do with being tossed up as a child and he felt the same fear when someone put their hands on his waist.

He could go on the ferry, in fact he had to frequently, but he felt sick every minute and anxious for days before. The idea of things dropping from under him was terrifying. This script shows how parts therapy can be used in hypnosis, and how to use physical metaphors in hypnosis.

Induction section

	USING EYE CATALEPSY AS A METAPHOR FOR POWER		
	OK, just close your eyes. I would like you focus your attention on those little muscles around your eyes. Just allow yourself to really think about your eyes and your eyelids...		Elman Induction
	And you can become curious as to how relaxed those eyelids can be...	I	Dissociation
	I would like you say to yourself... that you can pretend... you can pretend that those eyelids just will not open...and those eyes are so relaxed that you couldn't open them.	D	Self induction
	[Client is smiling embarrassedly]		It's working!
	That's right... it's a funny kind of feeling... I'd like you just to pretend that those eyelids are so so tired that you can't open them...	D	Pacing
	and that the more you try to open them, the harder they get clamped shut. And those eyelids will just not work at all... so when you are sure that those eyelids just won't open ... I'd like you test it by trying to see if you can open them... and you'll find that the more you try the harder it is they stay clamped shut... you just cannot get those eyelids to work...	D	Doubling Suggestion
	[Client is lifting eyebrows, moving face]		
	That's right...they are just stuck there... that's strange, isn't it?		
	Now stop trying... just allow them to relax... That's very good...		Reassurance
Capability	That's a demonstration of the power of your mind... that your own mind can take control of your body and your feelings... and your attitudes and your beliefs and your fears...	=	A > b,c,d
Identity	you have a very powerful mind...	D	
Capability	your mind can control things that you are not even aware of that you can control.	D	

Direct suggestion section

	YOU GET CONTROL BY LETTING GO		
Capability	and that's excellent... that really shows that you can change ... without being afraid of change...	>	Seeding certainty of change

	and the part of you that wants to be rid of the hold that the fear has on you can keep you safe in letting go...	D	
Capability	...because you have that power... you have just shown yourself that you have that power...	>	
Capability	you have power over parts of yourself...	I	Ambiguity
Identity	and right now you are in a very gentle trance... and you know, Carl, for most of your life you been in a trance... you have been in a different trance... about being afraid of losing control... You have been in a trance about what might happen if you lose control... feeling you must stay in control...	D	Reframe the behaviour
Behaviour	and I think that it is time for you to let that trance go... for you to go into a different trance... I think it is time for you to realise... that you don't have to be in control...		Substituting trance = fear
Rule	that oddly enough, that not being in control is being in control....		Paradox
Behaviour	because it means trusting yourself... to allow yourself... to take whatever comes along... and being able to handle that and being able to deal with it...	>	Reframe
Identity	and I think that there is a part of you that actually knows that...	I	Mind reading

Parts therapy section

	YOU HAVE PARTS YOU CAN CHANGE		
Identity	I think there's a part of you... that for such a long time...that has been longing to be rid of that fear... and I think that there is part of you that knows that that fear was useful... it did good for you... but now it is time for it to be retrained... it is time for it to change into something else...		
Memory	I think you will be surprised by the fact that you already know how to do that... that there have been time in your life... when you did give up control and you enjoyed it... and you just felt... well... <i>ordinary</i> ... you just felt the way you should feel... and then that particular trance comes back again... and that fear comes across...		
	and you know, that fear is trying to do something for you... trying to keep you safe... it's trying to protect you in some way...		Reframe
	And so, Carl, I am going to talk to you about some ideas... that you may find interesting... you may be want to think about them...		non-specific
Identity	and these ideas have to do with the different parts of you...		
Capability	and it can be a very rewarding experience to discover that you have been aware all along of the real reason why you have this fear... and that fear seemed so strong and so overpowering... but it is now the case that that other part of you ... that part of you that wants to be rid of it... is now able to overcome that fear... that part of you that wants to be rid of it... I think that you can feel it growing... changing...		
	I think you can feel that old part becoming weak and dull and darkening... like a lamp flickering before it goes out...	D	Metaphor
	and you have no need or desire to be fearful at sudden changes any more...	D	
Identity	And part of you maybe knows that it will be easy to change... that change can be instant... change will be irreversible... and really you like change... you know you like change... so many things have changed for good... and	>	Reframe change

	that part of you versus the part that has the fear... the part that wants to change will easily win... because you are stronger than any fear created by your own mind...		
Capability	you have already demonstrated with your eye muscle control that you can control every part of yourself even if you aren't aware of how you are doing it...		
	YOU CAN CHANGE THE OLD PART		
Behaviour	and you can now empower that part that wants to be rid of the fear...		
Behaviour	...to just get rid of the fear...	D	
Behaviour	The fear was useful... at a time... but that time is long gone... the time now is for you to give it up... just let it go...	D	
Behaviour	You have continued to be fearful... but really it is more like a habit... and from this moment forward, you will be aware of when that old feeling just begins to start...	D	Reframe
Capability	and you will be able to extinguish it instantly, the way people stub out a cigarette... just press it down and crush it...and it will go out... and there will be nothing left but the ashes of that old fear that you can just sweep away	D	Action Metaphor
Capability	and you can go forward and have whatever you want now	>	
	I think you have become a little bored with that... I think you realise... I think the fear realises... that it is time to grow up... it is time to be rid of it... and all the negative and painful consequences it had...	D	
	And I think you have already started the process of getting rid of that fear...		Bind
Capability	and you will find that getting rid of it will be easy... it will be effortless.. there will be no struggle...	D	
	the same way you can take your foot off the brake on a car and the car will just start to roll forward... and I think you will feel your change accelerating...		Metaphor
	and you might get giddy with excitement at the change... and you can look forward to it... and you can enjoy that feeling of not being in control... because not being in control is a kind of control...		Reframing
	and maybe you have driven an automatic car, or you know someone who does and you know that you just take you foot off the brake and the car goes forward on its own. And that's not being under control... you don't have to change the gears...and some people find that a little disconcerting to start with, and they say 'Oh, I don't have control...' and you know I don't think anyone has ever driven an automatic car and gone back to a geared car again... because it is so tiring having to be in control all the time... having to change gears and push the clutch... to think about what is coming up and whether you are going to have to use this gear or that gear or whatever...		Metaphor
Memory	It is so much easier to just allow yourself to forget about those things... forget about that old way of doing things.. and in a modern car... you just press the accelerator and everything else is taken care of...you can go wherever you want to go ... you can do whatever you want to do... in that kind of car.. and it just...goes forward.	I	
Memory	And sure you have control through the brake... you don't need anything else... and all the rest is taken care of unconsciously... and people who are used to driving geared cars... well you know, in a day or two they forget all		

	about the clutch and the gears and so on... and they realise that giving up control is a way of getting more control... of being in control... and as that car goes round corners and up and down... they are safely strapped in the seat... and you can go wherever you want to go... and it is such relief not to have to worry about every little thing... not to be anticipating what gear do I need to go into when I go into this hill, you just have press the accelerator and all the rest is taken care of by that other part.		
	ASK PERMISSION TO CONTACT THE PART		
	And I want you now, to go deep inside your own mind, Carl, and as you go deeper with every breath, I wonder how deeply you can in the next minute... experience that part of you... that I will call your unconscious fear, although you may know it as something else... the thing that has been responsible for your problems... for your worries...		
	and it is all wrapped up with this feeling of fear of being touched at the waist... or tickled... or when you got bounced up and down... that's what it is about....		Specific to this client
	And that thing has been responsible for your problems... and you can address them today... you can address that fear directly... it might seem a strange thing to do... but it is part of you...and so you have control... and part of you already knows you have control ... and it has really just been a fear of the fear... that has allowed that other part to keep going.		Mind reading
	And perhaps you can ask your unconscious now, to show you that it is willing to allow you talk to that fear... to address it... deal with it... and you can ask your subconscious to move a finger or a thumb to let you know that you can go on... and be safe and secure... and make the changes that you need to make... just focus on your hands... and a finger or thumb will start to move and you can go on...		Talking directly to the unconscious
	[finger moves]		
	That's good... that's right... I see that... your subconscious has signaled...		
	EXAMINE AND APPRECIATE THE PART		
	And you know, this change that you are making... it's a very private thing... no one needs to know... and you can... be aware of how you can make that change... and still be safe... and still keep everything working the way it should do...		Safety
	and maybe you can imagine a whole load of compasses... and all the needles are pointing in one direction now.. and how once they are all lined up... everything just works together... the way it should be		Metaphor for travel
Capability	And I don't know how you will understand that fear part of you... the part that believes you need to be anxious and in control... or what special language will allow you to deal with it... speak with it perhaps... communicate somehow... and I don't know what particular methods you will use to make sure the whole of you stays safe while you are dealing with this... but you will find it... you will know the right way to do it... because you know you can....		
Identity	Because you know, Carl, every part of you is good... is worthwhile... every part... no matter how annoying or negative it might have seemed it did intend a good purpose... but it is like compass spinning round blindly... and can imagine one part of you like a magnet... till all those compass needles are pointing in the right direction... the direction you want to go... the		Metaphor

	change you want to make...		
	And compasses can lead you into new areas, safely... and you always know where you are with a compass...you always know what direction you can go...		Truism
	And so...as you go into you own mind... you can seek answers to some important questions that you need to understand in order to achieve your goals.... and you can concentrate intently on that internal communication... and it can become so clear now as you recognise that part of you has been keeping this fear going... and part of you has been trying to get rid of that fear...		
Capability	and that today ... right now... the part of you that's trying to get rid of it has this extra strength and ability	D	
	and the part of you that has been keeping that fear alive really wants to change... knows that it wants to change... willing to make the change...	D	
	And I would like you now... silently, in whatever way you feel is best... to talk to that part of you that keeps the fear going... and ask it to tell you... or to let you know what the benefits have been... what the pay off is to you...		
	and I understand that the behaviour of that part has caused you suffer negative and unhealthy consequences... but I want to suggest to you now that you just reconsider your understanding of that behaviour....and realise that the intention of that fear part was always good.... it always wanted to benefit you...it's a good part of you ... and you can keep that part safe as well... and release it from its task		Reframe
	And take some special time now... and go deep inside your own mind... and discover the benefits it was doing for you... and you could be surprised maybe to discover that all these benefits are things that you really want...		
	and you could be surprised that it is comfortable and safe for you to become aware of them... what it is that that fear part is signaling...		
	RETRAIN THE OLD PART - SEEK ALTERNATIVES		
	now keeping those benefits in mind... because they are good and you want to keep them... I want to suggest to you Carl that there are other ways of experiencing... other things you can do that will give you those benefits... but that are so much better for you overall... that keep you going in the right direction		
	I would like you to go deep inside your mind again Carl... and I want you to get in touch with that part of your mind which is creative... that part of your mind which is imaginative... that can come up with solutions... different ways... alternatives...		
	And I would like you to work with the part that is maintaining the fear... and keeping those benefits in mind... come up with a way, or two ways or maybe even three ways... that you can keep those benefits... and keep that part happy... while letting go the fear... just leave it behind... push it aside...		
	Because that part can be retrained... reprogrammed... it can be revised so that you still get the benefits without the fear...	D	Reframe
	and you can just allow the fear to wither away... can just drop off like leaves from a tree in the autumn... and you know... letting that part go doesn't harm the tree... because leaves gradually turn into soil and the soil nourishes the tree the next year... and the tree grows and spreads and has		Metaphor: Regeneration

	fruit... and it's all part of life... letting go of things...		
	and it's safe to let go	D	Reassurance
	So allow that creative part of your mind to work with the part that has been maintaining the fear... and get those benefits for yourself... and find a way of just letting go of those old things... let them fall off... let them shrink and shrivel... drop off... in whatever way makes sense to you...		
	And you can construct different behaviours... that will easily substitute for the way you used to get those benefits... and still get the benefits... and you can take all the time you need... in the next two minutes... to check that that part of you... the part that you want to retrain... and your creative part ... and the part of you that wants to be rid of that fear... and any other parts that need to have a say in this matter... and just make sure that they are all pointing in the right direction... that they are all leading you forward the way that you want to go... and that the new behaviours that are replacing the fear now... are acceptable to you now... to all of you... to every part of you... and if you feel somehow.. maybe in your body that there is some part that is not entirely happy...well that creative part of you can go round again and find another alternative... until all the parts of you are working together in the same direction and are giving you those wonderful benefits... and letting you keep control without having to be controlled... and give you the way forward you want...		
	and when you can feel inside yourself that you are ready to move on... and all the parts that are important are lining up.. moving and changing... getting into a new configuration... then I would like you to signal again by moving a finger or a thumb... and we will continue...		
	[Finger moves]		
	That's good... that's very good...		

Future rehearsal section

	ANTICIPATION REFRAME		
Memory	And now I would like you to think about times... in the past...when you used to have a fear... and this could be a time like when you were on a ferry or a boat or something like that ...		
Behaviour	and knowing that things have changed now... I would like you to imagine... maybe next week or sometime beyond that you are going to go on a ferry... and I want you to use that new found part of you... that shiny bright part that is looking after you now... I would like you to allow that part to take control... just automatically be there ... that way that you don't have to do anything ... it will just happen...		
	and imagine its the day that you are going on the ferry... and as you are getting ready you feel that familiar tingle.. maybe you feel it in your stomach...		Reframe
	and that lets you know that things have changed... that things are different now... and you can look forward... you know you are looking forward to being on that ferry... maybe for the first time...	>	
	and you see yourself going towards it...and there's the boat in front of you ... and once again you feel that, but this time... it's a feeling of rising excitement... it's a feeling that you are really going to enjoy this ferry ride... that this one is different.. that this is the first of the new ones... and you		

	know... that this one is going in the right direction...		
	TRAVEL INCIDENTS REFRAME		
	and you see yourself driving along or maybe going up the gangplank and you see yourself finding a seat or you stand and you walk around the promenade area and you look over the rails... and the boat starts to move and you can see the wake behind and you can see the land receding... and you walk around and you take in huge gulps of fresh air... and everything about seems fresh and new and different... because that part is working now... that part is keeping you safe and in control... and what you are leaving behind is that old fear... you just sail away from it...	>	
	and you get out into the channel out into the water and once again the boat begins to move up and down... and you feel that sudden drop... but this time you don't feel apprehensive... you don't feel panic... you feel fulfilled... this is what you love doing... this is what you like...		Reframe the motion
Memory	and you can feel the things that other people feel when they go on to a fairground ride... that little excitement .. They go 'Wow...this is great fun'... and you allow yourself to enjoy that... and you see all the other people around you going "whoops... ah... yeah..."		
	and they are all laughing and nudging each other and looking around the boat goes out and you can see the sailors walking around and everything's in control...		Reframe motion = normal
	you know that ... and the boat is going forward the way you want it to do... and suddenly it's up and swooping down and it's such a laugh... and it's such fun going on that boat.. and you suddenly realise 'Heh, what was I fearing... there's nothing to fear'.	D	
	You can actually enjoy this... now is one of the times when you are not in control and you are in control and you are feeling so good about it... and it's amazing... and off the boat goes and there's more waves and up it goes and crashes down and kids are running around laughing and giggling and all the families are there and you are just looking there and you are thinking 'This is so neat' 'This is so much fun... I never realised I could enjoy this...!'		
	And you find yourself thinking a really strange thing... you are wishing this ferry would go on for longer... because you are having such fun...	D	
	and you go along and maybe you have a coffee and a meal and the thing goes up and down and you spill your coffee and you are laughing and everyone round about is looking and smiling and it's great... you're really enjoying that...		Metaphor spilling coffee = not important, laugh at it.
	and before you know it that ferry is docking... and that little rocking sign as it ties up and you all go down and get in your cars to go off the boat or whatever... and you look back at that and you just mentally send a telegram to that new part of yourself and you say "Thanks buddy... that was great! I really enjoyed that".		
	And it sends back and says "You know, every part of you is worthwhile... and now we are all pointing in the same direction, we are all going the same way..."		
	GENERALISE THE CHANGE		
Behaviour	And you find yourself going away from that ferry and looking back on it	D	

	with fondness... and you have never really looked them before and you say... "Yeah, that's another experience I can have and that will really give me fun". And you are actually looking forward to going back on the next one... because you know it's going to be a laugh and you are going to have great fun on it...		
Identity	And you just feel... free... in control... because you have given up that control to... the engines or the captain or whatever else... you don't have to worry about it... you can just enjoy that sudden 'whoops' feeling as everything goes up and down... up and down... and everyone's laughing... it's a great time ... you really enjoy that...	D	
	And you can successfully imagine many other contexts ... many other places where that new part will let you go... and you can enjoy that too...		Generalising the experience
	And you can enjoy that movement for what it is... just your sense of balance having fun...		Reframe
	and you can use those new alternatives that new part in all sorts of things...		Generalising
	THANK THE OLD PART FOR CHANGING		
	and so now I would like you just to... for a moment... thank that part... the new part... and I would also like you to thank the old part... the one that's withering away ... because it is still helping you ... it is still giving you what I you want... and it always intended good for you... it never meant to do anything else...	I	Supposition - withering
	and you can just imagine it now sliding away... leaving it behind... maybe give it a wave... that's OK.		
	That part understands... because it has been re-created now... it understands what to do now... to give you that same benefit... and it's changed into something else...		
	so you can thank that... send it your appreciation... and really just feel that going all through your body now... it might be a tingle... or feeling of pressure or something... and you feel grateful... glad for that experience you had... and grateful that you have changed now... and looking forward to next weekend and going on a ferry... and having fun for a change...		Suggest somatic experience
	it will so good.. it will be so different...	D	
	CONSOLIDATE THE CHANGE		
	and you can just allow yourself to feel that new feeling of peace and tranquility... that calm feeling... that you have always wanted... maybe you call it something else...		
Capability	And as you become aware of the heaviness in your arms and legs and your hands... it will remind of tranquil and calm and peaceful you can be... because right now ... although I am speaking... you are the one who is who in control... and that feeling in your arms and legs just reminds you of that calmness you can have anytime you want... and that is what control is all about... and you have that always... and that new part of you will allow you to open up whole new areas... taking new directions.. just the way you want... giving that change you need...		
Memory	and in a very short time you will forget all about that old fear ... you are forgetting it now...	D	
Identity	somehow it seems a long way away... it seems as if it was in another		

	lifetime... as if it was happening to someone else...		
Memory	and maybe sometimes you will think of it fondly... occasionally... and you can think of all the good things you currently have... and what you have given up... you have given up all those old feelings... and they are just not there any more...		
	And you are so relaxed and comfortable now... and feeling so positive about your success... letting go of that old part...		

Client commitment section

	YOU CAN HAVE PROOF YOUR MIND AGREES		
	and in a moment I am going to ask you to squeeze your hands together really tight... and when you have them really tight... you can open your eyes very briefly and look at them... and then you will close your eyes... and you will count backwards from ten down to one... and as you get to one... those hands will just relax... and release.. and that will be your signal that you have released that old fear...		Physical metaphor
	So now Carl I want you to focus on your hands... I want you to feel those hands getting tighter and tighter now... feel them pulling in really feel that tightness... building up feel it in your chest and your stomach and all through the places where you used to have that old fear... feel things tightening and tightening and tightening...		
	[hands start tightening up]		
	and now open your eyes briefly and look at your hands...		Convincer
	[looks at hands]		
	that's right and when you close your eyes starting counting down from ten down to one and when you get to one those hands will just totally release and that feeling is gone... start counting now...		Metaphoric Release
	That's it... you can feel that release just like a little wave of goodness washing through you and it's gone... it's gone for ever... that's the great thing... and now you know you are open to change any way you want... now you released that thing you can look forward to the ferry ride... the ferry ride is the ride to freedom... and you can think about that now...		Reframe
	So just take a moment now to enjoy that feeling... that release... and how different you can feel... how amazing that your mind has that power... you so clearly demonstrated... and that's great...		
	So just take a moment or two to enjoy that... cement it in... in whatever way you want... think of all those things going in that direction for you ... the way you want it... exactly how you want it...		
	And when you are ready just lift up a hand or a finger or something... and we will go on...		
	[finger moves]		

Reorientation section

	YOU HAVE CHANGED FOREVER NOW		
Capability	That's good... that's excellent... that's your guarantee Carl... that's your	I	

	guarantee that your mind has done everything you need to do to release that old thing. And your mind is now focused on the future and on enjoying everything you want to enjoy...		
Memory	And all those old things are just left behind in the wake...		Metaphor
Capability	and you can tell yourself with each breath out... This is easy... I know how to do it... I have done it... it's over...	D	
Rule	And with thoughts in mind and knowing that it is very easy to make your mind change...	D	
Identity	In a moment I am going to count from five up to one... and when I get to one you will be back with full awareness knowing that something profound has changed... really looking forward to that ferry ride...		Post hypnotic suggestion
	So counting now... FIVE... FOUR beginning to get a smile on your face and a deeper breath and feelings back in your arms and legs... and THREE eyelids fluttering head moving... taking a deep breath and TWO ready for a big stretch and feeling good and ONE back to the present...		Pacing

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New Year's Eve Hypnotherapy Script



The New Year's Eve hypnosis script uses the imagery of the clock ticking down to midnight on New Year's Eve, or as we Scots call it, Hogmanay.

This script has a specially written induction and deepener on the New Year theme, and a hypnotherapy session designed to enable people to make the changes they need to make to create a new life in the New Year.

Linking the New Year to a new start

New Years Eve Clock Induction		
Now imagine yourself in a room somewhere... and it's the 31st of December... coming up to midnight.... the last day of the year... soon it will be a new year... maybe a time for a fresh start...		Seeding change
and take a breath now... and relax as you breathe out... and allow your body to relax completely...		
and focus on your breathing... focus on the gentle in and out of your breath... that's right....		
and now imagine it's the final minute before midnight....		
and in your mind you can begin to count the last ten seconds as the old year runs out... with each breath out count down the numbers.... and as you count... each number can allow you to become more relaxed... more comfortable... more at ease...		
TEN....		
NINE.... and with each number.... times begins to slow.... you are relaxing more and more with each breath....		
and EIGHT.... all of your body loose and limp and soft and gentle....		
and SEVEN... the breath is making you relax even more now... and you can forget about time... forget about place.... nothing matters except breathe and relax...		
SIX.... deeper and deeper relaxed... letting go.... nothing to do but enjoy that feeling of relaxation...		
FIVE... allow everything to let go... focus on going down and down... more relaxed, more comfortable...		
and FOUR...		
and THREE... more and more comfortable now.... your mind can drift away... nothing to do... nothing matters....		
and TWO... more and more loose and relaxed now... arms heavy... legs heavy...		
and ONE... total relaxation...		
New Years Eve Deepener		
and in this relaxed state... you can imagine now... the transition between the Old Year and the New... and imagine ... a scene... a clock tower in a city somewhere... and the hands of the clock reach midnight...		

	and as you are lying there... breathing gently... relaxing... imagine that clock striking... and the sound spreading over the city below...		
	and as the clock strikes ONE ... the sound of it makes you relax even more....		
	and the next strike TWO.... as you breath out again... you are sinking down and down...		
	and THREE... the third chime takes you even deeper now....		
	and FOUR ... and FIVE... each time that clock strikes you feel yourself going deeper and deeper...		
	and as you go deeper the sounds of the chimes fades away... all the sounds are fading away now... you are floating... drifting... and your mind can wander away now...		
	Connect to the old feelings		
	and allow your mind to think over the year that's past... think about your life... how things have been for you... how you came to be the person you are now... and what you would like to be ... what you should have been... what you deserve to be...		
	and a feeling comes to you... an old familiar feeling... a feeling that things have never been what they were supposed to be...		
	a feeling that something has been holding you back, or a feeling of never being good enough... a feeling almost like a pain, or a fear...		
	an old feeling of things from long ago still affecting you... still telling you what to do... that you want to be rid of... that you want to let go... that you have to let go to go forward into the new year, to start a new life...		
	and it might be a feeling of sadness, or fear of something, or anger or resentment, or of lost time... or something else...		
	allow that feeling to come out... to make itself known... be open to that feeling... let it surface in its own way and its own time...		
	so take a few moments now, and focus on that feeling... and we will continue...		
	New ways in the New Year		
	and you find yourself in a city... in a large square, a plaza... with statues and fountains and benches...		
	and you are sitting on a bench in that square...		
	it is the first day of the New Year... and there is a feeling of expectation... of things about to happen... as if the whole city is waiting...		
	and you are sitting on a bench... feeling that old familiar feeling... but something is different... you are feeling that feeling but along with the bad feeling... there is another feeling... a feeling that this time is different.... that the New Year is bringing a change... and the whole city is holding its breath...		
	and as you are sitting on that bench you notice around the square... streets leading off.... streets between tall buildings...		
	and as you are wondering about the streets and where they might lead... you become aware of birds in the square... there are birds flying around.... and on the ground...		Resource appears
	and one of those birds walks right up in front of you... and it turns and flies off a little... and then stops and looks back at you... and then it comes right up to you again... and again it flutters off a few steps... lands and looks back at you... and you wonder at this strange behavior...		

	and then a third time... the bird walks right up to you... and grabs your clothing in its beak... and starts to pull... as if it wants you to get up...		
	and so you get up... and the bird flutters a little way... and waits for you to catch up... then flutters some more... and gradually leads you to one of the streets leaving the square...		
	and the bird leads you on... into a dark narrow street... with high buildings on each side... and there is a feeling of menace... of unseen danger.... and you feel uncomfortable... .		
	and suddenly... there up ahead... there is that feeling... the feeling has taken on a shape... a size... it is blocking the whole street... it is rising up between the buildings like a huge mass... like a cloud or a ball... something blocking the light and the way forward...		
	and you look at it... and you recognize the feeling... and you begin to get affected like always...		
	and you begin to turn away... and then you notice.... there is a tiny gap... a slice of light between that shape and the wall... it isn't filling the whole street... it isn't totally powerful...		
	and you realize... there is a chance of getting past it... and you step towards to get a better look... and the whole huge shape moves back... away from you...		
	and you take another step towards it... and it retreats again... and it begins to lose shape... it looks as if it is deflating.... shrinking... and you walk towards it faster... and it is falling backwards... wrinkling... changing color... bits are falling off as it moves away...		
	and there is light all around it now... as more light appears it shrivels and fades... holes and patches appear in it.... it is nothing but a patchwork of old faded rags and bits of trash... and you walk right up to it... and push it... and the whole rotten flimsy mess falls apart.... collapses right there...		
	and looking beyond it... you can see a new place... wide open streets... shops and parks and people walking arm in arm.... music playing kids running around....		
	and you find yourself in the light...		
	and that old feeling is gone... and ahead of you is wide open spaces... space to play ... space to work... space to live and love and be free...		
	and everything is new... a new year... a new place... a new life....		
	Reorientation		
	and you become aware of the birds flapping wings ... and those birds are rising up and flying free... and the noise of the wings is waking you up...		
	and so... in that place.. with the light shining and music playing... you begin to become aware of light in your eyes... and a desire to blink... and you are coming back to the present.... NOW.....		

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Learning Anxiety

This hypnotic script shows how an overwhelming anxiety about Learning and Studying was removed using the hypnotic regression technique. This consists of inducing the feeling of anxiety and then going back to find a memory of the first time the client experienced that problem.

The client had enrolled in university six times without completing any courses. He would go to the first lecture and then get sick for two to three weeks. This happened every year. And every year he could not settle down to study, procrastinated about the assignments, was too shy to speak up in tutorials. He then left disgusted with his own behaviour. He was now experiencing the same thing in a professional training course, and wanted it to stop.

Target	Induction section	Technique
	Now you don't really need to be in hypnosis for this to work.	I
	Take a couple of deep breaths.... that's good.... now I want you to count from one to ten... and I want you to imagine that the numbers are strung out along a line a rope or chain or something... and the distance from two to three is double the distance between one and two.... and each number is twice as far along the line as the one before.... just imagine the numbers spreading out into the distance	Double the numbers induction
	And in your mind imagine saying the number... then slowly say the next... and the time between each number is twice the time of the previous number....	V
	And as you say each number in your mind.... just allow yourself to relax more and more.... and continue to count, increasing the times, as you go along that line... and get more and more relaxed.... just drifting away.... deeper and deeper..... just count silently until you get to ten....	Does not have to be deep for regression
	[pause]	
	Regression therapy section	
Memory	and as you are relaxing now.... I want you to allow your mind to go back in time... allow your mind to roam back over the years in your life...	
Memory	Think about the years when you were three and four and five and six.... think of the times when you were seven, eight, nine, ten.... think about eleven, twelve, thirteen... becoming a teenager.... and then fourteen, fifteen.... and sixteen, seventeen.... eighteen, nineteen.... becoming a young man, and think about how you felt at that time..... and you are going to university and you want to be a success....	allow the mind time to progress slowly over how they came to be in this state
Memory	and always that feeling of anxiety was there.... that stopped you... I want you to think about that feeling.... I want you to think about the times when you had that feeling...	Beginning of the AFFECT BRIDGE
Memory	and then allow your mind to drift back... eighteen, seventeen, sixteen, fifteen... fourteen, thirteen, twelve.... ten, nine, eight... seven, six.... five... four.... allow your mind to drift back and remember a time when	Find the memory

	you first felt that feeling... the very first time you felt that anxiety....	
Memory	and when you have that memory I want you to describe what was going on... be back in that place at that time... and something will just open... and you will be back in the very first time you felt that way....	Initial sensitising event (ISE)
	The lady who had been looking after me, had been yelling at me... and... locked me in a small room... the curtains were drawn and it was quite dark....	Memory Found
	So the lady is yelling at you... and you are locked in a small room... the curtains are drawn and it is quite dark ...	Clean language restatement
	And how were you feeling then?	Developing
	Frightened.	
	You were feeling frightened...	Clean language
	... and unsafe....	
 and unsafe.... And feeling frightened and unsafe... What age are you then?	Is it the ISE?
	How old am I?	
	Yes.	
	Maybe two or three.	
	Two or three.... And just think about that... think about that little boy... What is he doing in that room?	Developing
	He is crying and he is trying to open the door.	
	He is crying and he is trying to open the door.... and the door won't open... Just think about how the little boy feels... and he is crying and he wants to open the door... he wants out... doesn't he... he wants to loved, doesn't he... he wants his mother... doesn't he?	Developing
	Yeah.	
	He doesn't want to be there.... does he.	Developing
	No.	
	And he is frightened. Can you feel that fear? Can you feel that anxiety?	Check for emotion
	Yeah	
	And just feel that fear and anxiety, and ask that little boy to come away from the door....	Develop the situation
	What is he doing now?	Check
	Walking away from the door.	
	Walking away from the door...	
	Get him to sit down or do something like that...	Immobilise the symbol
	What is he doing now?	Check
	He is sitting on the floor.	
	That's right... he is sitting on the floor... and he is still feeling that way, isn't he?	Check
	Yeah.	
	Still frightened and anxious, and he wants out... and he is trapped.... What do you think that little boy needs?	Establish success criteria
	He needs to be with his family.	

	He needs to be with his family. And he needs to leave that room. And if was to leave that room, he would be happy.		Success condition defined
	Yeah.		
	That's right. And I want you [ClientName], the adult [ClientName], I want you to go back... into that room, and be there with that little boy.... in whatever way makes sense to you... I want you to go back into that room and let the little boy know that you are there.... Tell him who you are.... Look at his little face... look at how he is sitting... look at how he is dressed...		INNER CHILD technique
	And I want you... in whatever way makes sense to you... to get down on the floor with him... put your arms around him... hug him to you... feel his head against your chest... feel yourself holding and cradling that child... feel his tears... feel his fear... his anxiety...		Empathise with the inner child
	Like a little frightened bird he doesn't know what to do....	M	thing he can help
	Hold him... rock him... tell him it's OK.... that it ends... tell him that he will be able to get out of the room... that that bad lady goes away... that he didn't do anything wrong...		Reassurance
	that she is shouting at him because she has a problem... and she doesn't know how to deal with her problem.... It's not his fault... it's not his problem...	D	Reframe - her problem
	Hold him... kiss him.... use whatever words you need to explain to him... that it will pass... that he grows up... that he grows up to be a big strong boy.... who can take on anything... who can deal with anything...	I	Let the client supply the right words
Memory	Talk to him... make him understand... love him... give him the love that he needs... give him that love now...		attach to own feelings
	The way you would hold a puppy... stroke him...	M	thing he knows how to help
	Let him know that he is loved... he is not alone...	I	
	And when he is ready...ask him to take your hand... and the two of you can stand up, and you can hold his hand...		Develop the situation
	and maybe he is so little that he just holds on to your finger...		Minimise requirements
	And now he is with you... you can walk to the door with him... lead him out of that place....		Developing
	Open the door... open the door and walk outside... into the corridor or whatever it is... lead him along that... and open... open the door to the outside...		Solution - get out side the room
	Does he want to go outside [ClientName]?		Check
	Uhuh.		
	Can you take him outside?		Check
	Yeah.		Confirmed
	Take him outside now... and you go outside... as you take him through that door... he begins to change.... he begins to get older... to get bigger... and as you start walking away from that door... he gets bigger.. and he begins to get tall and taller... he begins to mature... in his body... in his mind...		Developing - grow the inner child

	And at some point you can ask him to turn round and look back at that house... to see it for what it is... a place of unhappy people... where he got stuck for a while... it wasn't his fault... and he can leave there...	V	Reframing
	and as he looks back at that house... you can tell him to watch the house shrinking... fading... watch it going far, far away.... until it is tiny...	V	Metaphor transformation
	Tell him he can change the colour of the house...if he wants... he can move it to somewhere else... It can't hold him now.	V	Metaphor transformation
	Ask him how he feels about that house now. What does he say?		Check transformation
	It's not as bad.		Confirmed
	That's right... it's not as bad...		
	Transform the PROBLEM SYMBOLS		
	<i>Get rid of the Lady symbol</i>		
Memory	Ask him to think about that horrible woman. The lady who looked after him.... Ask him to imagine she is standing there.... yelling... threatening....	V	Transform the woman
	Now make a change... see her changing in some way.... see her changing so she looks smaller... see her changing in a way that looks ridiculous.... she waves her arms around... and her voice... her jaw goes up and down and her lips move... but nothing comes out... and her eyes cross... and see her head exploding... and see her doing cartwheels round the room.. and crashing into the walls... and falling over... see her sitting there like a rag doll getting smaller and smaller... having no idea what is going on...	V	Metaphor transformation technique
	And get that little boy to go up and poke her with a finger... and she moves away.. she is frightened... she runs away... like a little stupid rag doll... with an empty head... and she runs off and hides in the corner...	V	Mastery of the situation
	How does that boy feel about her now?		Check
	He's laughing at her.		Confirmed
51:15	That's right, he's laughing at her.		
	Get him to poke again.. make her run somewhere else.... really enjoy it... What's happening now?		Increase his power
	[Laughs] He is kicking her around.		
	That's right... he is kicking her around.... she is of no value... no interest... That's better... and keep doing that till he is laughing out loud... and it feels good doesn't it? She is so ridiculously stupid, and then get him to open the back door and throw her out.... How does that feel?		Restatement
	Pretty good.		Success
	That's right.... she just skulks away somewhere.... back to wherever the hell she came from... Gone.		Symbol removed
	<i>Get rid of the house symbol....</i>		
	And now bring that boy back to the front door... and outside... look at that house... and now just imagine a big yellow machine... comes along and starts to wreck the house... and maybe there's a ball or maybe there's a bulldozer... and just smash that house to pieces...	V	

	What's happening now?		Check
	The house is being bulldozed down...		Confirmed
	That's right it's bulldozed until there is nothing but rubble there... and bulldoze it all away until there is nothing left... but foundations... and how does that feel?	V	Get rid of all of it
	Pretty good.		
	That's right... now just stand back... on the other side of the fence or wherever... and look at where it used to be.... What would you like to have growing there instead?		Replace the symbol
	A playground.		Great!
	A playground. That would be fitting, wouldn't it? A playground... and put something in the playground...		Develop the new symbol
	My mum and dad there...		Nice!
Memory	That's right ... and that little boy... just imagine having a wonderful time... and there can be swings... and roundabouts...and see-saws.... things to climb on.. and things to slide down... and just imagine that little boy the way it should have been... running around laughing... shrieking... playing with friends... having a good time... while the family looks on and smiles and nods... and picks him up when he falls over.... Just imagine an adult coming along... holding him by the waist... holding him up... right above the head.... and laughing... how good would that be?	V	Metaphor for 'going up' and succeeding
Memory	And then feel yourself being brought down and hugged... being held close to the chest... cheek to cheek... feeling the warmth... the warmth that was always there... feel that going into your body now... that warmth ... that feeling...		Anchor feelings of security
	Transfer the feelings		
	And now you can allow that boy to continue to grow... as he grows through... thirteen... fourteen... fifteen.... Sixteen, seventeen... and eighteen. Think of how he was at seventeen and eighteen... How does that feeling transform that now?		Transform the problem situations
	Better.		
	<i>Transform the university feelings</i>		
	That's right.... Now think of going to university.... how does that feeling transform that first day of term?		Reframe University
	Should be fun... as opposed to...		
	And should be fun.... And just imagine being in the quad at uni.... and the four corners there... and looking in the corners... is that rag doll there?	M	
	No.		
	That's right... just look around carefully...		Test
	No.		
	That's right... she's gone... you're free.		
	and just look at what is there... there are students... lecturers.... people selling hot dogs... people juggling... music playing... It can be fun... can't it?	V	Re-assign feelings uni = fun
	Yeah		

	<i>Transform the feelings about studying in general</i>		
Behaviour	And the library.. how do you feel about the library? It's a place to study.. you can go in there... and you can imagine sitting down... and I don't know... nine o'clock... getting the books out... getting started on your assignment... reading a bit... writing a bit... reading a bit... writing a bit... scoring it out... starting again... drawing... reading some more...	V	Reframe Study
	and before you know it... two hours have passed ... and the assignment is well on the way...		Amnesia
Behaviour	and you go and have a coffee or something... spend some time with your mates... talk about the girls and stuff... and then it is back to the library... reading a bit... writing a bit... and it's lunchtime and it is nearly finished and you have got the first draft... and you look at it... hold it in your hands...	V	
Capability	and it's great... and it is easy.... and you can do this...	D	
	How does that make you feel?		Test
	Pretty good.		Confirmed
Behaviour	That's right... and you go and have lunch and have a good time... with the rest of the students... go to a lecture maybe... and then back to the library... and suddenly it is all there for you... you can see the answer... clear in your mind... and you know you just need a few more references.... pad this bit out... cut that bit down...	V	
	then another two hours pass ...		Amnesia
Capability	Easy, simple.. it is not going to be perfect... but is good enough... better than everyone else's...	D	Avoid perfection anxiety
Capability	And just imagine how surprised the lecture is, when you hand it in, long before anyone else.... And how good is that?	V	
	Very good.		
Capability	That's right... You can do that.	D	
	And you can enjoy that time...	D	Reframing
	<i>Transform the feelings about the current course</i>		
Identity	And think about this latest course.... the Training Institute.... think about being in the classroom there... learning... studying... think about going home and opening the books... and this time you have a real clear vision of where you want to be, what you want to do... and you can see yourself getting that certificate, the diploma, whatever it is....	V	visualise success
Behaviour	And see yourself sit down... and you begin to read the material and you stop and test yourself after every paragraph.... and you test after two pages... and you go back and you are learning and it is all falling into line...	V	Visualise learning
Behaviour	and you look at the material... the assignments and the questions and it becomes fun... to find out what the answers are ... to start discovering it... it is like a puzzle... something you can enjoy...		Reframing
Capability	And when you think of study... what you think of is that fun, that sense of accomplishment... How you can get on and do things... how you are free to do it... And that's good, isn't it?	D	Reframing
Identity	And you know you are smart, you know you are dedicated... you know you can do things... you know you can be as good as anyone.... you can	D	Incrementalism

	be better than most of them... You can be better than all of them....		
Capability	and you can flash through this stuff... getting up early... reading... wanting to learn.... staying up late... doing the exercises... working it through... becoming the best....	D	
	Anchor the change section		
	and when you do that... somewhere inside you ... that little boy is chortling with glee.... that little boy is running around and waving his arms and shouting... happy... free.... and you can scoop him up in your arms and lift him up and say 'Isn't life great!'. Little [ClientName] smiles... and there's the expression on that face.... I wonder what the right word for that is?	M	associate feeling good with study
	Joy.		Force him to name the feeling, define it, makes it more real
	That's right. Joy.		
identity	And that's what you feel. You are free to feel that joy. To get on with life. To just take it with both hands... to enjoy it...	D	
	Those things have all gone now... haven't they?		Test
	Nods		Confirmation
	That' right.... I would like you to take a deep breath now... just Haaaa.... and take another deep breath and allow your mind to clear.... And I want you to look around your body... and see if there is any tension left... anxiety... anything you need to deal with... or is it all clear?		Final somatic test
	It's all clear.		Confirmation
Capability	That's good... that is telling you that your body has taken away all that tension... all that anxiety... all that little boy's worries.... Now you see them for what you are... Now you realise it wasn't that little boy's problem... was it? Someone did horrible things to him.... and you have led him out of there...	D	Restatement
Memory	and whenever you think of that childhood... all you think of is a grassy space... a playground... and children laughing... and that's the way it should have been, shouldn't it?	V	Reframing
	Yeah.		
Identity	And you can enjoy that feeling now... that feeling of release....	D	
	And now there is just one more thing to do...		Signal end of session...
	Self convincer section		
Memory	I would like you to send a message to your own mind... a message of gratitude.... of gratitude for that change... really send a feeling of caring, and loving and wanting.... just fill your mind with that... and just say 'Thank you... thank you... It's over at last'.		Fill the mind with good feelings... Reinforce it all again
	And you might get a response... you might find a finger or thumb wants to lift... or maybe you just get a feeling... and your mind will respond somehow....	M	allow for every possible option
	[Finger moves]		Self convincer

	That's right... that's very good. That's your guarantee that it is all over.	>	
	Reorientation section		
	So just take a deep breath now... Haaaa.... and one last deep breath and allow your mind to clear....		signal soon finish
Identity	And now in a moment I would like you to count from three up to one... to yourself when you are ready... and when you get to one... you will be back in the present.. feeling really good about yourself.... and knowing that something wonderful has happened.... something old has gone forever.... and you are free... So start counting whenever you want.		Restate changes and link to self count - inevitability

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Sexual Health

Male Sexual Performance Anxiety Script

This page shows a script prepared in advance for a hypnotherapy session to cure male sexual dysfunction. The client was a man who was embarrassed by loss of erection when in an intimate situation with a woman. He was attractive to women, got on well with them, was otherwise healthy but some psychological fear caused him to fail to function every time he was about to perform sex. This condition had built up over time and got worse and worse until he felt almost paralysed with fear. He finally sought treatment when it got to the stage where even meeting an attractive woman caused the sexual anxiety to appear.

He was a guitarist in a band and had plenty of opportunities to meet women but at the time of the treatment deliberately avoided getting involved. The initial interview revealed that he originally had no problems but over time he had built up a fear of failure and now was in distress at his own lack of performance. He had created a cycle of behaviour in his mind where the fear of failure had learned to feed itself and grew worse with each repetition.

The script uses the Cycle of Behaviour and aims most of the suggestions at the point where the client uses a condom, which had become the trigger for the onset of failure. It also uses direct suggestions for self esteem and confidence, and reframes seeing the condom as a signal of success, instead a precursor to failure.

The client confirmed a week later that the session had been a complete success.

The script is shown laid out in sections in order to explain how it works, but it would actually be spoken continuously, with pauses where indicated and with changes in emphasis, volume and tone of voice at various parts.

This script uses direct and indirect suggestion, metaphor and visualisation. Each piece of hypnotic language is aimed at creating change: changing how the client perceives their environment; how the client deals with an emotional reaction to their environment; changing their behaviour in response to something in the environment; or changing their perceptions of their own capabilities in dealing with their environment. Each suggestion targets one particular trance phenomenon. Suggestions about stimuli, behaviour and capability are used to dislodge old ways of thinking, and then subsequent suggestions create the link between changes in perception and changes in core beliefs.

The linking statements are shown in column three by '>' as Cause and Effect "doing A leads to B" or by "=", Reframing "A is really the same as B".

Embedded commands are bold: use *analogical marking* with these phrases.

Coloured text does not imply emphasis: it indicates what work the words are doing.

Olive and Green text indicates the use of hypnotic language constructs.

Primary targets or Cycle Targets are Red, Technique words are blue.

INDUCTION SECTION

	You are ready to change		
	You are lying there comfortably,... breathing gently... listening to my voice... and as you drift even deeper... you can allow yourself enough time to think of many ways to succeed .		Pacing Permissive bind Pre-supposition <i>succeed RI</i>
	You are concerned about something that you have to do in a personal situation. It is natural to be concerned. You are going to have to perform, to act under expectations, to be vulnerable.		Validate the client's concerns
	And being concerned shows that you are giving it the right amount of attention.	>	Reframe
Capability	Everybody worries about their performance. But everybody who is prepared can perform well, can't they?	>	Truism set. Tag question
Rule	And the way to be prepared is to think about the best way to change your reaction.	>	Presup
	There are many ways you can change.		Truism
Capability	Thinking about change leads to new behaviour. You can change the way you think about anything ... changing the way you think about something is easy.... isn't it....so changing how you think leads to change in how you act... so you can change what happens in any situation. You have decided to change how you think about it, and that change in your thinking will allow you to succeed.		
	And as you lie there... listening to my voice... you are changing , now.	D	Pacing
	And you might be wondering just how you will know how you will succeed .	I	Presup <i>Inevitability</i>

RECONNECT TO EXISTING RESOURCES SECTION

	You are a success		
Identity	You know, [ClientName], life is full of stress. And yet you have succeeded in most situations in your life. If you think about it, you know you know how to deal with most situations, don't you?		Truism.
Capability	In fact you can do many things that other people can't do. Things that other people are envious of. People wish they could do what you can do now. There are so many things... you have complete confidencewhen you choose what you want to do.	D	Resource Link
Capability	For example, you can play an instrument, solo, in front of an audience. Many people would find that intimidating, but you do it on a regular basis. You have to perform other people's music in just the right way with just the right tempo in front of a teacher with much more experience than you, in front of your class mates who are just waiting for you to make a mistake. Many people would fade under the pressure. Yet you do that on a regular basis. You have to compose and improvise, and compare what you write to the legends of jazz famous players, and you do it, and do it well, on a regular basis.		
Belief	You might not be consciously aware of it....but you are actually very good in situations where your performance is important.		
	There was time when you couldn't read music, it can be hard and you can be confident of that now. There was a time when you decided to take control of your education... and you did that confidently , didn't		Metaphor

	you? You know how to take control and thrust in when you want. There was a time when getting girl friends was the biggest test, and you can do that now . You can introduce yourself when you want . You play in a band where every member is listening to every note, everyone depends on you to come in at the right time , and you can , now.	
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REFRAMING SECTION

	You are looking forward to it		
Memory	Oh I know there have been some setbacks, but really.... think about all your successes, those situations where you did better than expected.... and how easy it is for you.... to think back.		
Memory	... think of all those times in the past ... see yourself succeeding at different things, ... little things things you did for the first time.... things you learned on your own.... your life has been full of successes, you know ... there was a time when you couldn't tie your own shoelaces..... you succeeded at that..... there was a time when you couldn't play a note... you succeeded at that ... there was a time when you wrote your own name for the first time ... Think about all of those times now....see yourself in these situations.... situations were you are completely at ease, completely in control, sure of yourself.....	D	
	<i>pause</i>		
Identity	And as you think of all those things, large and small... recent or long ago.... things you did privately or when others were watching.... a feeling of pride can stir in you....and take a moment to let that feeling of pride and confidence grow... and expand really enjoy your success.... as you recognise what a success you are.... how other people admire and envy you for what you have done so far....let your unconscious mind celebrate all the good things you have done and enjoy that growing sense of confidence... of your own ability to do what you want....		
Belief	And you would have to conclude that you are good at performing. And you always were. You are good at performing.	> D	
Capability	So you can look forward to your next performance . A performance is about showing people how good you are . And you might be surprised about how quickly you are confident. How good you can be when you are really confident.	>	Reframing
Memory	When you think about your next performance you realise that it is an opportunity... you have been waiting for to show what you can do. To show yourself how good you are. You can really show some lucky person what that [ClientName] is capable of.		Reframing Dissociation
Memory	..and you can allow your mind to go forward to a time a few days or weeks from now.... imagine yourself feeling good....satisfied...you are at college or maybe in a bar or it's in a house somewhere talking to a girl.... as you look at her...you notice her eyes are shining, her mouth is smiling, her voice is low and intimate... she touches your hair occasionally... your face...and all the time she radiates happiness... she almost purrs... as she tells you she will always remember that first night with you.... how strong and bold you were.... how confident and skilled....how you made her feel one hundred percent woman.... and she		Visualisation

	wants to be with you again and again... you make her feel so good.... because you are so good....and that makes you feel so good right now....you feel proud and confident and capable of doing anything now...		
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BREAK THE CYCLE SECTION

	You can learn new behaviour		
	and you can allow your mind to drift away... to think back on how you prepared for that date....how you took control of your thinking... how you exercised your mind and decided exactly how things would go the way you wanted...		
Trigger When you first see a girl ... a girl you are interested in...she looks interested in you... and you feel a little change in yourself something that lets you know that this girl is different....this time is different...you can be surprised by knowing that feeling signals an excitement....this may be your opportunity...to excel....	>	Reframing
Trigger	... you notice a feeling of rising anticipation... you allow excitement to grow in you ... And as things develop with this girl... as you have a drink.... go to a gig....talk quietly....get to know her more....as you open up to her and she opens herself to you....you feel that difference...that means that things are going right...that you are confident....	D	
Memory	And it is so easy to forget old ways...to really enjoy the new feeling that you get as you and this girl get it on ... getting intimate ... kissing and caressing turns you on like never before....you get harder and harder...your mind fills with a sense of power....an urge to make love to this woman....to enter the warmth in that secret place and to let go of everything....	> D	Reframing
Trigger	You see the condom....and this makes you harder and harder ... because putting the condom on means you have succeeded....	>	Reframing
Identity	you are a winner...you are doing what others can only wish for....the condom means you are at the final successful stage...you are standing tall on the winners podium....like a racing champion who has led all the way and now ready to take the prize.... to shake the bottle ready to spray the champagne... putting on the condom means you have succeeded in getting a girl to be attracted to you... to trust you...to trust you with her body....to let you enter her...that girl is flushed with emotion....she right now she sees the condom and she feels totally attracted to you...you are everything for her....she is overwhelmed with desire for you....	>	METAPHOR
Trigger	And you respond...by becoming harder and harder...you forget about the condom...the only thing in your mind is your urgent pressing need a need to caress and kiss and slide and enter and move and forget everything except a feeling of rising excitement and sensitivity and urgency until you can no longer hold it back and ... there's that champagne moment.... the spurt and foam and irresistible urge as the winner shakes bottle and sprays it all out...	D	METAPHOR
Evaluation	After the flush of relief and spurting power you hold on to her....you talk	D	

	gently to her...you kiss her again and again all over...and as you do you enjoy that feeling of triumph.... of satisfaction and confidence...		
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DIRECT SUGGESTION SECTION

	You are a confident lover		
Belief	You are a skilled and confident lover. You know how to treat a woman so that she wants more. Every girl you make love to remembers it with affection. People respect you. Women respect you. You make women feel special and feminine.	D	
Identity	You are a sexy male. You know what to do to succeed in so many things. You enjoy the company of women. You enjoy the feel and taste and smell of women. You enjoy the feeling of anticipation as you talk with a woman and wonder how good she will be in bed.		
Trigger	Every time you put on a condom it shows you respect the woman. Every time you put on a condom you feel the satisfaction of knowing you have succeeded in reaching the second last stage. Every time you see a condom you anticipate the surge of your body... that champagne moment... of letting go and dissolving into the warm body of a welcoming happy woman.	D	Reframing
Capability	And that means you are a fully mature capable young man... taking and enjoying everything life has to offer.... enjoying that champagne moment.... over and over..... success.... successfully....	D	
	...and now.... confident in your abilities, sure of yourself... allow yourself to come back to the present bringing with you all those good feelings...		
	[Begin REORIENTATION Process]		

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Premature Ejaculation

Pressure can be controlled

Young men often feel unsure of themselves sexually and every other way. The pressure of sexual thoughts and the relentless basic drive to procreate allied to intense visual stimuli, the smell, shape, body heat and physical feel of the female body can combine to overwhelm the senses and the young man comes too soon. Premature ejaculation can happen outside the body or an instant after penetration. Whenever it happens, it is a disappointment for them both, and one failure can lead to another, and then start a downward spiral of worry, anticipation, fear and more failure.

However, young men are very resilient, and don't actually need much to get them sorted out. This metaphor can encourage the mind to hold back until the right moment.

Grand Canyon

Everyone knows the Grand Canyon. It was scoured out by the Colorado River. The Colorado River is called 'colorado' because it's the Spanish word for 'coloured'.

And the Colorado River was called the Coloured River because most of the time it's a peaceful river. But there are times when it rains in the mountains and there is a great irresistible surge and that great surge blasts out all the water down there. And that was what created the Grand Canyon.

And when the surge was going full strength the river would pick up mud and debris and the water would become coloured. And that's what the Spanish Conquistadors saw, a great coloured torrent roaring past, an enormous powerful river that they couldn't cross.

And yet, when you think about it, the river and canyon go together. They are supposed to be like that. The canyon is open ready to receive the water of the river.

And yet the Hoover Dam was built across that river. The Hoover Dam was put there to control the Colorado. Even that great surging power can be controlled. That mighty river, the thing that carved out the Grand Canyon was controlled. A dam was built. The dam is very simple. And that dam allows the water out when it needs to go out, and holds it back when it needs to be held back.

Any river can be held back, controlled. The thing about control is, the more control you have, the more control you get. And you know, the really interesting thing is that by damming that river, the dam creates power. It generates electricity. It energises itself. And by taking control it actually produces the power to give more control.

A dam can actually produce the power needed to control itself. And that thin dam is all that is needed to control the surge. A dam is a simple idea. And you know, even the mightiest river can be controlled.

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Wiping out Sexual abuse

This hypnotherapy script uses a metaphor for change, for altering the past. You cannot change what happened but you can change how it affects you now. This metaphor therapy for emotional abuse can be used on its own or be included in a hypnotherapy treatment for any kind of abuse – sexual, physical, emotional abuse. It gives the person perspective on their life, to look back and see that abuse as something that is over, that left a mark, but that can be fixed. It allows the client to visualise their life as if it was stretched out as a tape measure. Then client looks at the parts of it that are dirty and gets permission to clean the dirt off and makes sure that the changes are permanent by rolling and unrolling the tape until it is all clean. It can be used for any past emotional issues such as physical and sexual abuse. This healing hypnotherapy metaphor is very adaptable, it can be effective for wiping away the old dirty habit as part of a stop smoking script.

Target		Technique
Memory	I wonder if you have ever been involved in redecorating a room? Maybe hanging wallpaper or measuring out carpet or curtains or something like that?	Dissociation
Rule	It's always important to look at the whole design, isn't it?	Truism & Tag
Memory	And usually when people are measuring a room they use one of those expanding tape measures... you know the kind... there is a metal tape and you pull it out from a sort of metal box with a spring inside... and all the tape is wound up inside the box, and when you let the tape go it all sort of rattles back inside...	Dissociation
	And you know, if you fix one end and you start pulling, more and more tape comes out... and maybe you could imagine that tape laid out across the floor or something like that... and pulling steadily... and all the tape would stretch out...	Dissociation
	and when you look at it... there is a starting point and the tape stretches all the way up into the box in your hand.... and you don't really know how much more tape is in the box, do you? You would only really know by pulling all the tape out to the very end.	
	And when you think about it... life's a bit like that, isn't it?	Metaphor
	And maybe you could look really closely at the tape as it is stretched out on that floor.... and you might notice that there are changes along the length of the tape... the early parts are clean and bright... but maybe there are other parts that got stained and dirty.... maybe there are gaps in between... that are clean and look friendly.... happy....	clean = happy
	And when you look along that tape you can see bright parts and dull parts, maybe parts that look dirty... and maybe you know who put those stains there... or maybe it just happened.... but you know, as the new tape comes out.... all the tape that gets unrolled from now on is bright and fresh and clean and clear... just the way it came from the factory....	
	so maybe it would be a good idea to think about going back over the tape that is already rolled out... cleaning it... and making it all bright and clean again.... because with all the tape rolled out like that... you	

	could imagine cleaning that dirt off ...		
	And you might wonder what you would use to clean that tape... what would be best?.... And as you think about that... maybe you could start to imagine cleaning the tape, and the dirt coming off... and you might be surprised at how quickly and easily it comes off... and see the stains fading... and the colour coming back... and imagine scanning along that tape and see it now, all bright and clean..... wiped off along its length... so that the new tape is coming out bright and clean and the old tape is changed shiny and bright... the way it was supposed to be....		Visualise change
	And when that tape is the way you want it... maybe you could imagine rolling it up and then pulling it out again... and make sure that every bit is clean, every bit is the way it should be.... pull it out until you reach the part that is today... and tomorrow is just inside ready to come out.... and then let it go... so that it all shoots inside again very quickly, and imagine that there is something inside that cleans the tape as it goes by... and pull it out again to look it... admire it... see how clean it is.... and keep doing that until every trace of those old stains is gone....		Action Metaphor
	And then you can know that nothing in the past can dirty that tape at it comes out,	>	
Capability	and you won't let anything dirty that new tape... and as each day unrolls the tape for that day is fresh and new....	D	

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Sleeping and snoring

Ignoring Snoring Script

Many women find their partner's snoring stops them getting a good night's sleep. In fact, there is no reason why it should - people can sleep on trains and on boats bouncing around in the sea or with fire engines roaring past outside. If people expect to be able to sleep then they will.

This script is designed to allow the person who has to suffer a husband's (or wife's!) snoring to feel safe and comfortable so that she can sleep through any amount of snoring. The first part works by reframing the meaning of snoring, changing it from an annoyance to an assurance. The second part teaches the sufferer to use the snoring as a method of self hypnosis to get to sleep.

The script given here is designed to be recorded and played back by the sufferer each night as she settles down for sleep. It can easily be adapted for use in a face to face therapy session.

INDUCTION SECTION

	Standard hypnotic Induction		
	So settle back now, get comfortable... and close your eyes.....		
	Now take a deep breath, and hold it.... and... just let it all go.... ahhhh...That's good...		Start releasing tension
	When you are ready.... take another deep breath..... and as you do... lift your shoulders up... and as you breath out.... let them slump down and relax.		Let go muscle tension
	Now lift your arms slightly.... and on the next breath out... let them drop back naturally.... and relax your whole body		Let go muscle tension
	And I wonder if you could imagine what it would be like if your arms and legs had become so heavy ... that you just could not move them... that they felt as if they were made of lead...	D	Dissociation
	...and just allow that heaviness to grow		
	... and now I would like you to focus on your breathing.... just become aware of the gentle in and out of your breath...	D	Dissociation
	And as you think about your breathing... with each breath out... just allow your body to relax more...	I	Dissociation
	and you could become curious as to exactly how relaxed you can be...		
	...and focusing on each breath out will let you relax and settle down a little deeper... each time you breathe out....		Deepening
	...while you think about that....		Ambiguity
	and a little more relaxation after every breath... that's good....	D	Deepening
	and continue breathing gently... relaxing....		
	And as an experiment, for the next ten breaths.... you could start counting each breath out... counting down from ten down to one.... as you breathe out... say the next number under your breath... or think of the next number... if you can...	I	Deepening

	allowing each breath to relax you more... and as you relax completely ...as you say each number quietly to yourself... you might find that those numbers are disappearing....you may find it harder and harder to know what number comes next... and you can relax those numbers away... if you want to... those numbers can just disappear completely... with each gentle breath.... as you drift down and down...	I	Make the listener aware that they are in trance now
	And as you become aware of that at some level... that means that things are going exactly the way they should be...		Reassurance
	... and your mind is opening to new possibilities...	D	Seeding

DEEPENER SECTION

	Falling shadows deepener		
	Now imagine somewhere in the countryside... it's getting near dusk... the sun going down behind some clouds... and all around in the gathering darkness... are trees and fields and streams... and little cottages... warm golden light from the windows...	V	Dissociation
	and inside the cottage.... a open fire warms the room... and there is a comfortable seat... with soft cushions...		
	and imagine what it would be like to relax in that seat... as the fire crackles quietly... and outside the sun slips away and darkness falls softly like a leaf flutters down from a tree....	M	deepening darkness = trance
	and as you relax there... imagine the darkness gathering outside... flowers closing... insects folding their wings... birds settling down in their nests.... everything settling down for the night...	M	closing down
	and you can snuggle down too.... breathing gently... relaxing more and more... and as the darkness outside gets deeper and deeper.... you are relaxing more and more....	>	darkness = trance
	and outside inside a hollow tree... safe and warm... a family of soft furry creatures.... are settling down for the night... cozy and comfortable... wrapped in silky soft fur.... drowsy and dreamy...	M	snuggling deeper
	nothing to think about... forgetting about the day... the place... enjoying warmth and calm and letting go completely....		dissociation
	that's right... and take a few moments and enjoy that.....		allow time to deepen

REFRAMING SECTION

	Reframing		
	And as that little family lies there.... curled up safe inside their home in the hollow tree... they warm each other by their bodies... snuggled up in a pile... and all breathing together in that space....	V	
	Feeling that warmth... and the others breathing.... reminds them all that they are safe and secure for the night... nothing can harm them... and they can dream on through the night....	M	
	And in that cottage.... there is a couple sleeping.... snuggled down	V	

	under the covers... breathing gently.... legs entwined... bodies touching... warm and comfortable... happy and content to be sleeping there...		
	And as long as they are both there... they know they are safe.... looking forward to the new day in a few hours... but for now.... relaxing and enjoying being close... breathing in as he breathes out... sensing the warmth... knowing that closeness that comes from knowing each other... trust and love and contentment... all wrapped up in that act of gently surrendering to sleep... sleeping, touching.. breathing together...	M	breathing = companionship
	And as long as you can hear the breathing... you know he is close... you can snuggle in and feel that warmth... another body breathing with yours... it means you are protected... you are wanted... just like long ago when you were a little girl curled up safe on someone's lap and went to sleep... head against a chest... hearing the heartbeat... feeling the breathing.... strong and firm... knowing that she was being looked after... that it would be all right.... to sleep	>	breathing = security, love
	that's what that breathing means... that you are OK, you are not alone in the night... that you can be safe and content... safe to let go... safe to drift away through the night... nothing can bother you... safe to dream on till morning...	>	breathing = safe

DIRECT SUGGESTION Section

	Reframing his snoring when she is sleeping		
Behaviour	As long as you can hear that breathing... you can feel safe.	D	
Rule	And the breathing can be soft or loud... it doesn't matter... the meaning is the same...	D	Reframe
	When are lying in bed... and you hear him breathing... he can be snoring gently or snoring loudly.... it doesn't matter because for you... it's a signal... a message...	=	Reframe
	something from long ago... when wild animals roamed in the wilderness outside... that noise meant there was someone there... someone close by... someone to protect you ... someone you could depend on....	M	
Capability	And knowing that... you can use that thought and safely ignore all the noises... you can ignore noises outside... and you can ignore noises inside the house... the noise of snoring... knowing for what it is... reassurance for you... your message of safety and comfort....	>	
Capability	You already know how to ignore noises... while you are sleeping... the house creaks... toilets flush... cars go by... people talk in the street... music plays... you have learned to tell the difference... that none of that matters...		Build on existing skills
Capability	and that means you can choose what to ignore... you know how to allow some noises to pass... and you can learn to include other things to exclude...	>	
Rule	When you are asleep, your brain isn't really asleep. It is monitoring all round you... protecting you... listening for danger... constantly... and it	=	Noises are good

	can also listen for reassurance... all those noises you have learned to ignore are actually being used to constantly reassure you that things are going exactly the way they should be....		
Capability	And you can learn to add another noise to the list... your mind can learn to recognise snoring for what it is... reassurance that you are not alone.... that somebody is there for you...	D =	Reframe
Behaviour	And you can tell yourself now... and every night... before you go to sleep... while you are asleep... that snoring makes you feel secure... comfortable... that it is something to be welcomed... and noises that confirm that you are OK are things you can ignore... dismiss as unimportant from now on...	D	Learning what to ignore
Behaviour	Because it isn't really important... no more important than cars going by, or car doors slamming... birds chirping or cats yowling.... from now on you just ignore snoring as being just another thing you hear and forget... just another noise in the night... and you can forget to hear it...	D	
USING HIS SNORING to get to sleep			
Capability	And your mind can learn other things...		Tautology
Capability	You can learn to take comfort from snoring... you can learn to use any rhythmic sound to put you into a deep comforting sleep...		
	Tell yourself...' <i>snoring makes me sleep.... I know how to use the snoring to drop into a deep relaxing sleep</i> '...	D	
	When you become aware of any kind of breathing... you can learn to match your breathing to that other breathing... you can learn that as you match your breathing to the other breathing... to snoring... you can say to yourself... ' <i>with each breath I am becoming more relaxed...</i> ' and as you breath out in time with the other breath... allow your muscles to relax.... and then with the next breath out you can say to yourself ' <i>the more the noise... the deeper I can relax now....</i> ' and let your muscles relax more.	D	Teaching self induction tied to rhythm of snorer
	And with each breath out... Tell yourself.... ' <i>with each snore... I am drifting deeper and deeper.... and as I relax my legs more I relax my arms more and I relax my shoulders more and as I relax more and more the sound gets less and less... and each sound is making me relax my body and relax my mind....</i> '		
EGO STRENGTHENING her ability			
Behaviour	And you can learn to look forward to the comforting sound of snoring... you know he doesn't mean it... can't help it... you can be amused by all the noise and fuss and the whole elaborate drama of it all... men are just like little boys... he needs to make his noise... and you can accept that and get stronger with that, can't you?	>	Reframing the behaviour
Capability	You can learn to deal with his ways... because women are adaptable... flexible, aren't they?	>	Tag
	Women have dealt with this for centuries... and triumphed... because women can alter anything to suit themselves... women know how to get round their men.... to manage them... and this is just another little trick you use and he won't even be aware of it.	>	
	And after a while you will deal with it automatically, unconsciously...	D	

	it will be like you are not even aware of it any more....		
	REORIENTATION		
	And now imagine yourself... lying in bed.... snoozing... dozing... drifting away.... warm and comfortable... and feel yourself lying there... and allow yourself to feel a warm glow of satisfaction... for knowing how to deal with his problem ... allow a little girl's smile to form on your face... and look forward to endless night of dreamy peaceful sleep...		
	And when others say you are looking well... you will know that you know... and you know that it will never bother you again... because you are a woman... and women learn... as you learned easily and quickly... how to deal with it... and you can feel really good now...		
	And then imagine yourself....in the morning... a long time from now... stirring, stretching... having had a wonderful peaceful sleep.... many hours of blissful lazy relaxation.... and how good you will feel then....		
	But for now... allow yourself to drift off and enjoy a really good night's sleep.... nothing will disturb you... and snuggle down into a comfortable position now... and let your mind monitor the snoring... that is no longer your problem... as long as some part of your mind is quietly listening to the outside world... inside you are totally relaxed and deaf to the world.... exactly as it should be..		
	Sweet dreams.... and happy hours ... are yours... now. Goodnight.		

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Insomnia Script

Insomnia has many causes. The most common cause of insomnia is depression. People with depression typically have broken sleep patterns, especially waking up in the early hours and not being able to get back to sleep.

The other common reason for insomnia is anxiety. Many people can't sleep because of racing thoughts, their mind is too active to get to sleep. Anxiety insomnia is cured by curing the anxiety.

Some insomnia is genetic. Night terrors, sleep walking, sleep eating, sleep destruction, and other life long sleep problems are not treatable by hypnosis. That type of insomnia has to be referred to a sleep clinic.

That still leaves a lot of people who can't get to sleep. This script is for people who can't sleep now, but used to sleep OK.

The script is a series of hypnotic inductions. This script puts the listener into trance while talking about insomnia at the same time they are subconsciously learning self hypnosis for insomnia.

	WAITING FOR SLEEP CAN BE ENJOYABLE		
	Sleep patterns are always changing. People find that sometimes they go to sleep easily and don't notice it and other times they wake up during the night and but it doesn't really matter. Hypnosis changes habits and sleep patterns are another type of habit. Your mind is very powerful, and you might not have thought of all the ways your mind can help you go to sleep.	>	Ways to go to sleep
Capability	Hypnosis works well for insomnia, and it is really easy to just relax yourself until you drift off to sleep.	D	
	Some people like to hypnotize themselves while they are waiting for sleep so that they are in a lovely state of trance... that's good too... like imagining drifting around ... in a boat... or lying in the shade... on a warm day... time passes silently and just relaxing and drifting can be so pleasant	I	
	When you are drifting that way... let your mind roam... think about your goals... go over things you like to remember... or you can look forward to the future... imagine how great things can work out... think about what would be the best possible outcome...	V	
Memory	Or bring to mind the place you most enjoy relaxing in... imagine you are there... and a pleasant place to relax and drift the time goes by... when you are relaxed... time doesn't matter...	V	
Capability	Relaxing the mind is self hypnosis... and there are many good ways to go into a relaxing trance...	I	
	and when you learn one way or another way or try out all the ways.... you can teach yourself how to go into trance... any time... and time just floats by in a dreamy way and sometimes you don't know when you are asleep and when you are just dreaming of sleeping....		

	AFFIRMATION BREATHING INDUCTION		
	So settle back now, get comfortable... and close your eyes.....		
	Now take a deep breath, and hold it.... and just let it all go.... ahhhh...That's good...		Start releasing tension
	When you are ready.... take another deep breath..... and as you do... lift your shoulders up... and as you breath out.... let them slump down and relax.		Let go muscle tension
	Now lift your arms slightly.... and on the next breath out... let them drop back naturally.... and relax your whole body		Let go muscle tension
	And I wonder if you could imagine what it would be like if your arms and legs had become so heavy ... that you just could not move them... that they felt as if they were made of lead...	D	Dissociation
	...and just allow that heaviness to grow		
	... and now I would like you to focus on your breathing.... just become aware of the gentle in and out of your breath...	D	Dissociation
	And as you think about your breathing... with each breath out... just allow your body to relax more...	I	Dissociation
	and with each breath out... say to yourself... in your mind... under your breath... 'Relaxing it all'....		
	and with each breath in.... say to yourself... 'calm and at ease'....		Meditation
	Continue breathing gently.... in and out.... allow the natural pattern of breathing to take over...		Affirmation Meditation
	and breathing in... think... 'Calm and at ease'	D	Deepening
	and breathing out... think... 'Relaxing it all'....		Deepening
	and continue now... breathing gently... enjoying the feelings... letting go...	I	
	and your mind will drift here and there... and that's OK... and if any day to day thoughts come into your mind you can just stack them off in a corner somewhere... they're not important now.... just allow the breathing to continue.... calm and at ease.... relaxing it all....	I	Reassurance
Capability	it's easy to learn to relax like this...		
		D	
	NUMBER VISUALIZATION INDUCTION		
	I wonder if you can remember... a long time ago... when you were little... being at school... when you were being taught....	V	Connection to memory
	and remember how you had to write things on the blackboard... or maybe it was a white board you remember... or even writing in a book...	M	
	And now imagine yourself back in that room... and you are on your own... and you are doing an experiment... learning something new...	I	
	and you can write a number on that board... imagine writing the number 99 on the board.... and then... the experiment is to notice how relaxed you can feel	V	
	imagine now that you are wiping out that number... that you can get it to fade and disappear somehow... and as it disappears... notice a feeling of relaxation starting...	>	
	and then imagine the number 98 on the board.... and notice how you can relax a bit more as that number is wiped away....	>	

	and continue now... going down the numbers... down and down... and as each number vanishes... you can get more and more relaxed....	>	
	and as you get more relaxed... you can notice how it becomes easy to forget the next number... to just let it go... to allow that relaxation to take you down deeper and deeper...		
	and as those numbers fade it's nice to allow your body to relax even more... and your mind can be free to drift away...		
	Thinking about schooldays.... holidays... friends... fun... things you used to do... that you enjoyed... long summer days.... cozy winter nights....	V	Seeding memories
	and thinking of places long, fading out of the present is a gift to learn...		
	INSOMNIA OVERLOAD INDUCTION		
	or you could think of some words about sleeping. There are many words that have something to do with sleeping....		
	Think about words like slumber and dozing and resting and snoozing... and now think of other words that have something to do with sleeping.... and keep the list in your mind... keep going over that list as you think of more words and keep that list in mind		
	while you start on another list of sounds that have something to do with sleeping... snoring, breathing, wheezing, ticking, chiming, cuckoos.... keep adding more sounds to those lists as your go round each sound in your mind... imagine those sounds in your mind while going over the list of words to do with sleeping...		
	and now bring to mind images of things that have something to do with sleeping... pillows, blankets, duvets, slippers, cocoa... and collect those images into a series of images and keep adding more images to that collection of images		
	and go over the images while hearing the sounds and listing the words		
	and then add to that feelings... feelings to do with sleeping.... satin sheets, warm blankets, bodies beside you... and add as many feelings as you can while you recite the lists and hear the sounds and see the images and feel the sensations on your skin and on your back and on your head....		
	and feel how nice it is to just let go... let your body relax.... and your mind relax... and nothing to do but just drift off somewhere		
	totally at ease....		
	relaxing down into a deep deep restful sleep.		
	INSOMNIA COUNT DOWN		
	and think back now to when you were little... and children play imagination games... and remember when the world was full of wonder... and everywhere was an adventure... anything could be just round the corner...	>	
	and imagine there is a little path... that you can follow... and imagine that path going somewhere dim and dark... and imagine there is an opening and behind that there are steps going down...	>	
	and you can count the steps... there are ten steps... imagine looking down those steps and going down those steps in your mind... and each step leads you down and down deeper and deeper...	>	
	And breathing gently now... with each breath out... imagine going down one step.... and each step down takes you into deeper relaxation... more and more relaxed...	D	

	and you can count down in your mind each step as you relax more and more now... and as you go down you can relax those numbers right out of your mind...		
	and as the numbers disappear that path appears in your mind... and paths can lead to so many places... so many strange things...		
	one night it might be lovers entwined and sleeping happily... on another night...you might notice a dog dozing by the fire in a castle.... or a guard sleeping quietly by the door.... and you can join them in letting everything go		
	and when you least expect it will be another day... and the night has gone...		
	INSOMNIA DIRECT SUGGESTION		
Behaviour	And when you get used to relaxing that way.... you will be surprised by waking up in the morning... because the last thing you remember... is breathing softly... or numbers disappearing... or lists of words... and you feel so refreshed...	D	Seeding suggestions
Capability	And once you know how it is so easy to drift away... it just seems so natural....	D	
Rule	there are some days when things are on your mind... and you wake up and sleep is fugitive... and that's OK... everyone has nights like that... it's just part of the normal cycle of life...	I	Changing expectations
Behaviour	When that happens think of what you can do... you can get up... no point in lying there.... and do something quiet that normally absorbs you... a hobby... reading a book... quietly knitting or looking through photos... and as you get absorbed in the task, the hobby... whatever seems right to you...	D	instructions for not sleeping
Memory	you will find yourself relaxing more... getting sleepier.... ready to go back to bed.... to a lovely warm bed... and a relaxing sleep.... and really before you know it is morning and feeling refreshed.... stretching... and remembering how you enjoyed that occasional night time interlude...	V	Post hypnotic suggestion
Capability	and there are many ways to use your own mind power to go into sleep now.... deep deep restful sleeping is a habit.... a way of thinking... a way of experiencing what you enjoy about relaxing and letting go...	=	Reframing the problem
	Some people get used to sleeping lightly.... or trying to stay alert... maybe they had a reason... and that's their mind doing what it can to keep them safe... and that's a good thing... and you are safe now... so you can allow yourself to relax and sleep...		Reframe old sleeping patterns
Memory	Any time you want to you can remember sleeping like a child... a child can sleep anywhere... just close the eyes... relaxed body... muscles loose and limp and floppy... and imagining playing or absorbed in some activity.... you can be like that child... sleeping now... and then...	V	
	And when you sleep... every little noise... the house creaking... the wind outside... passing traffic... reminds you of the world breathing gently... and each breath takes you deeper into sleep... safe, comfortable, warm and relaxed...	>	Reframing noise
	I wonder if you have seen someone knitting?... people can design such intricate patterns... all the strands of different colored wools.... different ways of stitching... all the product of a mind....	M	Re-arranging the strands of life
	and if you don't like the design then you can imagine staring again... unravelling all the strands.... pulling the wool gently... all the stitches coming undone... the wool reappearing as it was... rolled up into soft fluffy piles...	M	to a new form of behaviour
	and then a new design... can be knitted... same wool... same method... but a	M	New restful

	new outcome... something warm and comfortable... something personal... that you can enjoy... new every day...		pattern.
	SAY GOOD NIGHT TO INSOMNIA		
	And now imagine yourself... lying in bed.... snoozing... dozing... drifting away.... warm and comfortable... and feel yourself lying there... and allow yourself to feel a warm glow of satisfaction... for knowing how to deal with his problem ... allow a little smile to form in your mind ... and look forward to endless nights of dreamy peaceful sleep...		
	And then imagine yourself...in the morning... a long time from now... stirring, stretching... having had a wonderful peaceful sleep.... many many hours of blissful lazy rest.... and how good you will feel then...		
	But for now... allow yourself to drift off and enjoy a really good nights sleep.... nothing will disturb you... and snuggle down into a comfortable position now... and as long as some part of your mind is lazily listening to the outside world... inside you your mind is totally relaxed and thinking about nothing.... exactly as it should be..		
	Sweet dreams... and happy hours ...		

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Stop Teeth Grinding

Hypnosis can stop teeth grinding (bruxism). Teeth grinding happens in sleep. The symptoms include headaches, sore jaw, worn teeth. The underlying cause is anxiety. Often the habit of teeth grinding or teeth clenching started in childhood and the original anxiety has long gone, but the habit of grinding teeth remains. Hypnosis can stop Teeth Grinding by treating the anxiety, but it can also work on the physical habit and stop teeth grinding during the night by subconsciously relaxing the jaw muscles.

This script works on the subconscious mind so that it becomes aware of when the client is grinding their teeth and gently interrupts. Although the sleeper doesn't know when they are grinding your teeth, the subconscious mind does know, and the hypnotic script prevents the teeth clamping together during sleep.

Target	INDUCTION SECTION		
	And now I would like you take one deep breath and hold it.		
	And... just let it go..... that's good.		
	And in moment I am going to ask you to take another deep breath and hold it... This time when you let it go... let go of all the tension in your body ... let go of all the tension in your shoulders and your arms...		Relax the body
	Another deep breath hold it and <u>really</u> let go... that's good.		
	And now another one and this time let go <i>all</i> the tension in your body...		
	That's good.... let it all go... and now just resume breathing normally....		
	And with each breath out ... the voice in your mind... it says.... " <i>you are getting more relaxed</i> " with each breath...		Self induction induction
	Deeper and deeper relaxed...		
	That's right.....		pacing
	Just allow yourself to relax totally.		pacing
	You are doing very well....		Rapport

	DEEPENER SECTION		
	And I wonder if you can imagine a big old house somewhere?.....	V	dissociation
 with a fence... and a big garden... and maybe there are trees....		
	... it's the sort of house that families grew up in... generations of people.... living and laughing.....		engage personal experience
	There's been weddings and christenings and funerals... and birthday parties and happy times....	V	engage visualisation
	...inside that house... there's a staircase....		
	And you can find yourself at the top of that staircase....		

...and I don't know if that staircase is wood or marble... or carpet.... doesn't matter.....		all alternatives
...and there can be a handrail....		safety
...and you can imagine yourself beginning to go down those steps....		
... and you can begin to go down those steps now ... and with every step you get more relaxed.... and deeper into trance		standard staircase deepener
and so TEN going down.... deeper relaxed... and NINE deeper still.....		
... and EIGHT.... deeper relaxed...		
..and SEVEN... down and down...		
.. and SIX...		
And feel yourself sinking into that chair... wonderfully supported as if you are lying on a fleecy cloud... just allowing yourself to drift.....		dissociation
...and FIVE.... deeper and deeper.....		
...and FOUR down and down....		
... and THREE....		
....and TWO....		
...and there is one step left....		
... and when you go off that one step there is just zero....and you go through the centre of that zero.... through a black void of nothingness... your mind is completely relaxed....		
....and the only thing of importance is the sound of my voice...		
You don't have to do anything.... you don't have to think... you don't have to listen... you don't have to do anything particularly.... Just allow yourself to enjoy that lovely gentle feeling...		
Allow that relaxation to go through your body		
And now [clientname] I would like you to relax your eyes.... Really relax those little muscles around your eyes.... focus on those tiny, tiny muscles.... the ones that control your eyelids....		Modified Elman induction
And just feel those eyes.... totally... relaxed.	D	
Shut down hard	D	
... as if they are glued together....	D	
And those eyes are so relaxed you couldn't open them if you tried.	D	
And you could try opening them... and you could be surprised at the result....		Depth test
That's right... your eyes are completely relaxed...		[no response]
And now allow that relaxation to spread ... from your eyes... down through your cheeks.... down your neck...		Short relaxation induction
Feel it going through your shoulders and your arms and down through your body and all the way down into your legs....		
So that you are totally relaxed...		
And allow yourself to enjoy that feeling... of total relaxation		

Capability	That's good.... and that shows you the power of your mind.	D	
Rule	.that shows that you have control...and with control there are many ways of getting to the result that you want....	>	non sequitur, presupposition
	eye catalepsy --> hidden power --> ability to change		
Identity	and because you have control.... you can choose to change...	>	
	That's right. And those eyes are showing you that part of your mind can be awake and alert while another part of your mind goes deeply, deeply into trance.	D	trance confirmed
	and while you are in that lovely state, you can relax more and more deeply...		
	Personal capability		
	and you see... that relaxation is telling you something very important... the way your body is relaxed now is telling you that you can control parts of your body that you didn't know you could control...		eye catalepsy = power
Capability	and that's because you can control parts of your mind you didn't know you could control....		Suggest hidden powers
Capability	And that means that you have a strong mind... and you may have suspected for a very long time that you have a strong mind...	=	Personal capability
	and it is that strong mind that is causing your problems... and it is also that strong mind that is going to lead you out of those problems...	I	
	because that strong mind of yours, once it knows what it wants... once it knows where you want to go, what you want to feel... what you want to do... can produce everything you need... can give you exactly the feelings you want... can make the changes, can make you aware of things you are not aware of ... can put you in touch with feelings, memories, times ... and you can have learnings and experiences...	=	power = ability to change
Capability	And you can use that power... you can use that power to change things... to imagine things... and allow your mind to roam free and think of things you haven't thought of for a long time.... and that means that you can do whatever you want to do...	>	Unspecified outcome
	and that strong mind of yours will allow you to experience things openly and freely... because nothing in your own mind can ever harm you...		Safety
Capability	that mind of yours will allow you to make the changes you want...		
	and while you are in this state... you are not really asleep...		
	you are aware of what is going on... and you are aware of your muscles...		
	Control of the Jaw muscles when asleep		
	and I would like you now to focus your attention on muscles of your jaw...		
	those strong muscles that keep your jaw tight... and I want you to become exquisitely aware of those muscles... and to feel them relaxing now... feel those muscles releasing all the tension...		
	allowing you to have a gap between your teeth.... allowing you to separate your upper and lower jaws...		
Capability	and when you are in this state now... part of your mind is awake and alert... and looking after you.... and when you are in this state when sleeping... part of your mind can be awake and alert... and looking after you... monitoring the muscles and the jaw... and allowing those jaw	D	

	muscles to relax.... to be loose,... and limp ... and free...		
Capability	and you can breathe freely... and you can enjoy sleeping... while your subconscious mind is monitoring things... ensuring there a tiny gap between your teeth... between the back teeth.... making sure you are comfortable... that your mouth is comfortable... your jaw muscles are relaxed...	D	
Capability	all the time you are asleep.... no matter what... your mind is aware of the state of those muscles.... and releases any tension the moment it forms... and that lets you go into an even more relaxing and deeper sleep...	>	
	there will always be space between the upper and lower jaw... and your jaw muscles will be relaxing... just like they are now...	D	
	and those big strong jaw muscles can enjoy being relaxed... and that will give you a feeling of control	>	control during sleep
Behaviour	And that strong mind of yours is working 24 hours a day.... looking after you... keeping you healthy... keeping you safe....	D	
Memory	and whenever you sleep... whenever you settle down... automatically that jaw parts slightly... and you will feel comfortable about it...	D	
	and all through the night... your body will maintain a gap between those teeth... and your jaw will be beautifully relaxed.... just the way it should be... and no matter what goes on inside or outside... whatever else happens... that jaw will be completely relaxed... just keeping a tiny gap between your teeth.... allowing you to sleep comfortably.... completely....	I	
Capability	and you will be able to do that automatically without thinking about it...		
Behaviour	All you have to do each night as you go to sleep... is to deliberately loosen your jaw... and say to yourself ... loose and relaxed and comfortable		Self Hypnosis
Behaviour	... loose and relaxed and comfortable...		mantra
Behaviour	... loose and relaxed and comfortable...		mantra
Behaviour	And as you fall asleep those words... will go through your mind... and that jaw of yours will be... loose and relaxed and comfortable...		
Memory	and you can remember how relaxed you are now, and when you sleep, you can go back to this state of deep deep relaxation... and the whole of your mouth will be so relaxed....	=	
	and you can sleep in any position... and that jaw will stay that way all night... ... loose and relaxed and comfortable... and you won't have to worry about it at all...		
	You can forget all about it... because it will stay ... loose and relaxed and comfortable...		
	And there will come a time when you won't even remember that it was anything else but ... loose and relaxed and comfortable...		
	Completely relaxed...		
	Learn new capability...		
Capability	and you can learn to do this... relaxing... sleeping.... keeping a tiny gap between your teeth at all times.... awake or asleep... you can learn to train your mind to always keep those muscles relaxed a little.... just enough...		
Capability	and just thinking about it now makes it possible....	>	
Capability	for you to imagine... to have... a long deep sleep... and always have that	=	

	gap there... the space separating your teeth.... giving you a luxurious deep rest....		
Capability	and waking up refreshed....	I	
Behaviour	And from this moment on... that strong mind of yours... is looking after you... it is watching over you... like a guardian spirit... monitoring those muscles... constantly relaxing away the tension.... so there will always be that little gap.... like a piece of soft rubber keeping those teeth comfortably apart...	D	metaphor
	soft bouncy feeling pushing those teeth away... keeping those teeth apart... just enough for you to feel loose and relaxed and comfortable...	K	kinesthetic response
	and when you waken each morning your mouth feels ... loose and relaxed and comfortable...	D	Reinforce the mantra
	and it will all just seem easy and natural... and it will just feel right to be loose and relaxed that way... comfortable...	D	
	that's right...		
Capability	and you can enjoy that feeling every night... loose and relaxed and comfortable... any time you sleep...		
Behaviour	sleeping with the jaw just slightly separated... and when you eventually awake you will feel good... knowing that your mind has been looking after you... that you can do that...	D	
Post Hypnotic Suggestion			
Capability	So take a moment now... and enjoy that lovely feeling... knowing that from now on ... tonight and every night... your jaw will be ... loose and relaxed and comfortable...		
Capability	and you can begin to feel ... loose and relaxed and comfortable... just the way it should be...		
Memory	And now you can become aware of what is to be relaxed... as you are now... you can become aware of what it is like to become in touch with your own subconscious mind... the way you are now.... and this feeling you have now... you can remember that ... and you will be able to go directly into this state ... all you have to do is settle down... repeat three times... loose and relaxed and comfortable... ... loose and relaxed and comfortable... loose and relaxed and comfortable... and when you do that... you will feel yourself going right down... totally relaxed... into this state.... that you are in now...		reinforce the mantra... anchor it to states of relaxation
Capability	and in this state... your jaw will relax and stay relaxed for as long as it needs to ... and every night... you will be able to practice that until it becomes easy and natural and automatic...	D	Post hypnotic suggestion
Memory	and every time you do that you will be reminded of that ... loose and relaxed and comfortable...		
	And as you go into this state you can allow your mind to drift this way and that... to think about things that have happened.... to think about what's important in your life ... and allow your mind to open up and allow a symbol to appear... and that symbol can be anything.... and your mind will recognize that ... and that strong mind of yours will look beyond it... examine it, find out what it represents... and then think of ways it might change... alter... fade away...		Permission to reframe...

	And as you do that all those old things don't seem so important now... and that lets you drift even deeper now...		Post Hypnotic Suggestion
	And then imagine yourself....in the morning... a long time from now... stirring, stretching... having has a wonderful peaceful sleep.... many many hours of blissful lazy relaxation.... and how good you will feel then....	V	
	But for now... allow yourself to drift off and enjoy a really good night's sleep.... nothing will disturb you... and snuggle down into a comfortable position now... and let your mind monitor your comfort... there is no longer any problem... as long as some part of your mind is quietly watching ... inside you are totally relaxed and comfortable... exactly as it should be...	I	
	Reorientation		
	[Use a reorientation... with the option either to continue sleeping or to come back to normal alertness]		

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Pain Treatment scripts

The Control Panel Pain Technique

Controlling pain with Metaphor

This type of metaphor is used extensively in pain control therapy. The client is asked to visualise a control panel of some sort. In the centre is a large glass dial like a clock with a large indicator hand that can move up and down the scale. The client is told that the dial represents their current state of something, their happiness, their pain level, their degree of mobility - whatever it is they want to control. Any time they want to change their level of comfort all they have to do is call up the control panel and move the dial. The client is instructed to make their condition slightly worse, so that the indicator on the dial moves up. This is done to give the client an experience of control, to believe that they can actually make a difference to their own condition. The client is then instructed to move the dial the other way, to make their condition slightly better. Once the client discovers that they actually have some conscious control over their condition they are much more willing to accept the idea that they can manage their own care.

This simple metaphor is remarkably effective for a wide range of conditions.

Memory	I wonder if you can imagine a control panel..... something with maybe a big dial in the middle.... part of a machine perhaps.... or it could just be the dial on a car, where you press the pedal the car speeds up... or it could have knobs that turn,.... or... you might be familiar with the kind of thing you get on some stereo systems... where as you slide the control up, the sound goes up and a needle moves... and you slide it down and the sound goes down... or maybe some other kind of panel comes to mind that lets you control a process...	V	
	Now I would like you to pay attention to the biggest indicator on that control panel.... I don't know if it is like the hands on a clock or like a speedometer with one big hand in the middle.... or maybe it's a digital read out with numbers showing..... or maybe it's like the moving bars of light you see on some music systems... it can be anything you want...	V	Let them choose the metaphor object
Memory	and look very closely at that indicator..... you know when you look at the speedometer on a car, no matter how hard you try it never stays exactly on the speed you want... it is always wavering up or down a fraction.... isn't it?		Yes set
	And if you look very closely at your indicator... you will find that it is also varying just a little.... up and down a little..... fluctuating, wavering around some point... not quite steady.... isn't it?	V	Yes set
	Because processes are never exactly steady, are they? There is always... some variation. A little higher, a little lower.	I	Yes Set
Capability	And you can use this.... you can think of your pain now and find where on the dial it is.... or what number it is ...		turn pain into an object
Capability	and you can think of your pain as being on a scale of one to ten, where one is no pain and ten is the worse it could possibly be....		implies different levels

	and imagine that the indicator on your control panel is showing the exact level of your pain right now....		of pain are possible
	and here's the interesting thing.... that indicator is moving exactly in step with your pain.... your pain is varying a tiny bit moment to moment, isn't it? and that indicator is varying a tiny bit moment to moment as well.	I	metaphor
	And now I'd like you to test that connection.	D	pre-supposition
	I'd like you to test if you can make that indicator go up a little.... right now...	I	Seeding ideas of control
	I would like you to increase your pain just a little.... just a little.... but enough so that it registers on the indicator....and when you have done that... you will find that the indicator settles and wavers up and down around a different value, doesn't it?		
	And now I would like you to.... just for a moment.... really make that pain increase.... so that the indicator moves strongly.... up and then falls back again.....		direct evidence that it works
Capability	and by doing that you have shown that you have control over the level of pain you experience.... and you know you can make it increase....	>	tag question
Capability	I wonder if you know that you can make it decrease as well?	I	
	So now focus on that indicator....that dial, or whatever you are using.... focus on the number that the indicator is showing... and now make that indicator move down..... just a little... reduce your pain level so that the dial goes down to a lower point and the reading wavers around that lower point....	D	pre-supposition
Capability	you can do that easily..... just a little.... can't you.... now...		
Behaviour	And now.... move that indicator down a lot..... make a significant movement down.... and feel that pain recede, feel a real difference as the indicator goes down and stays down.... and now move that indicator down even lower.... all the way down to the bottom..... all the way down.....	D	
	and now move it up just a little from the bottom... so that there is just a tiny bit of pain left for you... pain is a message that there is something not right... that you should be careful with that part of the body,.... so you can leave a little.... just enough to remind you that you need to take a little care.....		safety
Capability	And you have now learned how to control this thing.... and anytime you want to vary the level.... any time you forget... you can use the control panel... move that indicator.... and it will move with it...	D	reassurance
Capability	You are in control... and isn't that something good to know?		

Paint Pot Pain Relief Hypnosis Script

Pain Relief is one of the benefits of hypnosis. Some pain is useful, it is the body's way of telling you not to move or stress the part that hurts. However, pain can intrude on normal life and needs to be reduced. Hypnosis is a recognised approach and can be very successful for pain relief.

This script uses visualization and hypnotic suggestion to teach you how to relieve pain. This Pain Relief script can be used in clinical hypnotherapy or for self hypnosis for pain relief.

Letting go of pain with hypnosis

	Hypnosis induction		
	Now you have been feeling discomfort in some part of your body.... and you know that there is a reason for that discomfort... and you don't have to have it all the time...	I	Indirect suggestion
Resources	Now that you are relaxing.... you can allow your mind to change things for you... you can use the inner power that is in all of us...		Pre-supposition
	and I want you to imagine that inner power.... just for a moment allow your eyes to close.. that's right....	V	start the induction
	and imagine a speck of light... in a dark place... and imagine you are going down into that dark place... following the speck of light... like sinking down into a deep dark sea... imagine your body sinking down... and drifting... deeper and deeper... like a submarine disappearing into the silent depths of a dark blue ocean...	V	visualization induction
	and as you imagine that feeling... feel your body slowing down... your eyes getting heavy... the weight of your arms and legs as they get heavy and tired and you are relaxing deeper and deeper now....	K	kinaesthetic induction
	and all around you... things are becoming quiet and peaceful... and every sound becomes soothing and gentle and every sound is leading you down and down as you relax those sounds right out of your mind... everything is disappearing....	A	sound induction
	and the feeling comes over you that nothing really matters now... as you relax more and more deeply... you feel that you don't really care any more... that you can just let everything go...	K	relaxing
	and I wonder if you can imagine in that dark space... a tiny speck of light... soft and indistinct... like a quiet glow... and now imagine that glow begins to spread around... and as it does ... as it softly spreads out ... you feel yourself somehow spreading... easing.... letting go....	M	metaphor induction
	that's right.... [do a depth test]		
	Hypnosis Pain Metaphor		
	and as you are lying... relaxing.... thinking of nothing.... letting things go... you can become aware that you actually have the ability to let things go completely...	I	
	and you know... there is nothing that has to be.... nothing that you cannot imagine changing....		truism
Resources	and when you are in this relaxed state... you can do the most amazing	>	

	things... your mind has abilities that you may not know you have...		
Capability	and you can use that power to change how you feel... how parts of your body react... to change the sensitivity of your body to pain....	>	
	Now focus on the area that usually has the pain. Become aware of that area... really think about it... about where it is... how big it is.... test to find out where the edges of the painful area are... sense the shape of the area... everything about it...	V	
	Now think about the color of that pain... imagine what color it would be... think of what color it is.... become aware of that area of pain...	V	Focus on the painful part
	and experience it as patch of color... or a pool of color... imagine in your mind exploring that area of color... feel its extent... its width... its depth...	V	
	and now think of another part of your body... perhaps a part nearby... a part that has no pain... a part that feels good... healthy... comfortable... just the way it should be....		find a healthy part
	and think of what color suits that part... think of the color of health... the color of comfort and well being.... of positive good feeling...	V	
	imagine an area of that good part of your body... in your mind decide how big a piece of that healthy comfortable part you want to think about...		
	and think about the color... the right color for that part... color of health... of comfort... of ease...		
	and now allow your mind to first focus on the area of pain... and then on the area of comfort... be aware of the colors of each... feel those colors...		
	and now... imagine you have a paintbrush... and you dip that brush into the color of health... imagine dipping that brush into the healthy area...		
	really get some of that color on the brush... load it up...		
	and then start to brush that color over the painful area... imagine that pain free color being painted over the pain... the two colors mixing... the colors swirling together... mixing... changing... the one color spreading into the other...		
	and keep taking more and more color from that healthy part and adding it to the pain area... until that pain area is changing color... becoming different now...		
	allow that feeling of health and ease and comfort to spread as those colors are mixing...		
	feel the good color replacing that other color... and the feeling changing... easing.. becoming more comfortable... and continue to add more and more of the comforting color until the whole of that old area is painted a new colour...	K	
	and now enjoy that feeling of relief... of knowing that you can change that pain... that you can allow that discomfort to ease... and be pain free...	K	
	Direct suggestion for pain control		
Capability	Because you have the power to control how you feel... you have a powerful imagination... and that means that you can decide for yourself whether you want to use the power of hypnosis or not....	=	
Capability	You don't have to feel that discomfort if choose not to... you have that power... you have that control...	D	

Memory	you know the way sometimes you find that you don't even notice a noise that has been going on for a long time... well that's your mind's way of directing attention...	>	
Capability	and you can choose what you want to notice... and you can choose not to notice things you don't want...	D	
Capability	and that means that whenever you choose to ... you can make the feeling go unnoticed ... you can relax it right out of your mind...	>	
	and forget all about that pain... just leave it outside of your attention... it is still there.... but somehow you just don't notice it any more...	I	
Capability	and you have that ability now... that ability to take control.... to choose how you want to feel...		
Rule	it's your right to feel good... always.... and you can get really good at feeling good now....	I	
	and in moment you can count quietly from five up to one.... and when you get to one you will be back in the present... awake and alert and aware that you have forgotten to notice something.... and can keep on forgetting...		Reorientation
	So counting now....		

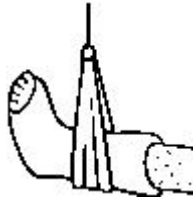
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Magic Fingers Pain Relief Script

Pain Relief technique for children

Children are often hurt in a location where there is no immediate help. This Child's Pain Relief script uses the child's imagination to deal with pain using their own resources. It is very simple yet often very effective.



The Magic Fingers technique empowers the child to deal with the pain by themselves, and gives them a tool to deal with chronic pain. It means the child is no longer dependent on others. The magic fingers pain relief script can be used for sudden injury or in a hospital situation.

	Connect to own resources		
	I wonder if you have ever drawn something with a pencil... or written on a board where you can wipe things off? You know how sometimes you want to change what you have drawn... or something you were writing...?		Link to ability
	and you know that you can rub it out... or wipe it off... and it is like it was never there...		Reinforce ability
Memory	Do you remember doing something like that?		Get a response.
	Make the metaphoric equivalent		
Capability	I wonder if you know that there are other ways of rubbing things out? What if I said to you that you have magic finger? Did you know that you have magic fingers?		child's magic
Capability	Well you do.		Reassurance
Behaviour	And did you know that magic fingers can rub out that pain the way you can rub out a word or a bit of a drawing that is not right? Well they can. Yours can. And I can show you how.	=	
	That would be cool, wouldn't it?		Get agreement
	Teach the child the technique and anchor the idea.		
	Now I want you to imagine that there is a little teensy weensy bit of pain in that little finger of your hand. You can choose which hand. Which hand would be best?		Set up the belief
	Put a little bit of that pain in that little finger now, right at the tip. Think about that pain there, and think about what color would be the right color for it. What do you think would be the right color?		
	[Get a response] That's right.		
Belief	Now I want you to bend your thumb until it touches that finger. Rub your thumb over the pain bit, and watch as that colour rubs off, and the pain goes away.	D	
	That was good, wasn't it?	I	Confirmation
	Now you can use the little finger for a little bit of pain. If you get a bit more pain you can use the middle finger. And for a whole lot of pain, you can use the pointing finger. You know the one?		Confirmation

Capability	Now here's the magic bit. You can choose to take any bit of your pain, and move it to the little finger and rub it out, and it will just go away, won't it?	D	Tag question
Capability	And means that you can move a bigger pain to the bigger finger, and rub that away too.	=	
	Test the anchor		
	So let's try it now.		commitment
	You can choose what finger to use, and then move the pain there... watch as the colour changes... and then rub it away.	>	
	Shall we try it now?		Confirmation
	So move the pain to the right finger, and then use your thumb to rub it out... that's right.		
	And that takes the pain away, doesn't it. It's magic!	I	
	That's good isn't it?		
	Reinforce the power		
	And you can use those magic fingers any time you want. It's so cool. And you can tell the other kids what you have learned, and show them too. That would be good, wouldn't it?		
	That's right. And now you can practice on your own.		

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Power Healing Energy Script

This script is partly spiritual, partly therapeutic. It uses a metaphor for letting go, to visualise your life as something you can put into perspective. The metaphor allows the listener to dissociate from the day to day and focus on what matters.

The basic metaphor continues the 'drifting', 'floating' imagery of the induction by putting the client into a cloud where they get surrounded by healing light, and then look down on their life from that position.

Evoke the Relaxation Response			
	So settle back now, get comfortable... and close your eyes.....		
	Now take a deep breath, and hold it.... and just let it all go.... ahhhh...That's good...		Start releasing tension
	When you are ready.... take another deep breath..... and as you do... lift your shoulders up... and as you breath out.... let them slump down and relax.		Let go muscle tension
	Now lift your arms slightly.... and on the next breath out... let them drop back naturally.... and relax your whole body		Let go muscle tension
	And I wonder if you could imagine what it would be like if your arms and legs had become so heavy ... that you just could not move them... that they felt as if they were made of lead...	D	Dissociation
	...and just allow that heaviness to grow		
	... and now I would like you to focus on your breathing.... just become aware of the gentle in and out of your breath...	D	Dissociation
	And as you think about your breathing... with each breath out... just allow your body to relax more...	I	Dissociation
	and you could become curious as to exactly how relaxed you can be...		
	...and focusing on each breath out will let you relax and settle down a little deeper... each time you breathe out....		Deepening
	...while you think about that....		Ambiguity
	and a little more relaxation after every breath... that's good....	D	Deepening
	and continue breathing gently... relaxing....		
	And as an experiment, for the next ten breaths.... you could start counting each breath out... counting down from ten down to one.... as you breathe out... say the next number under your breath... or think of the next number... if you can...	I	Deepening
	allowing each breath to relax you more... and as you relax completely ...as you say each number quietly to yourself... you might find that those numbers are disappearing....you may find it harder and harder to know what number comes next... and you can relax those numbers away... if you want to... those numbers can just disappear completely... with each gentle breath.... as you drift down and down...	I	Make the listener aware that they are in trance now
	And as you become aware of that at some level... that means that things are		Reassurance

	going exactly the way they should be...		
	... and your mind is opening to new possibilities...	D	Seeding
	Healing light --> Power --> capability to change		
	And I wonder if you can imagine lying on a large... soft.... fluffy cloud....		
	and you are feeling safe... and warm... and supported...		Reassurance
	and in that big fluffy cloud you can feel yourself... gently sinking... sinking into a wonderfully soft... velvety... comfort...		Deepening
	and all around you... are tiny puffs of cloud... glowing in the sunlight... like soft showers of warm rainbow colours...		
	and as you go down and down into that cloud there is a wonderful luminous light ... inside that cloud... coming from all directions... a light that fills the air...		
	and as you lie there breathing gently.... that light begins to touch your face, your hair, your body... and you can wonder at the different ways you experience that light...		
	and that light is gently... softly... gradually... going into your body... like the sun on a warm afternoon... healing and soothing... making you feel so good ... that gentle healing light continues.... gently.... persistently.... gradually... moving.... touching... penetrating through your skin.... and breathing brings it into your body... through your mind...		
	gradually filling every part of you... with a wonderful healing cleansing... invigorating.... renewing.... rejuvenating... feeling ... and maybe you can sense something opening... releasing ... unlocking...		
Capability	and as that light enters the deepest darkest corners... it releases a feeling... of discontent... a stirring... of power...		
Capability	This power is allowing you... almost as if you were being reborn... to start afresh.... to really think about how you can change... about how this power is being transferred to you... from within that cloud all round you...		Seeding change
	and maybe you can feel that now... from that wonderful gentle soft infusing light... filling you so that you are part of that healing cloud... and that cloud is part of you... and you are safe and warm... cradled and snuggled...		
	and that cloud supporting you as you gently drift... down and down... deeper and deeper ... wonderful wonderful feeling of lightness that you can have....		
	Metaphor for change		
	And in that cloud.... separated from everything... safe and warm... relaxed... you might want to think about your life... your situation... you might find that you can imagine things are further away... and floating above them... and you might already have started seeing things from a different perspective... things can look different, smaller, less important....		
	and from a distance... things can lose their colour... get dimmer... fade into the background.... can't they?		
	and looking down at things... from inside... a cloud... the whole landscape can be seen.... And you might become aware that old things can bring up new ideas... when you see them at a distance... their shapes might be different... it can be a surprise to find that some things are no longer there... landscapes constantly change, don't they?		
	And that change might be so slow that it is only when you can see the		

	whole picture at once, that you notice that what you thought was fixed and immovable, has actually altered, and everything around it has altered too.		
	Maybe you haven't noticed yet, but when people begin to question old ideas, old assumptions... even a little, they begin to accept that things do change, slowly perhaps, but everything does change.... and it might take a new perspective to realise that change has already begun happening... is happening now....		
	And it can be subtle, or dramatic, that realisation. The conscious mind... might not be aware... of what the unconscious mind already knows.		
	And once change happens... it goes on... and everything round about it also moves and flows and finds new ways of being and feeling, and new freedoms can be emerging even if they aren't apparent yet.		
	And you may be curious as whether you will find that acceptance happening quickly or emerging slowly... or perhaps some part of you knows that it has already happened...		all alternatives
	And you can choose to experience things differently from now on... to see things in a different light... to stand back and take a different perspective...	D	dissociation
Rule	Because nothing stays the same, does it? And as things change, as people realise things have changed, they change too, don't they?		Truism
	And you can take some time now... to think... to realise... to become aware ... to wonder about... the many ways that you could know by.... of how things are different... and the many ways that things can transform themselves over time...		
	And take some time now.... as long as you need... to think about these things and the other things.... and that emerging awareness....		
	And enjoy that feeling of warmth and safety and comfort that the cloud can give you... while you do that....		
	You know you have changed		
	And when you are ready... when you have done everything you need to do... made all the transformations you want to see... felt the difference of being different....		
Identity	And knowing that something really has changed....		
Identity	that deep down inside there is something.... opening... loosening...		
	Then you can begin the process of coming back to the present... but in the meantime... take whatever time you need....		
	and then count to yourself from five up to one... and when you get to one, you will be back in the present, fully alert, and ready for the rest of your day....		
	So just take as long as you need now...and come back to the present when you know that the process of change is starting and will continue...		

Controlling IBS Symptoms

This hypnosis script is designed to manage IBS. The IBS client is asked to visualise a control panel of some sort. In the centre is a large glass dial like a clock with a large indicator hand that can move up and down the scale. The client is told that the dial represents the current state of their IBS. Any time they want to change their level of comfort all they have to do is call up the control panel and move the dial. The client is instructed to make their condition slightly worse, so that the indicator on the dial moves up. This is done to give the client an experience of control, to believe that they can actually make a difference to their own condition. The client is then instructed to move the dial the other way, to make their condition slightly better. Once the client discovers that they actually have some conscious control over their internal movements they are much more willing to accept the idea that they can manage their own care and learn to get well. This is reinforced in the Personal Ability direct suggestion section.

This script is remarkably effective for controlling IBS symptoms.

Standard hypnotic Induction		
So settle back now, get comfortable... and close your eyes.....		
Now take a deep breath, and hold it.... and just let it all go.... ahhhh...That's good...		Start releasing tension
When you are ready.... take another deep breath..... and as you do... lift your shoulders up... and as you breath out.... let them slump down and relax.		Let go muscle tension
Now lift your arms slightly.... and on the next breath out... let them drop back naturally.... and relax your whole body		Let go muscle tension
And I wonder if you could imagine what it would be like if your arms and legs had become so heavy ... that you just could not move them... that they felt as if they were made of lead...	D	Dissociation
...and just allow that heaviness to grow		Pacing
... and now I would like you to focus on your breathing.... just become aware of the gentle in and out of your breath...	D	Dissociation
And as you think about your breathing... with each breath out... just allow your body to relax more...	I	Dissociation
and you could become curious as to exactly how relaxed you can be...		
...and focusing on each breath out will let you relax and settle down a little deeper... each time you breathe out....		Deepening
...while you think about that....		Ambiguity
and a little more relaxation after every breath... that's good....	D	Deepening
and continue breathing gently... relaxing....		
And as an experiment, for the next ten breaths.... you could start counting each breath out... counting down from ten down to one.... as you breathe out... say the next number under your breath... or think of the next number... if you can...	I	Deepening
allowing each breath to relax you more... and as you relax completely ...as you say each number quietly to yourself... you might find that those numbers are disappearing....you may find it harder and harder to know what number comes next... and you can relax those numbers away... if you want to... those numbers can just disappear completely... with each gentle breath.... as you drift down	I	Make the listener aware that they are in trance now

	and down...		
	And as you become aware of that at some level... that means that things are going exactly the way they should be...		Reassurance
	... and your mind is opening to new possibilities...	D	Seeding
	The Control Panel		
	I wonder if you can imagine a control panel..... something with maybe a big dial in the middle.... part of a machine perhaps.... or it could just be the dial on a car, where you press the pedal the car speeds up....or it could have knobs that turn,.... or... you might be familiar with the kind of thing you get on some music systems.... where as you slide the control up, the sound goes up and a needle moves..... and you slide it down and the sound goes down..... or maybe some other kind of panel comes to mind that lets you control a process.....	V	Include all possibilities
	Now I would like you to pay attention to the biggest indicator on that control panel.... It might be like the hands on a clock or like a speedometer with one big hand in the middle.... or maybe it's a digital read out with numbers showing..... or maybe it's like the dancing bars of light you see on music systems... it can be anything you want...	V	
	and look very closely at that indicator..... you know when you look at the speedometer on a car, no matter how hard you try it never stays exactly on the speed you want... it is always wavering up or down a fraction.... isn't it?	M	link to known experience
	And if you look very closely at your indicator... on the control panel in your mind.. you will find that it is also varying just a little.... up and down a little..... fluctuating around some point...not quite steady.... isn't it?	D	
Rule	Because processes are never exactly steady, are they? There is always a.... ...some variation. A little higher, a little lower.		
Capability	And you can use this.... you can think of your IBS now and find where on the dial it is.... or what number it is ...		Dissociation
	and you can think of your IBS as being on a scale of one to ten, where one is no IBS and ten is the worse it could possibly be....		Objectifying the problem
	and imagine that the indicator on your control panel is showing the exact level of your IBS right now....		
Belief	and here's the interesting thing.... that indicator is moving exactly in step with your IBS.... your IBS is varying a tiny bit moment to moment, isn't it? and that indicator is varying a tiny bit moment to moment as well.		Belief IBS varies
Behaviour	And now I'd like you to test that connection. I'd like you to test if you can make that indicator go up a little.... right now... I would like you to increase your IBS just a little.... just a little.... but enough so that it registers on the indicator....	V	Up symptom = up control
Capability	and when you have done that... you will find that the indicator settles and wavers up and down around a different value, doesn't it?	D	suggestion of control
	And now I would like you to.... just for a moment.... really make that IBS increase... feel the change in your self... so that the indicator moves strongly.... up and then falls back again.....	V	Establish equivalence
Capability	and by doing that you have shown that you have control over the level of IBS you experience.... and you know you can make it increase....	>	
Capability	I wonder if you know that you can make it decrease as well?	I	
Capability	So now. focus on that indicator....that dial, or whatever you are using.... focus on the number that the indicator is showing... and now make that indicator		Down control = down

	move down..... just a little... reduce your IBS level so that the dial goes down to a lower point and the reading wavers around that lower point....		symptom
Capability	you can do that easily..... just a little.... can't you.... now...	D	Incrementalism
Capability	And now.... move that indicator down a lot..... make a significant movement down.... and feel that IBS recede, feel a real difference as the indicator goes down and stays down....	D	
	and now move that indicator down even lower.... all the way down to the bottom..... all the way down.....	D	
	and now move it up just a little... so that there is just a tiny bit of IBS left for you... IBS is a message that there is something not right... that you should be careful with that part of the body,...		
Belief	so if you want to... you can leave a little.... just enough to remind you that you need to take a little care...		for those can't accept a cure
	And you have now learned how to control this thing.... and anytime you want to vary the level any time you forget... you can use the control panel..... move that indicator.... and it will move with it...		
Capability	Because you are in control... and isn't that something good to know?		
	Personal Ability Section		
Capability	Because you can learn. You have learned so many things. Things you already do but you don't know how you do them. Things like choosing what to wear... what goes with what. You don't know how you know that, but you know when it is wrong. And you know when it is right.	>	
Identity	You know how to get things right.	D	Ambiguity
Identity	You are the kind of person who learns things automatically, unconsciously, without even realising it.	D	
Belief	And that means that you can learn to control your IBS.	>	
Capability	You can learn to monitor what is going on in your life, and how that affects your body, and you can learn to automatically adjust, to cope, to decide what to ignore and what to act on.	D	
Memory	And you can remember a time, when you gave no thought to your digestion, when it just worked, silently, smoothly...	D	
Memory	and a part of you can bring that time, that feeling, back again.... now... so that you can experience again... no feelings in that area at all... the way things should be... remember how good that is....	D	Connect to previous feelings
Capability	You can control how your insides work.... you have been doing it since you were born... smoothly, automatically...		Connect to previous ability
Capability	... you don't have to think about it....	D	
Capability	... you can control those feelings...	D	
Capability	... you can learn to calm things deep inside...	D	
Capability	... to the point where you can forget all about them...	D	
Capability	... by making lots of tiny adjustments... easily, simply, quietly, automatically	D	
	... and taking back control like you used to...	>	
	Reorientation Section		
	And take as long as you want to experience that feeling of control...		Bind
	that feeling of relief... that you are back in charge... that you can feel how you are able to make tiny changes one way or the other... tiny changes that add up...	I	Assumptions

	tiny continuous changes that matter.... that let you make a difference now...	
	and when you are ready... when you have experienced that difference...	ambiguity
	you can start to come back to the present.... you can silently count up in your mind from five to one and when you get to one you will be back in the present and ready for the rest of your day	up = back
	... or maybe you want to count down from five down to one and you can go deeper and into a long refreshing sleep while your mind works on those differences... that's OK too...	down = deeper
	and as you count from five to four... you can remember how you used to feel... that feeling of automatic control... regular normal digestion... no matter what happens....	
	and as you count from four to three... you can remember that dial and how it lets you take charge of how you feel... what you feel....	
	And as you count from three to two... you can feel really good about yourself... about your ability to learn... to do things automatically... to make a difference...	
	and the count from two to one.... will put you back in control again....	ambiguity
	so, when you are ready... start counting in your mind... now.	

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Clear away eczema

A hypnotherapy Script for skin problems



This script is a natural way of treating eczema and psoriasis. Eczema and other nervous skin problems are usually the result of stress, of mental stress being manifested in the skin. Remove the cause of the stress and the eczema rapidly goes away.

Eczema and psoriasis respond well to hypnotherapy. Eczema and psoriasis is caused by the mind and as long as the mind gets convinced that it can be cured, then it can be removed with hypnosis.

	Mind Power Convincer section		
	And you can just enjoy that lovely feeling of deep deep relaxation...		
	and maybe you can remember other times when you had this same feeling... and you can multiply that and enjoy that... and know that things are changing the way they should be...		
	so now I would like you to pay attention to your eyes... to those little tiny muscles that control your eyelids... and those little muscles are so relaxed so tired... it's as if they have forgotten how to work...		
	and I would like you to pretend that those eyes are so relaxed that they just won't work... and the more you try to open them, the harder they stay closed... as if they are glued shut...		
	and when you are sure... absolutely sure... that those eyes just won't work... you can try to open them... and you will find those eyes are glued tight shut...		
	that's right... and you can stop trying now...		
	and that's a demonstration to you that you really are in trance...		
	it is also a demonstration of the power of your mind...		
	your mind can control parts of your body that you are not even aware of having control of... and your mind is powerful and strong... and your mind can change things in your body... and your mind can change things in your mind...		
	Use your mind for change section		
	and coming here today means that you are ready to change.. that you want to change... that there has been something that has been bothering you for a long time... and it is time to give it up now...		
Capability	and you can change that... you can do that...	D	
	because this problem is caused by your mind... and this problem will be fixed by your mind... all you need is a guide... and you can be guided out of the problem...		
	So take a deep breath... and enjoy that lovely feeling of relaxation....		
	and allow your mind to begin to open to new ideas.. new ways of doing thing... exploring the possibilities... thinking about ways that things can		

	change... ways that things have changed... about the way that things should change... because change is all around you... every day you are changing.... ever cell in your body changes and renews... is replaced over and over... and skin cells are changed almost every day...		
	and you can maybe imagine how you can change your skin and have beautiful smooth skin again... how you can use parts of your mind to focus on those areas ... and it is as if you can wipe your hand down your body... and as you wipe it over your skin... as it passes over... those parts that are not the way you want them... you can imagine just wiping away those diseased cells... just wipe them off... and what is left behind is fresh clear clean skin... beautiful and healthy... skin you can be proud of...	V	Visualization
Capability	and your mind can do that for you... your mind can control that....	D	
	so just allow yourself to go deep inside now... and find the mechanism that controls your skin... just imagine... in a way that makes sense to you... how you could get those things to change... how you could persuade the right part... to change... and feel it changing... sloughing off that old... bad skin... replacing it with new successful skin...		Metaphor
Behavior	and you continue to do that from now on...	D	
	Body Image Metaphor		
	I wonder if you have even seen a chart in a doctor's office or something like that... showing the outline of a body ... and the doctor can draw on it and show where stuff is?		
	and I wonder if you can imagine a big notice board somewhere...		
	and I wonder if you can imagine pinning up an outline of a woman... and generally there are two charts, two drawings... one that shows the front and one that shows the back...		
	and pin up two of those outlines on that notice board...		
	and I would like you to image that there are paints and paint brushes there... and I would like you to paint on there where the eczema is... on the front and on the back... on the outlines pinned on that notice board... and you can choose a colour... just the right color to use to show where it is... where it is light and where it is dark...		
	and be sure to get every little bit....		
	paint it on those outlines... and now I want you stand in front of that notice board... and you have something in your hand that will will wipe away that colour...		
	see yourself standing there... just wiping away that color...		
	and i wonder if you will chose to work on the front or the back first... and you can just start wiping it away.... see it coming off... until there is nothing left except the outline and clean whiteness of the paper...		
	and you can work from the head to the toes or the feet to the head... and just wipe it and wipe it... clean it away...		
	and when there is nothing there.. but that outline and the white paper...		
	take those bits of paper down... very carefully fold them away... the way your gran used to fold away things in tissue paper.... you fold those outlines carefully, lovingly... and put them in a bag or something... and put them away safe somewhere... some place you know where they will		

	be... where you could always get them out and look at them... and you know they will be there forever... the way your granny used to put away precious things in mothballs... something you are going to put away for a long time... and you want to keep it just right...		
	and take a moment and think where would be the best place to store them...		
	and from time to time you can think about that place and just know that it is there...		
	and you have wiped away all the stuff.... right now it is happening.... just as you imagined it...		
Future pacing section			
	and just imagine yourself... few days from now ...a few weeks from now... and see yourself out with someone... walking along the street somewhere... off to the shops... the park.... it is as if you can see yourself from the other side of the street... and somehow you can hear yourself thinking... and you can see yourself... you can see how you are dressed... and can notice how you stand... how you walk...	V	Dissociation
Behavior	and you see yourself walking along... and what you see is a happy successful contented young woman... you see a woman who is in charge of herself... in charge of the world she lives in... who has happy children... a contented home life... who is going somewhere... who is putting down roots that will last a lifetime...	V	Dissociation
Identity	And look at how that woman is dressed... see her dressed beautifully, smart... attractive... successful... someone who is in charge of herself... someone who cares what she looks like but doesn't care what other people think....	I	
Identity	and you can tell by the way she stands that she is happy and successful... that she knows what she is doing... she knows what she wants...		
	and you can look in her face ... and that face is radiant... smiling... and those eyes are confident ... her skin is glowing... her complexion is healthy... and for no reason she just thinks of time when she felt great... and just throws back her head and laughs... and you can see her beautiful neck... white teeth.... and glossy shiny hair... she looks so alive...	V	
	and you know that below those clothes... that beautiful skin extends all the way down her arms and her legs and her tummy and her back... and all the rest of her ... and that is what she is so happy about... her problem is gone... she feels so good... and you can hear her thinking about how she feels clean and healthy and free... and knows where she is going... and she knows she is succeeding...	V	Reaffirm her importance and self esteem
	and her children look up at her and hears them laughing...	A	
	and the whole family gathers together and bonds... and she loves those children and they love her back and they always will... and she can see that is another success....	=	love = success
	and she can see in the future those children growing up... running around... all the stages those kids go through... and they are going to be happy... successful... that is something she doesn't have to worry about	V	

	any more...		
	and just knowing that makes her feel good about herself...	>	self esteem
	Visualize your new body		Metaphor
	and it is as if she has stepped out of that old body... the one with the bad skin... she has just stepped away from it left all that old stuff behind... the way a lobster or a crab sheds its protective shell when it grows out of it... and it is isn't needed any more... and all the old imperfections are left behind... just wriggle out of the old skin and walk away... and beautiful new skin is underneath and replaces it...	M	Image the new body
	so just imagine what it feels like to run your hand over your body and feel that soft smooth skin... fresh and soft and supple... smooth... shiny...	K	utilize touch
	the way it feels when you step out of a shower... that tingle you get as you rub yourself down with a towel... and wrap it around you... warm and comfortable...and step out of that dirty water now... let it all drain away...	K	feelings of warmth
	and put on new clothes... like you put on a new face... look in the mirror and see who is smiling back... serene... confident... and you can smile back at that face in the mirror... because that is your face....		visual
	and as you think about what the new face means for you...		ambiguity
	allow your mind to clear....		leading...
Capability	but you will remember that... you will remember all of that ... the clean skin... feeling good.... success... that process has started now... and part of you knows that it has started now... and will continue until you have that beautiful clear skin... soft and supple like you want...	D	Reinforce the images and ideas
	now... take a deep breath... and allow your mind to clear....		
	Perspective on stress		
	and maybe you can take a moment now... and just imagine a sunset... sometime away in the future.... when you see your children grown up... and yourself.. happy, fulfilled... a good life... and you can imagine yourself as another step in all those older generations... taking part in that long long journey... because that is what it is all about...		
	that is success... and you are part of it... you are a success...		
	so take a moment to think about that sunset... far in the future... many many years from now... when it is time to move on... look back... to look back at a happy full life... a life where you did what you wanted... and enjoyed everything that was on offer... took what you enjoyed... what you deserved.. and you can feel good knowing that that is coming...		
	so just take a moment to enjoy that feeling... to think about your place in the world.. to realize that what you think is so important now... might not seem that way when you walk into that sunset...		
	And you know... everything changes...		Truism
	and as you are lying there now... breathing softly... you are changing...	D	
	that strong mind of yours... is making those changes happen... clearing up that skin.... shedding those old concerns and showing the real you underneath... fresh and clear like a spring morning.....		
	Reorientation		

	And so before coming back to full awareness.....		presupposition
	take whatever time you need now... to consider those ideas... to allow your mind to examine things from every aspect... like a jeweler looking into the heart of a diamond...		
	and the lessons and possibilities... consider them deeply... absorb them deeply... into your very being.... thinking about how best to apply them....		bind: best
	And when you have had enough time to process and learn from this session.... when it is time to bring this session to a close, a comfortable close...	I	bind: time
	you can start coming back to the present.... at whatever rate is right for you.		
	...so when you are fully prepared to... you can find yourself back in full awareness of the room around you, feeling refreshed... and knowing that you have finally cleared up that old problem.	I	
	And every minute from now on, every hour from now on... that eczema is fading... it has gone away before... it is going away now... for ever		
	and it will never come back... because your mind has wiped away that feeling of stress... the stress and frustration that was causing it...		

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Pain Treatment Hypnosis Techniques

NLP Techniques to control pain



Hypnosis can be very effective for pain treatment. This pain treatment hypnosis script offers the sufferer many different ways of dealing with the pain. It uses hypnotic visualization to let the pain fade away, to rub out the pain, to turn down the pain, to say goodbye to pain, to let go of pain, numbing the pain and switching off the pain. All these hypnotic metaphors are presented as options for hypnotic pain treatment.

Knowing that there are effective pain treatment techniques available can give a sense of power. Pain treatment techniques in this script give a range of pain control methods and lets the sufferer chose which pain treatment to use.

	<i>Hypnosis Induction for pain</i>		
	<i>[Use your normal induction]</i>	I	Truism
	<i>Pain hypnosis Direct Suggestion</i>		
	When you think about pain there are many things to consider.		Ambiguity
Capability	Your body already knows ways to make yourself more comfortable.	I	Truism
Capability	And you can learn more ways. You can learn to relax... to relax away pain...	D	
Capability	Many people have learned to manage their pain... and you can too... you have so many powers... powers that you can use now... now that you need them... there were always there... waiting...	D	Secret powers
Capability	Science has shown that the mind has the ability to block signals from getting to the brain... you still have the pain... but you can fool your brain into not feeling it...	D	Reframe
Capability	Everyone has that ability... you just need to need it enough... and it will appear for you too...		Resource appears
	So think about these ways of blocking the pain... and choose the one that you think works best for you..	I	Bind 'the one that works best'
	<i>Vanish pain</i>		<i>Visual</i>
Memory	You know the way that water can just dry up and vanish? And how sometimes if a picture is left out where the sun can get to it, it fades away? Well that happens to other things too...	M	Seeding
	the first way you can block your pain is to focus on the area that you want to be made better... think about that spot... the exact spot you want to change...		
	and now bring to mind a colored spot... think of the color that is right for that spot... the spot you want to change...		
	and thinking about that spot... take a deep breath and then imagine somehow breathing out through that spot... imagine it like a cold icy breath... a breath of freedom... of ease... of relief... and as you breath out... imagine the color of that spot getting a little lighter... a little less intense....		
	and now on the next breath out feel that breath going through that spot		

	again... and that spot changing... becoming less intense... lighter.... fading...		
Behaviour	and continue enjoying that change... and with each breath out let that spot change until it has faded away... that's a good way to go...		
	<i>Wipe away pain</i>		<i>Visual Kinesthetic</i>
Memory	and there are other ways.... I wonder if you can remember a time when you went to the doctor's for something that was so bad.... and after getting treatment it just cleared up? Most people have memories of things that just worked like magic...	M	Seeding
	and maybe you have seen a chart in a doctor's office or a clinic or something like that... showing the outline of a body... and the doctor can point to it and show where the problem is?		
	and I wonder if you can imagine that you have one of those outlines of yourself...		
	and I would like you to image that you have a big thick pencil... and now... draw on the outline where the pain is...		
	and be sure to shade in every little bit....		
	and now you can stand in front of that outline... and you have something in your hand that you can use to rub out that drawing... that will rub out where the pain is...		
	see yourself standing there... just rubbing out those pencil marks... rubbing it away...		
	and as you do... as you feel that area getting lighter... feel the pain going away as you rub it off... until there is nothing left except the outline and clean whiteness of the paper...		
	and when there is nothing there.. but that outline and the white paper...		
	and you have wiped away all the discomfort... it is happening right now.... just as you imagined it...		
	<i>Turn down pain</i>		<i>Auditory</i>
Memory	and another way... Sometimes when you close a window you realize that you have shut out a sound that you really weren't aware of.. but it seems so peaceful when it is shut out...	M	Seeding
	Some people think about their pain like a sound... for them discomfort is like a noise that won't go away...		
	so maybe you would like to think about the sound of your pain... and as you become aware of that sound... become aware that you can alter that sound...		
	so imagine that you can reach out and grasp a control knob... a control that you can use to turn down the sound... turn the volume down... and you can turn it down a little or you can choose to keep turning it down and down until you can't hear that sound at all... until the pain is too small to notice...		
	and you can relax in peace... enjoying a quiet contentment...		
	<i>Leave the Pain behind</i>		<i>Visual</i>
	and another way you might like... Some people like to daydream... to imagine themselves taking a holiday away from their pain... to go someplace where they can relax.... like on a long vacation...	V	Seeding

Memory	and imagine now preparing to go away on holiday... on a special vacation... think of where it would be good to go... a place to get away from that discomfort... think of the right place to go... and who you would take with you... or maybe you would prefer to go on your own... and thinking about going away...		
	think about saying bye-bye to you pain... just move away and leave it behind... imagine you on your way and feel it receding from you as you get further and further away from it... and it loses its power... and it seems more distant now... as you imagine being in that holiday place... far away and just relaxing now...		
	Let go of Pain		Visual
Memory	or I wonder if you have ever seen a child holding a bunch of colored balloons? Remember the delight of that child	I	Seeding
	and think about your pain now...and imagine that there is a bunch of colored balloons attached to the pain... imagine those balloons tugging and pulling and wanting to be released...		
	and then allow those balloons to let go... release first one... and then another... and then another... and as those balloons float up feel that pain changing... feel that pain getting smaller as the balloons drift up and away and as those balloons are getting smaller your pain is getting smaller...	>	
	and as those balloons drift right up into the sky... your pain is disappearing too... and letting go of those balloons means that you can let of all that discomfort... and imagine the smile of that happy child as you relax now...	=	
	Let the Pain go numb		Kinesthetic
Memory	and you might be able to remember a cold day in winter long ago....when your fingers lost all feeling.... or maybe you can recall holding something so cold that you lost the feeling in your hands...	I	Seeding
	let your imagination focus on that feeling... that numb feeling...		
	and imagine what it would be like to take those numb fingers.... and touch those cold numb fingers to the place that hurts...		
	and let that coldness spread from those fingers to the pain spot... feel the pain going numb... getting cold and detached... feel the numbness spreading out slowly to ever part of the pain... feel it penetrating deep into the tissues and easing that pain... letting it release... letting go		
	and that pain can become just a distant idea... a lack of feeling.... and you might like to do that now...		
	Switch off the Pain		Kinesthetic
Memory	You can get houses where you just clap your hands and the lights go on... and you can get lamps that you just touch them and the light goes out...	I	Seeding
	and now think about how that pain gets to where you feel it...let your imagination focus on that feeling...		
	and when you flick a switch you can turn things on and off, can't you?		
	and what you are doing is breaking the circuit... removing the connection...		
	your body has circuits too... connections that run along the nerves... all		

	those nerves go up the spine into your brain... but they all run through your neck... they have to go through a very narrow bit of your neck... if you break that circuit there... then you cannot feel the pain... you choose what you want to let through...		
	think about all those nerves going up to your brain through your neck... each nerve thin and fragile...		
	and now think what it would be like to put a switch there... a switch that you could use to break that connection... think about what that switch is like... how you would like it to be...		
	and when you are ready... just use that switch to break the connection... switch off the pain...		
	<i>The Pain Treatment Spiral</i>		<i>Visual</i>
	and here's another powerful one...		
	Think about a part of your body that feels good... really good... well and healthy and working properly... it might be your feet or your shoulder or your little finger... any place you feel strong and healthy...		Seeding
	and really focus on that part... become aware of all the strength and energy flowing through that part... the strength and vitality... feel that energy gathering there.... let that energy begin to work for you...	V	presupposition
	think about that energy... its color.. its sound... its shape.... and watch what happens as that shape starts to turn into a spiral.... a spiral that begins to turn and twist and gather strength from that health energy...	V	
	and now that spiral moves to the part that is troubling you... feel it moving to that part... and then working on that part.. all that powerful positive energy spinning there... sucking up that feeling.... taking it away... and moving off with the pain and discomfort... and leaving in its place a clean space... healthy and at ease...		
	<i>The Pain Treatment Reorientation</i>		
	and as you feel that difference...		presupposition
	you may know which method works best for you... and you are free to try them all and choose... and as you are choosing you can focus on your breathing now...		
	breathing away all discomfort... becoming totally at ease.... knowing you can feel what you want to feel... and not feel what you choose not to feel...		
	let each breath out relax you into the comfort you want... just the way you want it...		
	and as that comfort increases you can begin to become aware of how good you feel... all over... and knowing that deep inside things are happening the way they should		ambiguity
	and as you become aware of that... you can become more aware of where you are again... and in that better place... begin to feel lighter... more aware... more awake....		
	and come back to the present.... NOW.		

Grief, Perspective on life

Grief and Bereavement Therapy script

This grief therapy hypnosis script allows the bereaved to accept the death of someone close, and to go on with their life. Grieving is a natural process, and grieving is a healthy emotional response to the loss of someone you love. But sometimes it can go on for too long.

[Remember to check for depression if a client seems to be suffering from excessive grief.]

Target	Bereavement therapy metaphor treatment	Technique
Memory	I wonder if you can imagine walking along a beach somewhere? A beach... the border between land and sea...	Dissociation
	the sea to one side... the land on the other side... and the beach in between....	M a place between places
	and although that beach might feel solid and enduring... when you think about it... it is actually changing all the time... shifting and changing... the sea is constantly replacing the sand... each little grain is rolled around until it is smooth and polished...	Things are not what they seem
	on a beach... everything is in constant motion...the sea constantly washes in and out.... the sand swirls and is deposited... again and again... in different patterns... different ways... there is constant renewal... everything changes... yet in a way everything stays the same...	Change is constant
	and you are walking along and up ahead you see a pier jutting out into the sea... an old stone pier... looks like has been there for centuries... a place where ships can tie up and depart safely...	another separation
	and waves are dashing against the pier... white water and foam flung high as the waves crash against the stones ... all sound and fury	anger and crying
	and as you get closer you see that on one side there are stone steps going up	a way out
	and you go up those steps and on the top of that protective pier you can see to the other side... on the other side.... the water is sheltered and calm...	peace and tranquility
	and you begin to walk along that pier... out towards the end... and you see there is a ship tied up there... on the other side...	
	and old fashioned ship... with masts and sails... like a galleon out of a story book...	Magical thing
	and as you get nearer still... as you come up to where the ship is tied up...	Visualize change
	You see someone you know... sitting comfortably... on the deck of the ship... and you recognize this person... you know who it is...	The deceased
	they look calm and resigned... ready for the journey... and they recognize you... and they smile... and you smile back... and you feel that warmth... that connection... once again... and it fills you with that old feeling...	connection
	and the person starts to point at something... they are signalling that they want something done.... they point to near your feet... and you look... and there is the rope tying the ship to the pier....	
	and you reach down... and you start to unwind that rope.... you slowly unwind	Letting go...

	the rope, loosening it easily... letting off coil after coil.... and the boat is tugging gently on the rope.... until suddenly, the rope slips free...		
	and the boat begins to slowly ease away from the pier... a gap appears and you look down between the boat and the pier and strip of bright water appears... reflecting the sky and dancing light sparkles on the dark stones of the pier...		starts moving away
	and you look again at the boat as it moves away... and the figure is still there... looking at you... calm and peaceful... and smiling that smile you know so well...		keep the connection
	and the wind catches the sails... the sails fill.. and the ship begins to get further away... and still you are looking at the figure and they look back... holding your gaze... and as the ship moves further away... further out to sea... the figure begins to get smaller... smaller and smaller the further it gets away... but still here is that connection...		gradually move further away
	and gradually the ship gets smaller until you can no longer see the figure... but you sense they are still looking... still smiling... and then you can only see the sails... and the ship becomes a dot on the horizon, and finally it slips over the horizon... and it's gone.... but some connection still remains... and you realise that you still have that smile...		
	And as the ship passes out of sight.... there is nothing more for you on that pier... you turn away from the sea... and you see at the other end of the pier... on the land side... there is a steep street...		
	and walk along the pier and up the street... and the street levels off... and you find yourself among shops and houses and people... and noises and music and light... and all the life of the small town is going on... people hurrying this way and that... getting on with their lives...	M	Back among the living...
Capability	and as they pass many of them give you a smile or say hello... and you realise that they are seeing something in you... something you might have forgotten... you still have the ability to smile... they are responding to your smile... as if to say welcome... and that makes you smile even more....		
Capability	and you start to look around this happy little town... with its bustle and noise... and on the other side... there is the road out... and you begin to wonder what might be along that road....	M	Feel welcomed back...
Behavior	and you realise that you are actually looking forward to finding out...	D	
	so you start walking forward... happy that something has been resolved... that things change, but things stay the same...	M	walk forward = change
	and things have to end for things to be able to continue...		Truism
Behavior	and you know that it is time for you to continue what has been started... now you know that something has been let go... and it is right to move on... it is time to move on now...	D	
	REORIENTATION		
	[use your standard re-orientation]		

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Silver Frames script

PUTTING LIFE INTO PERSPECTIVE



This script is about an old person coming to the end of their life and looking back, putting past hurts into perspective. It can be used towards the end of therapy when the person realises that they have wasted so many opportunities by being shy, or fearful or angry at the world, or whatever it was that prevented them from living a full life. It allows them to think of all that is left and to put the idea into their mind that they can still live a full rich life and have everything that they want. It is not too late. It is all about looking forward by looking back. It is useful as a palliative for people with terminal illness, helping to accept what is to come.

	<i>Looking Back on a good life</i>		
	And I wonder if you can imagine a room somewhere... a long way away from here...		Dissociation
	and there is an old lady/man sitting in that room... and there is a comfortable chair... and a walking stick... and everything is quiet and peaceful...		peace and tranquility
	and that old lady is looking out at the sun going down... and the sun is very near the horizon...	M	end of life
	and as that sun goes down the room is filled with golden light...		
	and the light reflects off the things in the room... a warm glow fills every corner... and a clock ticks softly....	V	
	and she looks around...		
	on the walls are photographs and certificates... awards and mementos... pictures of shaking hands with famous people... trips to faraway places... hotels and happy times... houses... long ago summer days	V	
	and all round the room there are silver frames... framed photographs... children and grandchildren... weddings... dinner parties.... smiling people and lifelong friends... happy times captured for ever...	V	
	and she looks round the room and remembers each and every one... looking back on a lifetime well spent...		
	a full and happy life that turned out well... a long life...		
	and all those things remind her of what is valuable in life... what is worth having.... what is worth keeping...		
	and so many memories... and she thinks back on all that happened... and things that seemed so important at the time... now are just a distant memory... and feelings about people and events get changed in that golden light... and none of that really seems to matter now...		Reframing
	and as she sits in that room... surrounded by memories... she smiles to herself... and nods...		
	and as that sun touches the edge... she feels the room going dark... and she is content... and she welcomes whatever comes...		
	<i>Future Rehearsal</i>		
	and maybe in a dream remembers a much younger person... wondering how it		

	would all turn out... and reaches out to touch that woman now... as she sits there relaxing...		
	and that touch reaches back through time... and maybe you can feel it somehow... like a blessing... knowing what is to come...		touch = resource
	life can be so good... and there is so much to do... so many good things waiting... I		
	and from now on.... everything can be better...	D	ambiguity

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Store of Memories

Deciding what is important

Some metaphors are designed to be wandering and formless, with no overt message. The idea is that the client's subconscious will examine different aspects of the metaphor and try to make sense of unrelated elements. By doing so the client will find some aspect that will match their specific subconscious concerns, which even they might not be aware of. These metaphors work particularly well if delivered as a story in hypnosis. Introspection metaphors give the therapist a tool to use when the client has only the vaguest idea of what is troubling them.

This metaphor deals with childhood memories and what should be left behind, but is non-directive and allows the client to identify with their own memories through the senses of sight, sound and touch. The second paragraph can be expanded to become a metaphor induction.

Store of Memories

A few years ago, a friend of mine, about your age, received an unexpected letter in the post. It had been redirected from several old addresses and had unusual stamps on it. I wonder if you collected stamps as a child, or maybe you knew someone who collected stamps?.. The stamps on the envelope were the old fashioned kind, engraved, if you look closely you see the image is cleverly made up of lines and dots. You can run your finger over the image and feel the raised ink. Maybe you remember stamps like that?

The letter was from the office of a country lawyer. A distant relative had passed on and there was something in the will. The letter didn't say what it was, but did say where to find it.... So my friend got ready... to go on a journey. Imagine how it was.... on a train or a bus... It's hard to remember details sometimes... The journey was slow.... but the seat was comfortable.... very comfortable.... and my friend's thoughts started to drift away... the hum of the engine.... the rattle of the wheels.... the slow and gentle click-clack, click-clack.... matching the breathing.... the way each breath makes you more relaxed.... more at ease.... you can imagine what it was like.... the gentle swaying in the seat.... the warm afternoon air.... soft light through the windows... scenery drifting by silently breathing gently.... just letting the seat carry you along.... its easy to just drift away.... just let go and relax totally.... enjoying that feeling of comfort and ease.... settle down in the seat... now...

and maybe it was a dream and maybe it was real.... sometimes its hard to know... they came to a stop, near a river, I think.... the doors opened.... Getting out.... looking around.... the whole place deserted.... it was late afternoon... the heat was heavy.... over by the side was the place mentioned in the will.... it looked like an old country store.... a faded wooden building... almost falling down.... settled down quietly in the afternoon air as it had for years.... lying motionless by the cool side of the river... as if it was waiting..... slumbering on through those long days.... peaceful and relaxed....

and inside... afternoon sun sloping in through dirty windows... golden specks dancing in sunbeams.... and around the walls.... cabinets... shelves and drawers.... an old counter.... an empty cash register...

In one cabinet you pull out a drawer.... it is full of glass.... lenses.... spectacles... magnifying glasses.... mirrors.... crystals... and as the sun catches the open drawer the whole room glows with reflected light.... rainbows sparkle off the walls.... yellow reflections on the ceiling.... strange shapes and shadows appear....

in another drawer there is a jumble of keys.... delicate brass keys... huge iron door keys.... a silver key on a chain.... hundreds and hundreds of keys... all mixed up.... and in a corner, hanging.... is a brass bird cage... that catches the light.... and spins slowly.... empty.... looking closely.... it has a little door..... open and look closely again.... the door has no catch.... just hinges.... all the bird had to do was push on it.... to be free....

and the light catches a figure in the gloom..... no... it's a dressmaker's model.... that can be adjusted to any size.... who knows how many people were fitted on this?.... people long gone.... boys and girls who moved on.... who left that mould behind.... and behind the counter is a wooden bin.... full of clothes.... costumes... uniforms... feather boas... hats and shoes.... fashions and styles from all periods.... waiting for the right person to come by..... you can rummage through them.... try them on.... become who you want to be..... and there's a dusty mirror.... you can see how you look... trying on various things.... until you find something....

In a dark corner are heavy iron weights with numbers on them.... measures that aren't used any more.... a lot of things don't apply any more.... and there's a clock.... its hands still point to the time, but they are not right.... some things are not what they seem to be.... it's time to reassess a lot of things....

And there's a display case... glass doors without the glass.... there are fossils and sea shells children love to hold a shell up to their ear to hear the sea.... I wonder if you ever did that? and you can wonder what you might hear if you listened to one of these shells now... In the gloom of that old store the fossils are hard to make out.... vague outlines locked in stone but somehow if you look at them just right....

And a bag of foreign coins from all round the world... heads of kings and queens long gone... heavy and light... funny how little things can remind you of whole empires... emperors have vanished... countries that are gone... things that once seemed so permanent.... can change almost without you noticing...

And on a shelf there are photographs in boxes, and lying around loose.... pictures of people long gone.... they had their lives, their loves, their problems too.... faces smiling out of the gloom... old cars and houses.... birthdays long ago.... a decorated tree here, a painted egg there... fences and paths.... walls and gates... candles and cakes... meals made without love eaten in silence.... those old pictures are fading away now...

on the walls.... framed portraits.... pictures of teams, school groups, adverts and maps... brown and indistinct... Who knows what they were trying to do? Does it

matter after all these years? So my friend turned some of those round to face to wall... and felt better for doing it.... some things can be turned around easily, now.

and stacked below the pictures... a bundle of letters... never opened.... still in their envelopes.... that never got delivered... and on a shelf near the floor.... a pile of old diaries.... dozens of them.... some with just a few lines ... some with pages and pages of writing..... my friend spent a long time reading and thinking about what was written in the diaries and opened the letters.... and tore pages out of some of the diaries... and threw them away... you can do that.... when it's your shop.

And there is a bin full of old seed catalogues.... gardening tools.... trowels and forks and diggers... and hundreds of packets of seeds... dahlias and roses, buttercups and violets.... tamarinds and mangoes climbers and creepers....

So my friend found an old sack.... and filled it with some things... that would be useful... I wonder what you would take?.... and what you would leave behind.....

My friend woke up later on that same seat..... unsure of exactly what had happened.... but knowing something had.....

My friend kept the stamps... and still looks at them now and again.....

You see, what makes a good collection is not how many, but what you choose not to collect...

.... like memories, really.

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Constant Rock

Adversity makes you stronger

This metaphor reframes adversity as being what makes people stronger, that experience teaches and shapes you, and that you can choose to rejoice in your own hard earned strength and use that to renew yourself constantly.

Constant Rock

I wonder if you have had the experience of going to the seashore and seeing a rock out at sea, and watching the waves crashing against the rock? And you might wonder about the waves. Where they come from and why they appear one after the other endlessly. Why the rock has to put up with the waves.

Waves are the result of storms far out at sea.....the storms have disappeared but the waves they caused are still crashing in... long after... and the bigger the storm, the bigger the waves that roll in.

And I remember a particular rock.... it was protecting the shore behind it breaking the waves, defending, deflecting, reshaping, reforming... Maybe you recall a similar rock?.....that looked as if it had been there forever solid and strong... and every wave that came surged against it broke up with a roar and then withdrew eventually..... Some waves were so large they submerged the rock other waves were just ripples that splashed and were gone again and again the rock met the wave, became one with it, taking on its shape... the wave hugs the rock and the rock moulds to the wave.... until the rock and the wave are one, understand each other, became part of each other... some waves come in with a great roar and a crash with foam flung high... other waves roll gently round the base and drain away with a gentle laughing gurgle.

But every wave ... large or small was absorbed and quickly the water ran off leaving the rock as it always had been... solid ... strong.... constant.

And many years later I went back to see that rock. The waves had sculpted it... had changed it... its shape better suited its position.... the waves made it better at protecting the coast... but still it was the same rock... in a way that rock had learned from the waves... learning to absorb sometimes and to deflect other times...

And I wonder if that rock enjoys the waves, and celebrates before every storm... because with the storm comes that sense of mastery based on enduring long exposure.... a deep rooted confidence... that comes from knowing that whatever comes can be dealt with knowing it is capable of handling anything.... knowing that each wave makes it stronger... a confidence that needs to be reminded and refreshed....

Because always ... after every wave... the water drains away... and the rock remains serene.... unchanged.... learning from wind and water and sun and storm...

And in a way the rock is grateful... after every storm.... the waves wash away a little but deposit some things as well... and with the ebbing of every wave... the rock knows tranquility... and experiences its own strength reaching right down to the foundations. And it's good to know that each wave... no matter how fierce it seems... will retreatand leave nothing more than a ripple in the sands of memory...

Steady and constant, strong and sure.... the rock can carry on. Because tomorrow a new day brings warm sunshine and bright sea air... the rock is constantly renewed.... constant in an inconstant sea.

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Child of Time

Time to reflect on life

This metaphor reframes the feeling that most people have about not achieving enough in their life. It is designed to give people a perspective on life, to recognise that while their part in other people's lives may be small, it is important, and in fact essential: everyone's life is worthwhile.

Child of Time

I wonder if I have ever told you the story that an old friend of mine once told an old friend of mine to tell to me one time my old friend was diagnosed with a medical problem... or maybe it was a bereavement... something like that... and some things can really make you think, can't they?... and start you thinking changing thoughts... about your life... about what might have been... about what it all means... about where we are going... and who we are...

So my friend went out into the countryside somewhere... to get space to think... and after travelling for some time... not really thinking at all... found a lovely quiet place... in a sheltered grove... in the shade of some trees... settling down comfortably... just sitting and relaxing deeply now...

it seems my friend went for a stroll... or maybe was thinking about a stroll... or maybe just dreamt about a stroll... you sometimes can't be sure about some things, can you?...

maybe you can imagine... walking slowly... deep in thought... soft dappled light under trees... warm and comfortable... mind emptied and calm... and going down a path... grass crunching under your feet... idly kicking aside twigs... pebbles... and dislodging a flat stone... and underneath... a round hole... the neck of an old clay pot... and inside... some dusty stuff... and a bracelet... of red coral... bits of coral... from some distant shore... polished and worn from long use... warm from the sun... the sort of thing somebody might wear... as an ornament...

and you pick up the bracelet... and holding it in your hand... it almost feels alive... and you hold it up to the light... and light sparkles off it... and you feel dizzy... and a strange sensation comes over you... your eyes flicker... the air shimmers... the sky brightens... the landscape changes... everything looks fresher, greener, lighter... different... the air smells young... and you look around... the valley in front of you is strange... the trees are different... and smoke rises from a faraway fire... and there is a female figure standing before you... dressed in strange clothes... she looks at you... her eyes lock on yours... and you are drawn in by that gaze... and you are turning, swirling, falling, tumbling down deeper into deep dark space...

In the depths of your mind is a rustling... ghostly fingers turning... brightly coloured sounds swirl round... tastes and smells move past... and in your mind... silent words... ' I am Abbas. I am Abbas. I am the guardian. You see me in the moonbeams on

standing stones... you hear me in the wind that whispers welcome to the dawn... Look upon my valley... is it not good?'

I sense a sadness... allow your mind to clear...

And now... it is night... dark dark night...long ago... on a hillside path... you and many others... climbing... through the hours... torches flicker in the night... cold stars blazing high above... and chanting... in the sacred place... a funeral pyre... at the signal... you throw your torch... hundreds of burning torches are through the night... and the smoke from a mountain top beacon sings the soul of Abbas to the other place...

And the voice of Abbas says

'Look upon my valley... is it not good?... I have watched from this hillside... countless generations... came and went... the land changed...tiny seedlings grew to mighty oaks, endured flood and tempest... they too passed away... You are a child of time. You are a child of this land. The blood of the ancestors runs in your veins... the blood of chieftains and heroes, seers and poets, artists and dancers... the valley remembers you... '

Yet in your mind you hear the words 'But who am I? I am no hero... or artist or poet... I am nobody... I have done nothing... achieved nothing'

and the words that are not words whisper more...

'Look upon my valley... is it not good? My bones have lain here long ages... to watch, to wait, to guide. I too was young once. I was full of life like you. I studied the wise women of Cernulas. I served with the Masters of Kell. I learned the song of the wind in the wild places, the secret signs writ on distant hillsides, I was a weaver of spells and potions, heard the hunger of the old days... I walked in the time of ice and fire. None surpassed me in wisdom and power. I am the Abbas the Enchantress. Abbas the Windcatcher. Once, great warriors trembled at my feet. Now I am dust. We all go to dust. What matters is what lives on.

I sense a sadness in you... Come with me.

And now you are drifting, floating... in the morning light... high above the valley, looking into the far distance... and you can see yourself far down among the trees... a traveller on a lonely road...

and the words that are not words whisper more...

'look again... Look upon my valley... is it not good? You are a link in the chain, child. Every link is needed... look at your own time... Oh, I have seen that too... the one who works with fire and iron must have one to gather the corn, another to fetch the water... without the mother there can be no child... without the weaver there will be no cloth... without the shepherd there will be no wool... without the rain drop there could be no river... each contributes to the greatness of the whole...

In the slow unfolding of time great trees die, streams change course, the very hills settle closer to the earth... I have seen it all... and in the valley... for countless generations... life goes on... work and play... tears and joy... harvest and headstone... but the rhythm of life beats on a silent drum...

I sense a sadness in you...

'Do not ask what life is for... or seek to know what can not be known... know that you are part of the great stream of life... if even one pebble falls from the bank, the river changes course... '

'and with each first breath the blind dice decide... a quiet life, maybe... or war, hunger, pain and death... but all are equal in the stream of time... The torch of Abbas is passed from one generation to the next... A man ploughs not for himself, but for those who will walk in his footsteps... every child carries something into the future... a tiny spark... ready to blaze into life when needed... One day, maybe generations from now... the Torch will be needed... and you will have played your part in the march of history... Each generation cradles the spark for the next... that is enough. '

And as the words faded... 'Look upon my valley... is it not good?'

my friend... was back under the trees... in the shade... wondering what was real and what was dream... and how many other travellers had been this way... and looked at the valley through new eyes... maybe everything is a dream?... and thinking about pebbles and streams... things that change and things that endure... and relaxed and comfortable... came back to full realisation of the present.

As you can... now.

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Time Heals

This is a two part hypnosis script for letting go of the past and the things that hurt you. The first part has a short induction then leads the client deep inside a hillside to place where they can allow their fears and issues to become solid. There is an option to allow the object to change or to transform it into a rock. The second part uses a metaphor to eliminate the rock. Time Heals suggests that even though things may seem permanent and hard to shift, everything changes with time. The visual imagery generates the idea that what appears unchangeable is actually gradually changing every moment. You can also use the metaphor on its own as part of a therapy session.



	Induction Section		
Memory	I wonder if you can imagine being on a hillside... on a lovely day...	V	Dissociation
	just close your eyes and imagine being there now....		
	imagine that you are lying on a bed of soft grass... and begin to relax... smell the earth and the clean air... feel the sun warm on your face... a breeze carries the smell of cut grass... insects hum and far away a bird calls...	V	Utilize all senses
	now focus on feeling your arms and legs resting, relaxed... heavy... imagine your body is heavy... tired and heavy...	I	
	with each breath.... feel yourself drifting down and down... imagine you could sink right down into the earth.... imagine it is like a well or corridor going down into the earth... and you can feel yourself drifting down... deeper and deeper...	D	
	and each breath relaxes you more and more.... and you can allow yourself to go deeper and deeper into that place... going down that shaft...	I	
	and going deeper now... down and down.... deeper and deeper... relaxing more and more deeply....	D	
	you can drift down and down... as far as you want to... as far as you need to ... until you come to some place where everything opens out and there is space...		
	and in that place... you can allow your mind to drift... to feel that issue, that thing that has been bothering you... to allow that issue to take a form... to become present in a way that you can sense...		
	in that place.... deep inside.... deep down... you can become aware of what is there... in a different form... and notice what comes... a thought... a memory... an image... a symbol.... whatever comes to mind...		
	Take your time and allow it to develop.... do not force it or think about it... just let whatever wants to appear to appear....		
	and when it comes... welcome it... be curious about it...		
	and then ask yourself what you would like to happen to it.... and just allow that to happen...		
	Or allow your mind to think of that thing as something that has been there a long time... like a rock....		

	and bring that rock with you... as you leave that place... and come out into the sunlight again... on that hillside... and become aware of what it is like to start to rise up... up above the hillside... up above your own body... to rise high into the air... floating safe and secure...		
	from there you can look out over the landscape... and see the sea far away...		
	and think about that sea... about the wind and waves and the power of the sea... an endless inconstant motion... going this way and that...		
	and as you think of waves endlessly rolling towards the shore...		
	imagine being carried deeper with each wave... and each breath is like a wave... each breath is relaxing you more and more.... and you can put that rock down now....		
	I wonder if you ever heard the story about the rocks and the sea?		
	Metaphor Section		
	A long time ago... in place far away from here.... where the land meets the sea.... there were two rocks... and the sea swirled around those rocks... and rocks seemed so large and solid and enduring...		
	and around those rocks the tides rose and fell in a never ending rhythm... the waves washed around those strong rocks... the water rushing in and out...		
	and between the rocks... were pebbles... constantly being pushed this way and that... small... smooth.... thousands and thousands of little... inconsequential pebbles... and as the waves rushed up the beach, round the rocks... the pebbles jostled against each other... smoothing of the sharp edges... rubbing endlessly against the next one.... and they flowed around those rocks...brushing against them softly... insisently...		
	and then as the wave pulled back again... those pebbles rolled over and over... down the slope... with a noise like people chattering... and then became quiet... ready to be lifted up again...		
	and in their long stoney dreamtime.... one of the rocks considered the pebbles... small... smooth.... getting washed this way and that... and dismissed them... as of no interest... unimportant....		
	those rocks knew they were strong and enduring and shrugged off the mightiest storms... they had roots going deep and solid... and nothing could move them...		
	But you know... time passes... the pebbles kept brushing against the rocks... and if you visited that beach now.... all you would see is a stretch of pebbles... still gently being washed this way and that...		
	there is a gentle power that gradually changes everything... that you don't even need to think about.. that works day and night... gradually wearing away even the biggest obstacles... and it is working now...		

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Letting go the Past

Cloudy Beach

This visualisation hypnosis script is designed to take away anxiety. Anxiety is the cause of many problems - IBS, nail biting, problem drinking, binge eating, facial tics and other stress related behaviour.

It works by suggesting a way for the listener to visualise letting go of all the tensions they have been holding. The tensions are taken up into a cloud and then the cloud moves away taking all the old anxieties with it.

This is powerful general purpose script that can be applied in many different situations. It can be used on its own, or included as part of another session.

INDUCTION SECTION

	Visualisation induction		
	Now just take a breath, hold it... and let it out..... that's good..... and now take another breath and let it out... focus on your breathing.... become aware of the breath going in and out of your body... that's good... just become aware of what it's like to relax completely.... focus on.... each gentle breath in and out.... That's good....		Using the parasympathetic response
	and just tell yourself with each breath out... That you are feeling more and more relaxed... more at ease... more comfortable.... That's right....		Self induction
	and as you close your eyes maybe you can imagine lying in a park somewhere.... or a garden.... think back to a time when you were relaxing outside somewhere... on a warm sunny day.... and the sounds and smells of that time.... suntan lotion... grass ... and I wonder what you would hear... maybe you could hear children playing... people talking.... and as you relax all the way down those voices can just fade away... like a radio being turned right down... as you lie there... peacefully relaxed.... breathing gently... just feeling yourself supported... and your own weight pressing down... like being really relaxed some where outside.... and maybe you can imagine a gentle breeze... warm sun on your face...	I	Recall childhood memories - invoking sights, sounds, smells, touch
	and as you lie there now every muscle can become... limp and loose.... It's so good to just totally relax... just let everything go.... and you might remember back to a time... a simpler time... when you could just relax and enjoy that peace and calm... that's right.... and just think how good it is... to enjoy relaxing... nothing to do... nothing to worry about...		reminder of relaxation

DEEPENING THE TRANCE SECTION

	Countdown deepener		
	and maybe you can imagine lying on a beach... a nice sandy beach somewhere... on a warm day.... nothing to do.... and no one to bother you... waves rolling gently... just lying there... completely at ease... and in the		Invoking memories with sound, smell,

	distance there is the sound of traffic.... and the smell of sun cream lotion... while you lie there.... head back.... shoulders relaxed... feeling totally at peace....		vision.
	And in the sky... high above... in the blue sky... there are clouds... and as you watch the clouds drift across.... and the clouds are drifting slowly from one side to the other.... And those clouds go down towards the horizon.... and as they go... you watch them.... gently floating... and you count the clouds going by... and as they go off there are ten left... and then one disappears... and there are nine.... and still the clouds go down and there's eight... and now there's seven.... and then there's six... and those clouds are drifting gently down... and five... and four... and with each cloud disappearing... you feel more and more relaxed... more at ease.... and three.... and two.... and there's just one cloud left... and you can imagine yourself in that cloud... being completely surrounded by a lovely soft warm fleecy cloud... and you can feel yourself... gently supported..... floating, drifting.... just going down and down and down ... as if you were floating like that cloud... safe and secure... letting go as that last cloud disappears...	I	Pace with breathing... Count down deepener

CLOUD METAPHOR SECTION

	Troubles drift away		
	And as you lie there... above you is a big blue sky... and from one side a cloud slowly appears... and then drifts away silently.... and after a while another cloud comes along... and that cloud passes by....	V	set up the anticipation of clouds
	and then another cloud... but this cloud seems a bit different... this cloud comes across and then stops... high above ...and as you look at that cloud... you begin to realise there is something special about it... and as you watch the cloud gets a bit lower... and a bit lower.... and that cloud begins to get a bit darker... heavier.... and yet at the same time you feel lighter...		one change leads to another change
	and while you are thinking about this very curious state of affairs... just lying there relaxed... as you relax more you become aware that there is a connection between you and that cloud... looking at the cloud... it's like there is some sort of link, some channel ... between you and that cloud...	I	relaxing = making the connection
	and as you watch... that cloud begins to get darker and darker... and bigger... and you become aware that there is something coming out of you and going up into the cloud.... and you can imagine lines or threads.... connecting you to that cloud and that cloud is sucking up things from your body.... like water evaporating....	V	cloud more dark = body more light
	and as that cloud gets darker still... you become aware... of feeling lighter and lighter.... that all those old worries are just drifting away.... all those ancient hurts, all those old feelings, memories.... are being sucked up into that cloud... all the stuff you have been carrying... stuff you didn't ask for... didn't want... don't need any more.... all of that is getting sucked out and transferred to that cloud...	>	feel lighter = letting go
	and as you feel that connection... you realise that these were other people's problems... ideas... expectations.... and you can let them go now... you don't need to hold on to them any longer....	> D	
	And as you are lie there.... you can begin to feel lighter and looser and		

	happier... because... things you have been worrying about for a long time are just loosening ... lifting... and detaching.... going up that connection into the cloud... filling the cloud... and you can feel them drifting from your body... and drifting out and away... the more your body relaxes the stronger that connection gets...		
	and still the cloud takes more and more of these things... and the cloud is getting darker... and you feel... so much lighter perhaps.... because deep inside... some part of you knows it's time to let go... of things that have been there for such a long time... and they can just drift up and up and you can feel things detaching... moving... leaving... shaking loose at last...	D	Suggest physical feelings, any feeling means it is working
Rule	and beginning to feel that lightness.... loose and warm and happy.... and now look around your body... your arms... legs... shoulders... everywhere... look around your body... become aware of any tension... and just let it go... let everything drift up into that cloud.... all that old stuff... all the unhappiness... the misery... the old feelings.... the memories... are all letting go now.... loose and limp and easy relaxation...	D	Clear any residual tension
	and more and more things are sucked up... away... just removing themselves.... and the cloud is getting darker and darker and heavier... and there is a rumbling sound... and flashes of light.. coming from inside... more and more of that horrible stuff goes into it...		developing the metaphor
	and.. the cloud begins to move... and you realise its because you have let go of all that stuff.... and as it moves the connection gets thinner and thinner.... and when the last thing has passed up the connection breaks... and as it breaks the cloud begins to drift away.... that dark angry cloud... flashes of lightning in it... and a rumbling... like people arguing... as it drifts away...		rumbling = family problems
	and you are left there... lying on that pure clean beach.... beautiful fresh sand... it's like a new day... a fresh beginning		
Capability	and that cloud is drifting away out to sea ... and the winds blow it... and it drifts on and on... further and further.... and it gets smaller... and that grumbling and the noise and the flashing and boiling.... all that bitterness, unpleasantness, anger... fades... getting smaller until you can't hear it any more... you can't see it... it fades into the distance...		amnesia, can't see, can't hear it.
	and the cloud continues to drift far out to sea.... and it gets as far as the horizon... and still the cloud moves on... getting smaller and smaller... and it passes over the horizon and out of sight.... and that cloud begins to get mixed with the air currents far away... and is forced to change.. and suddenly the cloud opens... dumps all its contents into the sea... and that rain mixes... dilutes... all that evil stuff... mixes with the vast oceans and is no more.... gone completely... carried away by the currents... and far away....		Get rid of old metaphoric symbols for ever
	the next day... a bright new sun shines on an ocean where it once rained.... but the ocean has no memory..		introduce new symbol = light
	Reorientation		
	And on the beach... you are ready to take a deep breath now... and it feels like for the first time in years the air is pure and clean... that everything has changed now... things from now on will be different..		
Capability	And as you relax on that beach... lying there now... you can begin to be open to that happiness that is overdue... you can really begin to change.... feel that change... feel it spreading... from the forehead and down the	>	Suggest physical change = emotional

	cheeks... and down the neck and spreading and spreading... warming and relaxing.... comfortable.. become aware of certain things in your body... the feeling of certainty... the feeling of taking back control.... the feeling of choices... doors opening... clouds parting... sunshine flooding in to a dark place....		change
	and in that bright sunshine... on that beach... it is time to move on...	>	Reorienting
	In a moment you can begin to come back to the present... when you are ready you can count silently to yourself... from five up to one... and as you are counting you can remember that feeling of letting go... and how good it is to let go of old stuff....		
	and imagine you getting ready to leave that beach... standing up... brushing the sand off ... putting your belongings into a bag... gathering up any rubbish that's left... and as you count up to one imagine leaving that beach and throwing the last of the rubbish into a rubbish tin...	M	throwing away rubbish
	So when you are ready.... begin counting NOW and when you get to one you will be back in the present... eyes open... feeling good....		

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The Catalogue of Magick

Choosing how to change

This metaphor uses a common experience, viewing a merchandise catalogue, to induce trance and then to give the listener several metaphoric ways to change their own destiny. The basic metaphor is 'no matter how your picture was formed... it can be changed'.

The Catalogue of Magick

A friend of mine told me a story that I think might interest you... it seems my friend received a large package in the post one day... a really heavy package bound up in cardboard.... but it had no sender's address on it.... My friend took it inside... and sat down in comfortable chair and carefully opened the wrappings.... and inside was a merchandise catalogue... a thick book with glossy pictures of all sorts of things for sale...

and on the front cover was the name... A Catalogue of Magick... and it said... 'Look within' the front cover had a picture.... it was hard to make out what it was... I wonder if you can imagine a spiral... and if that spiral was to start slowly turning... how you might find yourself falling into that spiral... feeling yourself going down and down... and as you go down and down... how all the colours can begin to fade... like lights going out in city at night.... and how that feeling comes of gently sinking... safe and secure... down and down... and how each breath can make you more relaxed... more and more relaxed... and you can imagine falling.... sinking... drifting away... and as all the lights go down you can become so relaxed.... nothing to do... but breathing gently now... and maybe you can feel how deeply you are relaxing with each breath out... and how good it can be to just let go... and enjoy being relaxed... lying there... listening to my voice... relaxing ever deeper and deeper... and maybe you can imagine a large book... and how you open a book.... and turning the pages... and seeing a page inside

And on that page are the words

'I wonder if you are artistic?'

And there on the page is a picture of an artist's frame for sale, and canvas to paint on, and paint in tubes and pots and buckets. And you know, in a book of magic.... the normal rules don't apply... this canvas was able to sense what you wanted, what you needed to paint, and you find yourself in front of that frame, with a blank canvas in front of you... and you look at that the canvas and feel attracted to it... to want to change it... and even as you think about what to put on it... the brushes move on their own and start painting... and they paint a picture of something that is bothering you... and just let it happen... and you might be surprised at what you can see.... and as you watch the brushes fill in more more details... and you can just look and wonder.... and there it is a picture of the thing you want to be rid of.... and you can look at it...

sitting there... outside of you, separated from you.... just waiting... and you find a brush in one hand... and there's a scraper hanging there... and you can paint over parts of that image... and you can scrape off parts of the image... or you might decide to cut that canvas into strips and start again... and think about what you want to have happen to that picture.... and as soon as you think it... it starts to happen.... just let it happen.. watch as the brushes or scraper or other things do what you want to do to that picture...

[pause]

And turning to another page...

beside the words 'Are you the sort who likes to make things?'

there are bags with hundreds and hundreds of little stones.... round... polished with time.... smooth and warm in the hand... coloured stones... white and red and blue and black many colours... many sizes.... and instructions... for making mosaics... pictures made of tiny stones.... pictures that tell a story.... of lions and heroes and maidens and waterfalls and far distant lands.... pictures that can last forever, but aren't really there... just an arrangement of stones that fool the eye... and every stone in the bag... no matter how small.... can become part of a larger picture... and all those stones can be mixed and matched... and made into different pictures.... no one can tell which picture a stone belongs in... one stone can be substituted for another stone... one stone can be in many pictures... one stone can tell many stories, can't it? And people can find so many ways of arranging their stones... they can make designs... or random patterns or they might choose to create an elaborate picture of life as they want it to be.... stone by stone... and you can do that now... imagine a path... or or the floor of a room that you love... and watch as hundreds of stones pour out and arrange themselves into a pattern.... or a picture... and you can imagine moving those stones around... changing the colours... the shapes... until it shows you exactly what you want.... and you can watch as it comes to life... and becomes your future...

[pause]

And turning to another page...

the words... 'Do you like to do things with your hands?'

And there is a picture of weaving frame... with an incomplete piece of work on it... and balls of wool linking into it... a complex mix of different strands... and you find yourself in front of it... holding the part finished work in your hands... and you realise that it is not what you want... and you can tear the work out of the loom... or cut out parts of it... and you find yourself selecting this colour and that ... looking for the patterns you want... and you can see yourself... as if in a mirror... you see your hands picking, choosing, sorting, rejecting... and as you watch a pattern emerges... a new pattern... vibrant... happy... a pattern that can change and grow... and you can feel the softness of wool, the shiny silk, the rough texture of hemp... and there are needles... of many sizes... straight and curved... blunt and sharp... and somehow you know how to use these... as if you were born with them in your hands... ready to use... and slowly at first... and then more swiftly the weaving frame guides your thoughts... your hands...

your choices... and a new picture emerges... and some of the details might be vague but you know that you are working towards the picture you want... the picture you deserve...

[pause]

And turning to another page...

Are the words... 'Are you the nurturing sort, do you like watch things grow?'

And there is a picture of a bin full of seeds.... all sorts and sizes and shapes of seeds... and as you watch a hand reaches in and scatters random seeds... and I wonder if you have ever seen those films where a seed sprouts and waves about and whole days are reduced to minutes?... and you can watch your garden as it grows... seeds sprouting and reaching upwards to the light... but in this movie... you can choose what these seeds will produce...

Will you grow spiky cactus or sweet apples, fragrant roses or dark moss, healthy plants or drooping stems? Because you can look around the garden... examine what you find growing there... and you can decide what you want to keep and what not.... you can decide what to rip out and put on the compost heap... old plants can be transformed, recycled into new and healthy ones... or they can be burned... and as you watch... the bright flames destroy the old and create new life... and that garden will grow exactly the way you want it to... a place for you to enjoy forever...

And in that book.... many other pages....

And my friend looked at many pages... but spent a lot of time on one of them particularly... thinking about possibilities... about change... about how when you think about it... nothing is fixed... everything can be changed....

and if you have a picture of something.... you can imagine it differently... painting it in different colours... or weaving new threads through it... or you can choose to rearrange the tiny bits that make up every picture... or maybe you might like to imagine things turning out a bit differently... or you can imagine getting rid of it... and making things the way you always wanted them.... and these things can happen, you know.

And eventually, I don't know how long... my friend closed the book... and was looking at the cover again... and the spiral started to turn the other way... and the lights and the colours got brighter.... and when that spiral stops you can find your self back in the present... feeling refreshed... and knowing that deep inside part of you is making the changes you want or maybe it has already happened? Who knows? That's the thing with magic, isn't it?

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Hypnotic spiral anxiety script

Many people have a deep constant anxiety inside that affects almost everything they do. Chronic anxiety is very difficult to remove with standard hypnotic techniques since the anxiety was not caused by a single event. Chronic anxiety often is not even recognised by the hypnotist since it can have many different symptoms. The best hypnosis technique is to use hypnotic metaphor and visualization.

This script is a powerful visualization to allow people to let go of their anxieties, to reprogram themselves and to let go of all the old stuff that is keeping them unhappy.

	Induction		
	I would like you to take a deep breath now... and then just let it out....		
	Now settle yourself comfortably... let your head relax.... your neck relax...		
	take another deep breath... and let it out.... that's right...		
	and now let your shoulders relax... your arms loose and floppy.... let your tummy relax...	K	relax the muscles
	one last breath... and let it go....		
	and when you are ready to relax completely... let your eyes close....		Bind
Memory	I wonder if you can think of someplace where you like to relax... someplace where you feel warm and comfortable...	V	
	imagine how it feels when you are in that place... how your body relaxes.... allow yourself to go into that feeling now... just relax... breathing gently... and let that feeling take over now..	K	Associate into the feeling
	And allow your mind to drift to some far off place... some place outdoors... calm and peaceful... in the countryside or by a lake or river or somewhere else you find restful and safe...		link using the feeling of calm
Memory	and now let your mind roam around that place... and become aware of a path... a secret way... a path leading down... and you are going along that that leads into a secluded quiet place....	V	Safe place
	and as you begin to think about that path and where it might go... you find yourself drifting along the path... and it begins to take you down... deeper and deeper into a soft dim place... and there is a stream... a little flow of water going through some rocks...	V	down = trance
	and beside the stream there is a little set of steps going down... and you can begin to go down those steps... safe and secure... comfortable... and there are ten steps... and as you go down each step ... each step makes you more relaxed... more at ease... more comfortable...		Count down induction
	And there are ten steps.... and going down those steps now... Ten.... Nine... more and more relaxed... and Eight... going down those steps.... relaxing deeper.... Seven... deeper and deeper.... Six... each step letting you let go... more relaxed.... Five... down and down... just let your mind drift away.... Four... nothing to think about... nothing to do.... and Three.... really relaxing now.... Two... deeper and		pace with breathing

	deeper relaxed... One... letting it all go... drifting away.....		
	Ripple hypnotic deepener		
	and imagine now a deep dark pool... a pond somewhere... deep in the woods... quiet... private...		
	and imagine a how a leaf might fall towards the surface of that pond... on a patch of deep dark water... and when it touches it sets off ripples.. and those ripples spreading out across the surface of the pond...	V	
	and imagine those ripples spreading gently ever outwards... getting smaller and softer and wider... and as each ripple spreads out... it spreads relaxation... and as those ripples get smaller you find your mind easing and settling... relaxing.... imagining those ripples spreading ever wider... softening and flattening and relaxing until there is flat calm water again... smoothing out... relaxing... floating like a leaf... quietly above the dark water below...	>	
	Spiral hypnotherapy visualization		
	and imagine another leaf detaches... and the leaf slowly falls down and down... fluttering, swooping, turning softly... touches the surface of the pond... and the ripples start spreading out... and imagine being at the centre of those ripples... feeling those ripples spreading away from you...	V	
	and imagine within those circles... that water beginning to swirl around... forming circles and spirals... round and round... and turning into a spiral... a spiral that sweeps round and round... gently... softly....		
	and now imagine that spiral somewhere out in front of you... spinning slowly... and that spiral is growing... getting stronger... more powerful...		External force
	and as you feel that spiral... as you watch it... you begin to feel a connection between that spiral and your mind... and as it slowly spins around you can feel it connecting to something in your mind....		linking
	and you feel that spiral beginning to pull and it begins to tug on all the old ideas... old feelings.... old emotions... things from long ago... and you can see now... things detaching... loosening... moving out towards that spiral... getting pulled out... twisting around... and all those twisted words and ideas are going with it...	M	
	all times you were told No, Don't... you can't.... words and memories... things that are negative... all the things that make you feel bad are breaking away... detaching... and you can watch them as they get sucked up into that spiral...		
	and the spiral changes and gets bigger and there are lights and lines... and you can remember people... and voices... things that happened... things that shouldn't have happened are all being taken away now... they are all going towards that spiral and you can see things like words or papers, books, images... you can see people talking... pointing... looking... and they are all leaving now... moving towards that spiral...		
	and every place they detach... you feel free and fresh and clean... and the spiral is getting bigger and more powerful... and in your mind things are letting go... some are things you haven't thought of for years.... some are things that are in your mind constantly... memories... people... things that happened...		
	It is as if there is great blizzard of things... as if a tornado has come along and is	M	

	sweeping through... blowing away all those old things that shouldn't be there... stuff that was said... stuff that hurt you.... stuff you saw happening... things that should not have happened... things you didn't understand... are all being removed...		
	and as they go into that spiral... you feel yourself getting lighter... filled with light... like music.... feeling better... stronger... allowing it all to go... and just watch with curiosity at all the things being sucked up into that spiral...	>	
	feel your body relaxing... feel your muscles letting go... feel yourself becoming who you are... who you should be... who you want to be.... all those restrictions... all those rules... all the things that tried to make you something else... beliefs that people tried to put there... are just disappearing now... and you can enjoy that process... feeling lighter...	K	
Behavior	and as that process continues... you realize that you have more choices... you have freedom... no one has the right to tell you how to feel... how to behave... how to act... how to be...	D	
Capability	You have that choice... you have that ability because all those old things... are just streaming away...	>	
	And when the time is right that spiral will begin to move further away... taking with it all that stuff.. all those negative feelings and beliefs... and all those connections begin to stretch and break... and it moves off... taking all that weight... all that guilt... all that stuff... can just go away...		
Capability	And who knows... maybe when you are sleeping ... maybe in quiet moments... you will become aware of that spiral again... and let it release more... allow you to be even more free...		Post hypnotic suggestion
Direct Suggestion Section			
Identity	And you know, when you think about it... you are a smart person... you are someone who knows what they want... who you are... what you are worth...	D	
Capability	and that kind of person can choose the kind of life they want... can determine what life is going to be like... what you want to do... how you are going to deal with things...	>	
Identity	You are the kind of person who can decide... who can choose... to walk away...	D	
Capability	the kind of person who can shake off things... like pushing away hands trying to hold you back... who can demolish stupid ideas... expectations that other people have... who can see them for what they are... other people's neediness.... well they don't belong in your life... do they?	D	
Identity	Those ideas, those needs are not yours.	I	
Capability	You can step out of them... like stepping out of old clothes... just drop them at your feet and put on whatever you want to wear... and step forward... clean... fresh...	M	new clothes = new life
	[... add more direct suggestions to suit the specific case here]		

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Finding the purpose of life

Leave the past behind and find your life's purpose

What is life? What is the purpose of life? This script uses a hypnotic metaphor for letting go of the past, to visualize the past as something you can change and give meaning to your life. The metaphor reconnects to the good parts of your life, wipes out the bad memories, and lets you find meaning in what happened, find the purpose of your life.

The basic metaphor concept is a corridor of rooms full of memories. Some rooms have happy memories and some have bad memories. The script works to show you the purpose of life and shut off the bad memories. Leaving the past behind lets you find what you really want in life, and to learn your life's purpose, what your life is about, the meaning of life.

Target	Finding life's purpose Induction		Comments
	I once had an old friend who liked to go for walks... walks around town... walks in the country... walks by the shore...and no matter where you are... my friend said... you can always find a pleasant walk	I	Dissociation
Memory	And I wonder if you can remember a time...when you went for a walk ... somewhere nice... just for relaxation... maybe by a river... or in the country... or it could be a park or somewhere like that		Invoke memories of relaxation
Memory	and maybe if you closed your eyes you can remember how pleasant it is... enjoying that feeling you get ...when you are amongst trees and grass and things you like... and far away from things that might disturb you...	I	Time congruency
Memory	... people remember different things... the breeze in your hair... the swish of your clothes as you walk ... the warm sun on your face... maybe the feel of soft earth under your feet... the smell of new cut grass or country air... sounds of the outdoors... freedom... times like that can make you feel so good...		using all the modalities Truism
	and maybe if you take a deep breath now you can feel that feeling... that relaxation... now... as you breathe out...		Breathing = relaxing
	and with each gentle breath out you might like to wonder how relaxed you can become... and you might be feeling that relaxation starting... and spreading...		Breathing induction
	and sometimes in times like that you find your mind drifting away...	I	Dissociation
	to some place away from here... and you find yourself on a gravel path... and you can feel the gravel crunching under your feet... you can hear each step... as you go along comfortably... wondering where this path might take you... and all around there's sunshine... trees... flowers... everything is calm ... and there's a sense of quiet and expectancy...		Seeding 'comfortable'
	and the path goes along and down into a dell... you have to go down a number of steps... and each step takes you down... deeper and deeper... you go down each step... and counting... Five... deeper and deeper... Four... deeper and more relaxed... three... deeper and		Countdown deepener

	deeper... Two... so relaxed... One.... maybe more relaxed than you have ever been in your whole life...		
	<i>Changing the past</i>		
	and then you find yourself in a large... grassy area... a dell... it's quiet... and up ahead you can see a small building...		
	it looks welcoming... and you continue across the grass... and you become aware of your feet... making footprints in the dew... Everything seems fresh, clean , new... You walk up to the building... It's a very old fashioned style... almost like something out of a an old book... and right in the middle is a door... and you look at that door ... and wonder... where it might lead... and you reach out your hand and you turn the handle in that door... you push it open and it swings open soundlessly... and there... to your surprise... the door opens on to a long corridor...	footprints = the trace of where you came from	
	it's amazing such a small building has such a long corridor... you realize that there is something special about this building... and you realize there is something you haven't seen before... above the door some writing has been carved into it... and you go forward into that corridor... and away in the distance... at the end of the corridor...you can see another door... that door is brightly lit and looks welcoming...		
	and along each side of the corridor there are many doors... and each of those doors is open just a crack... just a little... and as you go along that corridor... you look at each door...and you stop in front of the door.... and you bend your head... and you listen... and you realize that each of those doors... opens into an area of your life... starting from your very earliest years... going up and up and up... through each stage of your life... and you realize that if you listen closely... you can hear people talking... or there might be a scent... a col our... a feeling... something that reminds you so strongly... of that time and place... of that situation... of what is going on now behind that door...	Locate a memory	
	and each of those doors... if you want to... will open on to a situation... and if it is a pleasant situation you can go through that door... and get in contact with it and enjoy it... almost as if you were there again.... and if it is not... then you can put your hand on the handle of that door... and pull it closed... and lock it.		
	And what you can do now... standing at the entrance of that corridor... and all those doors there... you can go along... examine all the doors on the left and the doors on the right... and pause in front of each door... and determine whether that door ... opens on to a situation... which is pleasant... or one that you would rather forget about...		
RULE	because you know... you don't have to remember everything... there are things you can choose to forget... and there are things you can choose to remember...		
Memory	and many good things happened in your young life... that maybe you haven't had time recently to think about... but they are there... and they are there for you to enjoy... and maybe you might want to make a game of deciding each day what good things you want to remember that day...and what you will reserve for the next day...	Connecting to and strengthening good resources	
	and the people in your life... Well, they had problems at times... and	Reframe	

	sometimes they didn't behave so well... but deep down they tried... maybe in their own way... but they did love you... as much as they were able to at the time....and while it might seem that some people only had bad points... the reality is that they had good points too... It's something you can think about...		
	they gave you memories... that maybe you couldn't deal with at the time... but you can reconsider them now... things can seem different when you look at them from another perspective... from the outside... and you can choose how you want deal with them...		
	and you can start at the beginning... and look up that corridor... to that bright door at the end... and begin to pass through all the stages of your life... and go along ... and for each door... put your hand on the door... and open the door a little wider... and determine whether that is a happy situation that you want to keep.... or one you'd rather not have around any more...		
	and if it is a pleasant happy situation for you... you can go in there... see yourself at that age... and enjoy all the feeling you have, those wonderful young feelings of joy and spontaneity -- parties... dressing up... playing games... with friends... reading... whatever you really enjoyed... the times when you learned and enjoyed being young...		
	and for the other doors you can put your hand on the handle... keep still... and become aware in what ever way is best for you... of what is going on in that room... and if it is not something you want to know about... if it is something best discarded and forgotten... you can pull the door closed... and it will lock... and you are protected from that... and you never have to feel those feelings again...		
	and as you pull that door shut... you hear the click of the lock... and a huge bolt slides across... and that door changes... it begins to darken... and it begins to fade... and it becomes indistinct... shrinks... merges with the wall... so can't tell if it was even there... and that door fades right out of memory... when you look back that entire door has disappeared... there is nothing there now but a blank wall...		visualization
	so you take a bit of time now... all the time you need... you go along that corridor... pausing in front of each door on the left and on the right... or the right and on the left... becoming aware of what it going on behind each door... and deciding whether you want to spend a little time in there... maybe to enjoy those old feelings... to remind yourself of the all good times... or whether it is a particular situation where you will close and lock the door... and move on quickly... and leave that behind...		Process the memories
	so when you are ready to do that I would like you to signal to me by raising a finger or a thumb or maybe a hand or some other way and that will let me know that you are ready to go on... and then when you have dealt with all those doors... and are standing in front of that last door... facing into the corridor... you can give me another signal... so let me know now if you are ready to examine those doors... to decide what to either close them for ever or enter and enjoy the delights within... and forgetting things that are not happy.	D	Ideomotor signal
	[Await signal]		

	Thank you I see that.		
	Now take whatever time you need... and acquaint yourself with all the positive things that happened in your young life... and decide what things you want to leave behind... and when you have done that you can signal to me again... and we will continue...		
	[Await signal]		
	Thank you... I see that... you have done some very good work today... All those doors that you have closed and locked... the feelings that were in those rooms will never bother you again... and all those doors where you opened and went in and enjoyed the situation... all those good feelings will be available to you... today and tomorrow and whenever you need them... whenever you need to be reminded that you have so many good things to think about... to remember...		

	<i>Visualization of Life's Purpose</i>		
	And there is one door left, and that is the door which is right at the end of the corridor... that's the door that you open to go away from this place... but it is a very special door... I would like you to look at that door... really look at it...		
	And tell me, what colour is that door?		Depth Test
	Red.		
	OK. and does it look easy to open?		Safety Test
	Yes.		
	And do think it opens away from you or towards you?	I	
	Towards.		
	And can you go through that door?	I	Safety check
	Yes.		
	It opens towards you...and you know, that's a very special door... and it is easy to open...		
	and behind that door, that special door..., is something you may not be aware of ... behind that door is... bliss...		Build expectation
Capability	Now bliss is a very special thing... bliss is not just the absence of problems or feeling OK. Bliss is the positive feeling of joy of life... of total well being... Bliss is what you think you deserve from life... it is the purpose of your life. Now I don't know what bliss means to you... but your own mind knows what bliss means to you... life's purpose for you... you have been thinking about it... longing for it ... all your life...		Define the concept
	and you may be surprised when you open that door... and realize what is on the other side... exactly what lies behind that door... but when you open that door you will be opening up a vision, an experience, a real is at ion of what it is that you really want, what represents bliss for you... it may be something very specific... it may be something unformed and difficult to define... I don't know...		Prime the mind for a revelation
	[pause - Give the client time to think about what bliss might be...]		
	but your mind knows and is eager to show it... your mind will allow	D	Permission

	you to become aware of it after you step through that door...	to access it
	and you will go through that door... now... step boldly forward now... become aware of that bliss... and I don't know what your mind has revealed to you... but you can enjoy that right now... and what your mind has revealed to you now is what you are going to be working towards for the rest of your life... it is something that is for you... something good... and you can be glad of it...	
	[pause]	Give time to experience it
	but now is not the time to be in that room... that room is for learning.... so now I want you to look at the back wall of that room and you will find another door... on the other side... is the way out...	Do not leave the client in the bliss room
	when you see that door you go towards it... and push it open and when you push it open NOW you are on the outside... you are back in that grassy dell... you can feel the sunshine on your face and you can also feel a strange sense of freedom... a sense that in that building you have gained something wonderful and you have also left behind things that no longer matter... and you will be taking with you all those good things and the message of that vision of bliss...	
	and so now you walk back across that dewy grass... it's been a remarkably short period of time you can still see your footsteps on that grass...	I see your footsteps = remember
	and now you walk back up to those steps... and you go up those steps... and each step brings you a little more aware... a little more awake... One... two... beginning to get feeling back in your arms and legs... Three getting ready for a deep breath and a maybe a stretch... Four eyelids fluttering... coming back to the present... FIVE wide awake... welcome back.	Reorientation

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Crystal Mountain

This hypnosis script is my version of the traditional hypnotherapy script for letting go of the past. This metaphor is the nearest thing there is to general purpose therapy. It can be used with almost every client where the basic problem is anxiety caused by past events or a bad childhood.

The Crystal Mountain script is written as a multi-level embedded metaphor. The core metaphor is about dropping the emotional burden you have been carrying without being aware of it. That metaphor is wrapped up in an indirect suggestion of forgiveness by a spiritual guide and then that is contained in two other metaphors: the inner metaphor is about not being afraid to look into yourself and the outer metaphor is about daring to free yourself from old fears.

It has a wonderful freeing power. Because it is pure metaphor and touches on so many symbols of the unconscious mind it always has a powerful effect. The client absorbs the metaphor and then matches the concepts embedded in it to aspects of their own life. Because the symbolism is so strong it works on several levels simultaneously and typically enables the client to change things that they did not know were problems. The script keeps on working and generating positive change for up to six weeks.

It is the script to use when you have run out of ideas, or the client just seems to have so many problems that you don't know where to begin.

It is also very useful for specific problems that don't seem to have any definable source. The visit to the cave is a place where you can put very focussed instructions or resources.

For example if your client is **unable to relate to people**, lacks emotion, etc., you can take the client into a hall in the cave where there are statues. One statue is a man encased in ice, one is a man bound in iron bands and suffocating, one is a man with his head twisted behind him so he can't see, etc. Get the client to 'fix' all these things.

For **Alien Abduction** the client can be led into the back of the cave where the wall opens to reveal the interior of the space ship, and the figure tells the client that they were taken up for a very good reason, and could not be done any other way, and thanks them and apologises for the way it was done and thanks them deeply. Their part is now over, and they will not be called again. The crystals are their reward and from now on they can resume life as is used to be, safe in the knowledge that they have contributed in a small way to the universal consciousness.

The applications are only limited by the therapist's imagination.

Target	INDUCTION SECTION		Comments
	And now just focus on your breathing... just become aware of your breath.... the gentle in and out of your breath...		Dissociation
	and with every breath out... you can allow yourself.... to tell yourself.... that you can begin to relax now... and relax more and more.... just allow your muscles to relax and release and let go...	>	Breathing induction
	and maybe you can imagine a voice at the back of your head that says... 'let go... relax.... deeper and deeper'... and with every breath out just going deeper and deeper... more and more relaxed		Self induction
	and maybe you can imagine being inside a house somewhere.... a big old fashioned house with many rooms around a central stairwell.... and from the top floor there is a stair case going round past every room and down to the next floor..... and it's night time.... and all the lights are on in all the rooms.... and there is the sound of machinery running somewhere... and music coming from some of the rooms.... and just imagine now going down that stair... and as you pass each room... you make the lights go out... the first room goes dark... and then with your next breath out... the next room... goes dark... and as each room goes dark you relax a little more.... and with each breath out another room goes dark... and one after the other everything gets switched off... and as you glide past each room... all through that house... things go quiet.... as you go down that stairway... with each breath you are becoming more calm.... more relaxed.... more peaceful....		Stairwell Induction Pace with breathing
	And when you've allowed all those rooms to go dark... and all the sounds have stopped ... the whole building and everything in it is gradually getting darker and darker... settling down... you feel yourself beginning to sink into that chair.... begin to feel yourself being held... safe and comfortable and warm... and all the time each breath out is taking you deeper and deeper.... more relaxed.... more at ease... that's it... that's good... you're doing very well....		
	Now just imagine at the bottom of that stairway... another room... leading down to the basement... and stairs ... and there are ten steps... and each step down will make you even more relaxed... and imagine going down those steps and relaxing more.... counting down on each breath....		Countdown induction
	TEN... deeper and deeper... more and more relaxed... and NINE ... deeper and deeper... and EIGHT and SEVEN down an down .. and SIX deeply relaxed.... and FIVE... and FOUR and each step is making you more and more comfortable... and you can begin to forget about these hands and legs and all the rest... you don't have to do anything.... you don't have to listen ... you don't have to think... you don't have to do anything at all.. you just enjoy that lovely warm relaxation.... and just feel yourself supported gently... and THREE .. deeper and deeper and TWO down and down and ONE almost there ... and after one there is just zero.... and you can imagine yourself drifting down through the centre of that zero..... to a velvety dark place.... just feel yourself drifting round and round... loose and limp and floppy.... and just feel yourself going down and down.... deeper and deeper...		
	and just take a few moments and enjoy that wonderful feeling of total relaxation...your whole body is relaxed... you don't have to think about		

	anything... you don't have to worry... just let go and enjoy the feeling...		
	Start of the embedded metaphor Group		
	And I wonder if you can imagine a land far far away.... a land of high mountains and green valleys... of streams and meadows and farms and fields... of long summer days and	V	Visualisation
	And in that place you find yourself walking along a road ... and it is a lovely day.... there is the smell of grass... summer sounds... the warmth of the sun on your skin... and the feel of smooth stones under you feet...		Muliti-modes of experience
	and it's a familiar road... a road you have walked many times... and you are walking along... and you begin to wonder where this road goes.... and why you are taking this road...	I	suggestion of alternatives
	and you stop and look around you .. and you notice something... a path off to the side... and you decide to investigate that path... see where it goes....and you push through some bushes... and there the little path goes off.. quite clearly marked... and it is a lovely day and you have lots of time.. and you decide to follow it for a while		decide to look at alternatives
	and you walk along and the path begins to wind its way up the valley and it winds around left and right and right and left... turning this way and that... gradually leading upwards...		leaving the old area
	And as you walk along you feel the warmth of the sun on your face and the wind blowing your hair... hear the river splashing far below in the valley... you begin to feel free... to think about yourself... and your journey... and you are feeling good... and you become aware that you are carrying a pack... a back pack.... and you begin to wonder about that too...		Aware of the pack
	First Embedded Metaphor - the Thorn Bush		
	and the path goes higher and higher... and you find yourself going through a dark forest... with huge trees all round... and the sunlight filtering down like being in a great cathedral... and you emerge from the trees and you come to a flat grassy area... and there's a stream and a place to sit by the water.... and you take your pack off and put it down...		Coming out of the dark... suggestions of spirituality
	and you are sitting beside the stream and maybe you put your hand in it and take drink of refreshing pure water.... and just relaxing on that lovely soft grass...		
	And after a while you hear a rustling sound... but you ignore it... and then the rustling comes again... and it seems to be coming from over on the side ... and you decide to get up and have a look at it.... and you get up and you walk over to where this sound is coming from ... and there's a bush there... a thorn bush... with nasty thorns on it.... and the rustling sound seems to be coming from inside the bush.... and you look at the bush... and you peer in between the branches of this thorn bush... and there ... deep inside there is a little bird... there's a little bird trapped there... and you wonder how that little bird got in there.... or how long it has been there... and the poor thing is stuck deep inside and you look at the thorns ... and the little bird looks at you.... helpless and bedraggled... and the thorns look sharp and dangerous... and with regret you turn and walk away... back to the stream....		Introduce tension
	and you take up your backpack again, and you step across the stream and		1st unresolved

	continue on your way.	situation
	Second Embedded Metaphor - the Dark Pool	
	And you continue following the path upwards and upwards.... and the air is getting thin and it's getting a little chilled.... and you decide... I'll just go round this last bend and then I'll go back... And as you get to that last bend once again the area opens out...	
	and there in front of you is circular pool... a pool of water... deep dark water.. and you go up to the edge of it and you look in the water and it's calm and deep and silent.... and as you look at this... somehow you are looking deep inside...	Introduce tension
	And as you look into that pool it's as if you feel yourself being drawn in... and deep deep below you can make out dark shapes... things moving.... far down inside the lake.... large shadows forming and changing... and they seem to be swimming and there are more of them... it is as if they have sensed you there and begin to rise up towards where your shadow falls across the water... more and more of them appear	Metaphor for the unconscious mind
	... and you step back...	2nd unresolved situation
	Third embedded metaphor - The spirit's gift	
	and as you do you notice the reflection of the sky in the still water... and you can see the tops of the hills reflected and the sky and clouds.... and it is really a lovely scene... way up here in the lonely hills....	
	And in the reflection you suddenly see there's someone else there... there is someone else on the other side of the pool... there's someone on the other side of the pool looking at you.... and they are beckoning to you... and so you walk round...	
	and as you get nearer...you see a strange figure... and they are dressed in some kind of robes.... and as you get closer you get the feeling that you know who this is ... as you get closer still the person looks at you... and it's the eyes... there is something about those eyes... they kind of draw you in.... and you look deeply into their eyes....	Metaphor for spirit guide
	and it is as if you hear a voice in your head saying "Welcome, I have been waiting for you... I have been waiting for a long time now".	
	and it is as if you can feel fingers going through your mind... probing your deepest secrets... an ancient wisdom brushing against your innermost thoughts	
	and then deep in those eyes you see something you didn't expect... acceptance... and you realise that this person knows all about you... every thought... every word ... every deed... everything you have ever done... and accepts you for what you are... still loves you... exactly as you are... and you get that feeling of being totally accepted.... that everything that has happened has been for a reason... to bring you to this point...	Acceptance and forgiveness
	and you feel something pass between you and that figure.... you begin to fill up with a wonderful warm feeling... and maybe you can feel that feeling spreading through you now... through your arms and legs and body... as if you are filled with a coloured light.... and you can feel it spreading up though your neck and your cheeks and filling your mind... and your mind can begin to change too... to reconsider ... to consider the	Direct suggestion section

	possibility... that everything can be different.... as that healing light bathes you in its warm glow.... you feel something change inside you ... old ideas can dissolve and just wash away ... leaving nothing but that warm glow... like a sunset at the end of a perfect day promising a better new day to come... and you can just enjoy this wonderful healing light...		
	And can enjoy that and know that it is there... always... that is a gift to you... you don't have to do anything to enjoy that gift... it is there just because of who you are now...		
	And that warm... all encompassing light fills you totally... from the top of your head to the tips of your feet...		
	You can feel warm and content now... it's time to let go of old notions, old ideas about yourself, it's time to just enjoy relaxing your mind... and letting go.... and you know that everything has changed.... you, you can change....	D	
	And voice says... "Come, there is something waiting for you"... and the figure turns and moves on....		3rd unresolved situation
	Core Metaphor - the Crystal Cave		
	And beckons for you to follow... and the figure moves onwards...		
	and the figure leads you into a cave... and inside there is a glow.... coming from thousands of crystals in the rock... like friendly stars shining in the night...		Reassurance for the claustrophobic
	and again you hear the voice in your head saying... "It's time to take off that backpack... you have been carrying that around with you for so long.... most of your life, and it is filled with things that you did not put in there... that you have had to carry... and it is filled with things that you don't need and don't want... that were never intended for you"...		
	and there is a big flat area in that cave ...and you put down that backpack... and you open it.... and it's as if you are seeing it for the first time.... and inside there are stones... large stones... and you reach into the pack and you lift out the top stone... and you drop it on the ground... and as you drop it, it cracks like an egg... the shell crumbles.... into little pieces...	D	
	And you go into the backpack and you lift out the next stone... and you take that out and you throw it to the ground and it smashes into a million pieces... and you stamp the pieces into dust and you kick the dust around... and you kick it away from you... and there is a growing feeling of excitement in you... you go into the pack and you lift out the next stone, and the next one and the next one and you smash them all... into little pieces that blow away...		
	You don't have to carry those things any more... you don't have to carry other people's stuff...		
	End of CRYSTAL CAVE Metaphor		
	Resolve Third Embedded Metaphor - Spirit's Gift		
	<i>And the figure smiles at you and says... " It's time to start on a new path.. it's time to make things happen differently.. Look around you ... take what you want... "</i>	D	
	And you look around the cave... and scattered around are sparkling crystals... all shapes and sizes.... in bright colours... and you pick up the		

	crystals and with every one you are picking up strength and confidence and certainty and all things you need...		
	and you can fill your pack with those shiny crystals and take as many as you need... and you realise that was the gift that was waiting for you.... and will always be waiting for you...		
	Resolve Second Embedded Metaphor - the Dark Pool		
	and you turn to thank the figure... but it is gone... you walk to the bright cave entrance... and you begin back down the path... feeling lighter.... happier.... supported...		
	And you walk easily down from the cave... and you arrive at the circular pool again... but now it looks different... it looks bright and warm and welcoming... there is a herd of gentle animals drinking at the edge.... and again you stand and look into the pool... deep into it... and again those dark shapes start to rise... more and more of them.... and as you watch the shapes become clearer... and to your surprise and delight.. they are fish... beautiful multicoloured fish... with shimmering scales flashing in the sun.. and a fish jumps.... leaving an ever expanding ripple on the surface... like a child drops a stone just to enjoy what happens... and the ripples seem to go on for ever...		
	Resolve First Embedded Metaphor - the Thorn Bush		
	And you move on... and you find yourself back at that stream again... and you step across the stream... and you sit down and really look at the world around you... and how fresh and clean and bright it all is now....		
	And while you are relaxing and thinking about what has changed... you hear the rustle from the bush.... and the little bird that is in there... and you go across to the bush.. and carefully and gently you promise that bird I can make you free... no matter how you got to be where you are now.... You can get out... with a little bit of help you can get away from this..		
	And so you reach out and carefully you grasp one of the branches... and you bend it to the side, avoiding all the thorns... and then you bend a branch away to the other side.... and carefully you move each branch and twig out of the way... and you make a tunnel down into the heart... of that bush.... a passage a way in to the centre... and a way in is a way out...		
	and with a sudden flurry the bird is out... gone... free... and you see it flying high up there in the bright blue sunlit sky.... tumbling and swooping... flying free.. and as it flies up and up you say to that bird.... "You are free now, free to do everything, free to be anything you can be, any thing you want to be.... "		
	And back at the stream you look at the bush... and decide to get rid of it... you grasp it at the base.... where there are no thorns... and you pull it out of the ground... you throw it into the stream.... it starts to float away... turning in the current... and then it is swept down some rapids and disappears...		
	And you know... many months later... that bush had changed... it washed up on a shore far away... and that tunnel became a home to a family of small creatures... who lived safe and snug inside... protected... good things can come from anything...		
	And you wash your hands in that stream... and you watch all the dirt coming off your hands and carried away... and your hands feel clean and		

	fresh now....		
	And feeling cleansed and refreshed... you continue on the path..		
	End of Embedded Metaphor group		
	And before long you reach the line of trees and this time that dark and gloomy forest seems filled with light... and all around you is strength and endurance and health and vitality.... you can learn a lot from nature....		
	And soon you are back at the beginning of the path.... and you find the road again... and as you walk along you realise things are different now...		
	and beside the road is a bench... and you sit down comfortably on the bench... and allow your mind to clear... and as you relax and close your eyes... a crystal falls unnoticed out of your pack... and where it falls... a fresh green plant sprouts... and then another.... and another... and soon your sleeping figure is surrounded by new growth... and one by one each individual plant opens a flower.... until you are surrounded by a carpet of colours...		
	And as you think about that road... it begins to change... and the road divides... and divides again... and up ahead the road splits into many branches... so many branches... and each criss crosses the others and each leads to a bright future...		
	And as you imagine that road branching out you feel stronger and maybe you are beginning to feel that tingling in your arms and in your toes... and you feel somehow different.... it's one of those times when you realise as you are wakening up that things are different forever.... because something has changed deep inside that cave.... something has really changed inside you... You have left so much behind you now.... and as you come back to the present now you realise you really have a present worth coming back to as you waken up in the present... now.		

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Letting go the past

This metaphor takes the client on a metaphorical journey along a path and lets the mind deal with what has been holding them back. It can be adapted to many different situations and the basic idea can be applied to a bridge, or an airport or anything involving movement.

The Gravel Path

I wonder if you can imagine a door.... and think about what that door might look like... whether it would open inwards or outwards... what kind of handle it might have... the colour.... and how easy it would be to open that door... and maybe you can imagine that door opening.... and you go through that door.... you find yourself in a large room...

and in that room there are lots of people... in that room there is everyone you know and like... and everyone who knows you and likes you... and everyone who loves you... and every one that you love is in that room... and there are people there who you meet every day... and there are people there who you haven't seen for a long time... and there are people there who are no longer with us....

and when you go into that room they all turn round and they stop doing what they were doing.... they've been having a sort of party... they have been talking and eating and drinking..... and they stop and they look round and they all smile.... and they begin to applaud quietly and politely.... and you can see them clapping and you can hear the sound... you can feel the pleasure... and they are all smiling... and they begin to clap a little louder... and then louder still.... and they begin to come forward.... and some put their arms around you and some hug you and kiss you.... and you feel so good... and you feel such a feeling of warmth and acceptance.... that all these people love you for who you are... and this is a place where you can feel completely safe.... totally accepted... supported ... by family and friends and all the other things.... and even just thinking about that place makes you feel good inside.... It's a place where you can be anything you want to be... and be accepted... just for that... where you can do anything you want to do and you will be accepted and supported... And that's a good thing, isn't it?

And now I would like you to find a way to thank those people and just send out love to them... in any way you can... and make your way to another door... the door to the outside... and you can turn round... and look at those people.... and know that they are there to support you... and you wave and they wave back... and they go back to talking and laughing....

And you go out through that door and you find yourself on a gravel path.... and as you walk up the path you can feel the stones under your feet.... you can hear the crunch of the gravel... and there's a breeze blowing along.... off a river, perhaps... and you can smell water... and trees along each side... big, tall trees... and you are walking along ... and as you crunch along on the gravel ...

you realise that there is something tugging at you... and feel this tugging at your back.... and you look round there is a big sort of net, or a bag or something.... and inside it... it's full of stones and rubbish.... old stuff.... and you are dragging this along

and you can see the marks on the gravel... and you realise that you were sort of aware of it before,... but never really looked at it or felt it so strongly before.... and in there is all the stuff that other people have put in there that you don't really need any more.... and you look at it and it feels as if it is dragging behind you like the train on a gown... or like an anchor on a boat.... and you realise this has been tugging on you for a long time... holding you back... and you realise you don't want it.... you don't need it... you don't deserve to have to drag all this stuff with you all the time.... and as soon as you realise this.... something sharp appears in your hand... and you reach round to the rope connecting that thing... and you suddenly get the feeling.... that this is what you should do...

you reach out and cut that rope, you slash at it... it comes apart.... and as it parts... it springs away.... and all the stuff inside collapses... and lies there on that gravel path.... and the sun comes out... and the sunlight begins to shine on all that old stuff... and it begins to steam... and evaporate...and some drains away into the gravel... and the bright light begins to destroy the stuff holding it all together....and the pile collapses and scatters... and you can walk among it and kick at it.... bits roll away... and as you watch... you can feel them fading... disappearing.... until nothing is left...

and then you smooth the gravel over and there is nothing there any more... nothing to see but the shadow of your own footsteps... and soon, they too fade away.... and all that is left is a smooth path... a new path... a fresh way forward... And you feel much lighter.... you can go forward now.... that weight has gone... .

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Change the past

Letting go past events and moving on with life

This script is designed to get rid of things that happened in the past and lets you change the past. Hypnotherapy is a powerful way of releasing old hurts and emotional abuse so you can move on in life. This metaphor therapy allows the person to uncover old things that they might not even be aware were a problem, and to safely watch as they happen and then to change the past. It uses a metaphor of a mirror in a room that reflects differently and that can change the past.

You can't change the past, but you can change how you remember the past, and how you let it affect you. This hypnotic metaphor sets up the old event, then switches attention to a different view, then the person is given the power to change the past, and the new perspective takes over.

Target	Kinesthetic Induction Section		Technique
	Now take a deep breath... hold it... and let it out....		
	And another breath... and as you breath out... really relax...		Relax the body
	and one more and let your whole body relax... that's right....		
	now become aware of the weight of your body... your arms and legs can go heavy... imagine how they would feel if they were so heavy you just can't lift them...		
	and allow yourself to settle down deeper now...		
Target	Dissociation Induction Section		Technique
Memory	I wonder if you can remember a child's picture book? The sort of book that has picture and stories and different scenes and different places....		Dissociation
	imagine opening that book ... and there is a page with a scene outdoors.... somewhere in the countryside... on a hot sunny day....		
	and someone lying in the shade there enjoying the warmth and relaxation...		
	and imagine now... as you relax... even more.... a different page... and there's a warm fire burning in a comfortable room... and a big armchair to settle down in...		
	and imagine now resting in that armchair... feeling relaxed and comfortable... in that calm peaceful place.... and allow your mind to drift off...		
	to a page with a tree... a big tree somewhere... and that tree has roots going down... imagine those roots going deep down into the earth... going back a long way... imagine those roots spreading out... ever wider... ever deeper.... and allow your mind to go deeper... letting go... thinking of those deep roots....		
Target	Mirror transformation metaphor		Technique
	and you find yourself walking along a road in the countryside.... and there is a wall beside the road.... and you follow along the wall, a high wall.... surrounding something important....		something hidden
	and you come to a gate.... a big wide gate... and the gate begins to open... and there is path a driveway beyond the gate... and the driveway leads you		a way in

	on...		
	and the path goes through trees and bushes and then round a corner...		indirection
	and you come to a building... a big important looking building... and there are smaller buildings nearby... a pond... bits of machinery lying around... a barn...		lots of resources
	and you go up to the main building... and you reach out and touch the wall... and you feel the surface ... and you trail your hand along the wall... just letting it take you wherever it leads....		guiding the unconscious
	and as you touch that wall... your mind is drifting back in time... to a long time ago... to time when something happened to you... that has never been cleared... something that should not have happened to you... the way it did... something important that it is time to change...		leads to the problem
	and you come to a window.... and you look in the window... and you are looking into a room....	M	metaphor room = life
	and in that room there is something going on.... something important... and it is a scene from your own life... something that has affected your life... and you can watch as this scene appears in that room... you are a spectator... just looking... watching... as if it was happening to someone else...		Dissociation
	you can see everything that is going on... the people... the place.... you are aware of how you feel... how it affected you... something that hurt you is going on in that room... you can see it, experience it... as if it was happening right now...		revivification
	But on the back wall there is a mirror.... and that mirror is reflecting what is going on in the room... but you can see the room and you can see the mirror and the room in the mirror...		Double dissociation
	but as you watch... as you are looking through the window... the mirror starts to get bigger... and in it things get clearer.... and the things in the mirror somehow are not exactly the same as the things in the room....		magic resource for change
Capability	And you realize that because you are looking in the room this time... things are getting changed... and you realize that you can see the room and you can see the mirror... and you can influence what the mirror shows.... you can make things in the mirror turn out differently... turn out the way you want them to... the way they should have turned out...		Power to change the past
	so you can see the room... the way things were... and you can see the mirror... the way things can be... and you have the ability to change what happens in the mirror... and you can take a few moments now to choose, to decide how it should have ended... what would be the best outcome for you... what you deserved to have happen... and change it in the mirror now... until you are completely satisfied with how things should be....		double perspective on the event
	and as you make those changes... the mirror gets bigger and brighter... and the events in the room begin to lose focus... to start to melt and dim... and as the mirror gets brighter... the room dims and gettter darker... and things start to melt away... and soon there the events in the room can hardly be seen, and vanish... and the light from the mirror replaces everything in that room...		replace the old version with the new
	And when you are ready you can lower the curtain on that scene... and move away from the window.... knowing that things have changed for ever... changed to the way they should have been...		let it face away

	and a part of you knows that something deep inside has changed.		
	[use direct suggestion for the specific problem here]		
	REORIENTATION		
	[use your standard re-orientation]		

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Photo Album Hypnosis Script

This script is hypnotic visualization that lets you leave old stuff behind, to let go of the past and move on with your life. It is especially useful for weight loss hypnotherapy.

The Photo Album Hypnosis Script allows the mind to go back and change memories, things that happened, things that were said and done and are still hurting now.

The hypnotic metaphor is about going into a room full of old stuff, and finding a photo album there, and finding the ability to change the photos and all the other things that are affecting how you feel today.

	Photo Album Metaphor Visualization		
	and I wonder if you can imagine being outside a room somewhere... the kind of room that gets filled with stuff that people can't throw away, but don't have any use for...	M	Old stuff collected and stored
	and you can go into that room... safe and secure...		Safety
	and in that room there is a book... a big book....	M	Metaphor object
Capability	and you can open that book... and it's a kind of photo album... but this album is special... this album contains every important event in your life... but it is more than that.. it is a multi-media album... there are pictures and sounds and videos... in there is everything you have done... everything you said.. everything ever said to you that affected you... hurt you... made you feel bad... everything you have seen... everything that was done to you... it's all there...		
Capability	But this is the book of your mind... and in this state... now... at this time... you can change your mind... you can change what you remember... what happened... what was said... what was done to you... what you lived through...	D	
Capability	no matter what happened... you can change it now....	D	
Memory	you can go through that book... and you can choose anywhere to start... open the book at say.... age 22... see how you looked... how you felt then.... and then going backwards.... age 20... 18... 16... when you were a teenager... 14.... 12... a teenager at school... remember that time... how you were... how you felt... and 10 and 8 and 6... a little child... and before then....		Regression
Capability	and you have the power to change things now... the right to change them...	D	
	You can go through that book... and there are pictures... memories... of things that happened... and anything you don't like... anything that hurt you... well, you can rip it out... you can pull that picture out of the book and destroy it... totally... and anything that was said to you.... you can just erase it.... wipe it out like it never happened... and wipe out the memory of when it was said... and who said it... and anything that happened... you can go back and make it turn out the way it should have... the way you prefer it ... the way you deserve it to have happened... and you can go back now... and think through what happened.. and change it... make it come out the way you want it to... the way that suits you... the way that puts you on top... makes you feel good...		
Capability	Because you have the right and the ability and the permission to change those	D	

	things...		
Capability	You can go through that album now... changing... deleting... making right...	M	
	and see yourself... at age 5... how you were, what you were like.... and then 7 and 9... growing up... and you can remove any pages that you don't like... just throw them away... they can't affect you any more.... and anything that happened you can remember it differently... the way it should have been... and that old stuff can just fade away now... and 11 and 13 becoming a teenager... all the stuff that happened then... you can choose to delete it... wipe it away... and 15 becoming a young adult and 17 ... and 19 and 21 ... and after that remember all those things... and enjoy that freedom to wipe away old stuff..	V	
Behavior	and over the next hours and days and weeks your mind can keep on changing those things... getting rid of old feelings... old ideas... old hurts... that were holding you back...	D	
Memory	And you can remember all the good times... there were good times too... and you can take a few moments now to go over those good times.... and see them... experience them in bright colors... happy sounds... large and fresh... let the feeling of that happiness fill you now...	V	
Behavior	and you can take that book... filled with happy images.. with good memories... and take it with you... out of that room.... leaving all that old stuff behind....	M	
	come away from that room... with that book... and then close the door behind you... and lock it... leave all that old stuff where it belongs...	M	
Memory	and as you walk away from there... that room begins to fade... and all the stuff in it... and soon that room has disappeared and there is nothing left of it...	V	
Capability	and you are free to enjoy those good memories... to look forward now... and everything is brighter for you...	I	
Capability	You can now be what you want to be...	D	

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Breaking the Cycle Hypnosis Script

How to break old habits and change old behaviour

The Break the Cycle hypnosis script is used as part of a hypnosis session to reinforce earlier hypnotherapy suggestions, and to get the client to visualize making a public commitment to the change they want. Breaking the Cycle lets them be proud of that change, to commit to change in front of others.

Use the Breaking the Cycle script after a series of hypnotic suggestions to get the client to own the change, to make a public declaration that the change has been made and there is no going back. You suggest that the client has something new, some power, etc. and they use that as their power to change.

The script uses Ericksonian techniques in the form of suggestions embedded in quotations and metaphor to make a connection between past effects and present behavior, and enables them to break out of the cycle of behavior.

	Hypnotic Habit Transformation		
	[continues from earlier part...]		
	And you are walking along.... and you come to this small building... an old fashioned looking building.... and it's got like carvings on the outside.. and different colors...		strange place = power center
	and you just feel compelled to go inside...		
	and you go inside that building... and at first you can't see anything.... it's all dark ...	M	past inability
	and then, as your eyes adjust, you realize that it is much bigger than it looks on the outside...		
	and you realize there are people in there ... hundreds... maybe thousands of people... and they are all sitting there in rows... and you look back... as far as you can see... there are all these people stretching back...		look back = history
	and right in the front... there is a chair... a big chair... like a throne or something like that... and there is a figure sitting in that...		authority figure
	and all the people are looking at you... and you look back at them... and you wonder what to do...		exposure
	You look around... and then it comes to you... why you are there... then your realize that you brought something in with you you can feel something changing inside... you can feel a strength growing in you...		
	and you stand up..and you say in a loud clear voice... I have come here today to tell you ... all of you... all the way back there... that as of today...		
Capability	I am taking control of my life...	I	quote
Capability	as of today, I am breaking the cycle... in everything...		quote
Capability	as of today... I am my own man...		quote
Capability	I am taking back my life.... with both hands...		quote
Capability	I am deciding what I want to do		quote
Capability	I am deciding what my family is going to have...		quote
Identity	I am a new man		quote
Behavior	I thank you for what you gave me, but I am going my own way now...		quote

	and there is an intake of breath... and they all look at each other... and them one begins to applaud... and then another... and another...		acceptance of the change
	and soon the whole room is filled with applause... and all these people standup, and they are all applauding you...		
	and you feel... you feel something happening inside you... something alters and moves....	K	
	And the figure in the chair stands up... and comes toward you... and you feel something being put round your shoulders... and something hung around your neck...	M	Symbols of reward
	and suddenly... there is a warmth.... a connection... and you feel like you have been approved, validated... that finally you have been accepted... for what you are... in front of all these people...		
Identity	you feel like you have finally proven who you are ... and you are proud of who you are...and you are proud of your own strength of purpose.... and you are proud of what you have done now... here... today...		ambiguity
Identity	and you are proud of your family and your upbringing and everything that has formed you.... everything that has brought you this place and has made you what you are... and you can take your place among these people...		
	and you feel as if you have been blessed in some way...		
	and the figure goes back to the chair....		
	and again you feel you have to speak.... to get something straight...		
Capability	I have come here to this place to tell everyone...		
Capability	From today I have [whatever the change is]		
Capability	I will never again [whatever the change is]		
Identity	I am free... I have broken the chain...		
	and there is a huge roar of approval...		
	You feel like a rock star out there.... and you feel something welling up inside you.. the spirit has moved... something has finally broken free... something has finally released its grip...		
	and its a great thing... and it begins to fill you... and you feel like you are ten feet tall... you feel yourself open up and love all these people...and you feel that love coming back... and it melts that chain...	M	
	and figure in the chair smiles... and you know it's time to move on...		
	and you leave that building... and you find yourself outside...		
	and it's a perfect day... just the kind of day you like....		
	[now... lead into the next part of the therapy]		

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Inner Child Spiritual Healing script

Help your inner child release old hurts



Most problems of adult behaviour can be traced to problems in childhood. Children are easily hurt, unintentionally or on purpose. The child is totally dependent on adults and looks to them for love and support. If that is not given then the child forms beliefs about not being good enough, not being lovable, or having to do things to earn love. We all have an inner child, and if that inner child is unhappy then we are unhappy too, and nothing will seem right until the inner child is released from the prison inside us.

This is a therapy that accesses the unconscious mind through writing. Write it out and it becomes more real, more personal and connects directly with the inner child. It is a form of spiritual therapy, and a powerful way of helping your own inner child to mature and come out into the sunshine.

	<i>1. Form a clear image of yourself as a child.....'</i>		
	If you have a photograph of yourself before five or six, get it out. Notice how small and innocent you were. If you don't have a photograph then try to remember what you can about what things were like before you went to school.		
	<i>2. Get a clear image of what life should be like for a child</i>		
	Think about young kids in a public place, interacting with their mothers, how they go into things with curiosity, excitement, a sense of adventure, freedom. Become aware of how they try to control their world, what happens to them, how they establish their rights. Notice that they are each innocent and headstrong; beautiful and irritating; scared and bold; dependent and assertive; joyful and tearful; forgetful and loyal. Remember all the things you used to be.		
	<i>3. Get in touch with any feelings.</i>		
	Think about whatever feelings come up when you think about the little girl you were. How you were treated. How you behaved. Feel whatever feelings come up for you. Be open to them. Spend some time in a quiet place thinking about how it was then, what you remember, how you felt, how it was to be in that family, what you wanted, what you needed, what you got. Just allow whatever comes up to come up. Do not censor or judge or rationalise. Just let it be.		
	<i>4. Write a letter.</i>		
	Imagine yourself as you are now, an adult, wise and caring, knowing what you know now, and you want to adopt that little girl that was you. Imagine that you need to write a letter to this little girl. The little girl can't read of course, but it is important for you write that letter. The letter need not be long, could be just a paragraph. Tell your inner child that you love her, that		

<p>she is wanted, that you are glad she is a girl. Tell her how much you want to help her, and will give her the time she needs to grow and develop. Tell her you will keep her safe, that you know what she needs, that you will give her what she needs, that you will work hard to let her become the precious and unique person that she is.</p> <p>You need to write this letter by hand, on paper. You might have to draft several before you are satisfied that you are telling her exactly what she needs to hear. Then read it aloud very slowly. Check your feelings on every sentence. Notice how you are feeling. It's OK to be emotional.</p>		
5. Read the reply		
<p>Now I want you to write yourself a letter from your inner child, from that little girl. Write it with a pencil, using your left hand if you are right handed. Just feel what that little girl needs to say and let the words appear. Write what you feel is right. A child probably wouldn't write much, just what she feels she needs. You might need some tissues handy.</p>		
6. Go into trance		
<p>You know how to enter trance now. Go into trance and then think again about being that little girl.</p>		
<p>Remember how you remember the house you live in. ... Imagine your bedroom.... see the living room from the height of a child.... how everything was big... adults were strange and powerful... see who is there... brothers... sisters... relatives... see yourself as a magical person who has conjured all these things into being.... everything is full of wonder...</p>		
<p>And then feel the presence of someone, or some thing, who loves you... totally and absolutely.... just because you are little and perfect and innocent and you are lifted up and held.... warm and comfortable.... snuggled...</p>		
<p>And now imagine you, the present you, you are the person holding that girl and you say to that little child....</p>		
<p>Welcome to the world, I've been waiting for you. I am so glad you are here. I've prepared a special place for you. I like you just the way you are. I will not leave you, no matter what. Your needs are OK with me. I'll give you all the time you need to get your needs met. I'm so glad you are this little girl. I want to take care of you, and I am prepared to do that. I like being with you, feeding you, playing with you, spending time with you. In all the world there has never been anyone like you. The world smiled when you were born.</p>		
<p>Let yourself feel whatever you feel as you hear these things....</p>		
<p>And let yourself put that little girl down... gently hear yourself saying you will never leave her.... from now on you will always be available for her.... and maybe there is a smile....</p>		
<p>And now become your grownup self again... and look at that little girl... know that you have reclaimed her... feel the sense of that home coming.... that little girl is welcomed, loved and will never be alone again.... and then walk out of that house... lead that little girl past the garden ... out into the</p>		

	street.... past your school.... past the teenage you.... and walk into an adult memory of feeling wanted and loved... and let that fill you.... make it grow.... as you do become aware of where you are and return to the present....		
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Stamp Album Metaphor Therapy

This metaphor script used NLP type image manipulation to help your client deal with past issues. The Stamp Album metaphor works by getting you to transform your



issues into metaphoric objects, and then getting you to visualize changing them. Once your mind accepts that these things can be changed, even a little, then your own healing ability starts and the process will continue until your mind thinks the issue doesn't seem important any more and can be put away for good.

	[Use your normal induction]		
Memory	And when you think about [the thing that happened]... a long time ago now... you can remember how it was... and you can safely go through all the images you have of that time, all the pictures, all the things you feel about it...bring them to mind... and as you do... something about them reminds you that they belong in a different time...	M	Connect to the traumatic event
Capability	and I would like you to go through each of those images, and just imagine that there is an album like a photo album... and because you can imagine that... you can also imagine how you are going to put those images into the album ...	V	isolate the images
Capability	and you take each picture and you look at it once...and after considering it, you can decide whether you want to even have that image any more... and if you don't.... then because you know how you feel about it, you can shrink it down until it fits.... and then you can put it into that album...	V	alter the image
	and because you have put it into that album, you can choose to cover it up, with some plastic maybe... seal it in there... and every time you do that... that means you can take the next image and shrink that one down too... and every time you shrink it down... that means you are moving it away from wherever it is now...and you are putting it into that album...	>	deal with all images
	and I wonder if you have ever seen a stamp album... maybe you saved stamps when you were young? Or maybe you had a friend who saved stamps... and kept them in an album...	M	Develop the metaphor
Capability	and you can take all those images... all those pictures... all the memories and the feelings.... and every one of them can be shrunk down.... and stuck in an album... and when one page is full you can turn it over... and start filling the next page up...		
	and a stamp album is like a photograph album.... only very small.... because there can be dozens of pictures on the one page, maybe hundreds... and every time you turn each page you can forget all those images....	=	Reframing
Behaviour	you can just let them go into the past... and they will be there forever... like vague memories of messages posted long ago that no one can recall...	M	

	and that means you can imagine... each of those images as you put them onto the page.... fading...like tiny pictures kept in the dark...	
	and every time you close a page... they become still pictures.... and they become silent.... and as you flip over each page... you break the connection to those pictures... and eventually put all of the memories.... all of the images... into that album... and you close it firmly.... and it has a little lock on it... and you snap it down and it is locked... and all of those images are safely inside that album....	Suggestions of letting go, closing, .. darkening, shrinking, becoming silent,
	and that album has a dark cover and dark pages.... and as you watch the whole album begins to get darker and darker...and the pictures get darker and darker.... until if you were to open that page again.... you wouldn't be able to see those images because they have faded away...	disappearing
	And I wonder if you can imagine taking that album and putting it away somewhere... in a place where you could leave it... and it would stay there safely for a long time... and you can imagine putting it in that place... and because you can imagine that happening now... you can imagine that place moving away... far away from you now... and that means your mind is changing... and every time you think about it... it loses more of its power... and you feel released...	V Metaphor disposing of the images...
	And just allow your mind to do that now.... and take as long as you want... as the changes happen...	Time to process
Capability	Because you are thinking about putting those images away and because you are able to change those images that means that you are changing how you think about those old things so every time you start to experience that you can realize that you have a new power now and you can feel better than you have ever felt before.	> Self esteem confusion
Capability	Because you are undergoing these changes that means those changes will continue...and you are changing forever now... and every time you become aware of that... it means those changes get easier... so take a few moments now and enjoy that feeling... that new capability you have... to change and keep the change and keep changing... and every time you feel that change... that means you are changing... and you have changed... haven't you?	>
	[pause]	
	And when you think of that [event], how does it seem to you now?	Test original issues

Make it Right

Change your life forever by putting right the past



A special hypnosis metaphor script to show you how to let go of the past and take control of your future. This hypnotherapy metaphor is about pausing on the journey through life to become aware of how you really feel about things that happened, and getting social justice. It lets you focus on what is wrong in your life and to make it right. Making it right involves becoming aware of the problem, getting rid of the effect of other people's behavior and then confronting the people who have hurt you and making them make it right. This powerful hypnotherapy script uses metaphor to get the people who have wronged you to apologize and make it right.

	<i>Hypnosis Induction</i>		
	[Use your favorite induction script from the collection]		
	then...		
	<i>Making right the old feeling</i>		
	I wonder if you can imagine walking along a quiet road somewhere... and somehow this seems like a familiar road... but it is as if you are noticing it for the first time... really seeing things the way they are...	V	ambiguity
Memory	and as you walk along... it is as if you are becoming aware of your own feelings for the first time... and realize that you are feeling unhappy... something is wrong... with you... with how you live... how you feel about yourself...	K	change in awareness
	and you realize you are feeling stifled, restricted... smothered... feeling like you are wrapped up in a blanket... separated... unable to breathe...		empathy with situation
	and you come to a little bridge over a stream... and you pause there... and looking around you say to yourself...		decision point
	'I wish I could get free... I wish I knew what the problem is...'		state the problem
	and you walk on...		
	and then you notice a little figure walking beside you...		magic resource
	and the figure says... 'I heard what you said'.		
	and the figure says... 'Why don't you take it off?'		magic instruction
	and while you are thinking 'Take what off?' you look down and you see that you are wearing a coat.... a long heavy coat... a coat that is buttoned up right up to the neck... a coat that is too tight... is holding you in... is crushing you... crushing your spirit... stopping you moving and breathing ...		metaphor for restriction
	and the figure says 'Why don't you take it off?'		Permission
	so you start to undo the top button... and that feeling of pressure releases... you undo the next button... and your chest is free.... you can breath again... you undo the next button... and your whole body can relax and you undo the next button and the next... and you feel		Metaphoric action

	released... open... free...		
	and you take the coat off... and it's an old shabby thing that has belonged to someone else... and you throw it into a bin or something....		discard the old feelings
	and you suddenly feel free... all those old restrictions have gone... that thing that was holding you in is no longer there... for the first time in years you can move and breath freely....		result
	<i>A box of memories to make it right</i>		
	and now you find that things are coming back to you... you can remember things from long ago... things that you thought you had forgotten... but things are opening up... parts that have been closed off are unfolding... things that were said and done to you are like they happened yesterday... you are aware of what they were and how they affected you...		
	and it is almost like you can open a box... and take out of that box... all sorts of things that have been in there for too long... photos... report cards... gift wrappings... memories... feelings... words and actions... records and letters... postcards... stuff that has not been looked at for a long time can now be brought out...		Metaphor
Behaviour	and you find yourself questioning old ideas... assumptions do not seem so necessary... things that were obvious now seem like they don't hold up any more... and you are free to demand answers... to re-examine things that are taken for granted... it is time to go through all those old ideas and feelings and emotions and instructions....		
	and laid out on the floor... where they can be looked at... really looked at... and anything can be thrown away... this and that... discarded... dumped...	V	Action metaphor
	and only the good stuff kept and put back into that box...	V	
	<i>Social Justice to make it right</i>		
	and you continue to walk along that road... only this time it is different... you feel liberated... ready for anything that may come along...	D	
	and you come to a small building... with carvings on the outside... and you just feel compelled to go in there...	I	Metaphor
	and inside... at first it is dark and your eyes take time to adjust... and then you realize it is much bigger than it looks from the outside... and then you see that the place is filled with people... and off to one side is a great chair... like a throne... and a figure sitting in it.... and the figure looks at you...	V	
	and says 'I am the judge.... you have been brought here today to tell your story... to make public all the things you have seen and felt... to tell about all the things that were done to you... said to you... things you witnessed... how people treated you... what you did and why...'		
	It is time to put it all on record... to put the record straight... to tell the people that have hurt you ... how it felt... how it made you feel... how it has affected you your life... your behavior....		
	and you realize that there are people sitting on benches to one side... and the people from your early life are on the other side... and you look at them... and you are surprised at who is there... there are family... and		

	people from school... people you haven't seen for years... people who are no longer with us... all there waiting... looking nervous....		
Behaviour	and you realize that you are not nervous... you are there seeking justice... to set things straight... to tell it how it was...	I	
	and you say in a loud clear voice... with an inner strength you didn't know you had...		
	I have come here today to tell you all... how I feel... what made me feel that way... what happened to me that nobody really knows...		
	and you start to tell them of your life... what happened to you... how you were hurt... what you felt... how they acted toward you... you are free to tell them every secret... everything kept bottled up and hidden until now... everything you wanted to say can come out now...		
	and take as long as you need to say all the things that you need to say... so open up and let all those things be said...say all those things that have been held in for too long...		
	and you can allow all those feelings to come out... all the rage... all the pain... all the frustration...you have permission to allow all that has been hiding within you to be released...		
	[pause]		
	and those people listen as you describe things... listen intently to all of it.... and for the first time you begin to feel understood... that your case is being heard in full.... in the right place...		
	and at the end of it... the judge turns to the people on the other side... and they all looked ashamed... and guilty... and small... and you can see... in that place... they are actually weak and unhappy... and the judge says... 'Take them away... take them away to live out their miserable and unhappy lives... somewhere else...		
	and before each is lead away...they stand before you and say ..."I am sorry for what hurt I did to you"... and then one after the other they are led away.		
	And the judge says to you... 'And you. I sentence you to life. To a full and happy life.... to a long and fulfilled life doing what you want to do... free from these people... from all and any influence from them. Go. Go now and enjoy'.	I	indirect quotation
	And you look round the room... and you say in a loud voice... 'I came here today... to tell my story... the story of my life... my upbringing... to tell you all everything about me.... but there is something more I have to tell you... '		Indirect assertion
	I have to tell you that am proud of who I am. I am proud of what I have gone through to get here. I am strong.. I am a winner. I know who I am and I am as good as anybody... I now see these people for what they were... lonely and unhappy and insignificant... from now on, I am going to do what I want to do... what is best for me.... from now on I am taking back my life and living it to the full... I intend to spend as long being truly happy as a I did being unhappy. And nothing can stop me.		
	and the people there look at each other... and then one applauds... and then another... and then the whole room is standing... cheering...		Reassurance

	and you feel a wave of acceptance... encouragement... pride... strength... coming over you... and something changes inside... changes forever...	I	Reward
	and you walk out of that place feeling ten feet tall... supercharged...		Action metaphor
	and in your mind's eye... those old feelings... like those old people... are shrinking and fading away... like they never were.	V	Metaphor change
	<i>Reorientation</i>		
Behaviour	And coming back from that experience... you are free to choose to come back to the present or to take some time and decide what you want your future to be....	I	Ambiguity
Identity	So think about what you want... and when you are ready ... come back to full awareness in your own time... in your own way... all choices are yours now...	I	Reinforcement

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Create your own future

Become your own Life Coach

This hypnosis script is about taking charge of your life, about rewriting the script of your biography, and getting a famous director to take you through your scenes, and a drama coach to show you how to act successful, how to assume the character of the person you want to be until you become that person. You become the star of your own movie, and you get to write how it ends.

The hypnotherapy technique is double dissociation, you see yourself seeing yourself making changes to the traumatic events in your life.

Target	Induction section		Technique
	Before you begin going into your hypnotic trance now just make yourself comfortable. Just settle yourself down and you can relax now. All you have to do is to focus on becoming comfortable.	D	Bind
	Take a moment now and wiggle about until you are in the right position for what comes next.	I	lack of Reference
	Look around your body and notice if there is any tightness, or any discomfort, and maybe just shrug everything until you are happily settled down and ready. If anything is making you uncomfortable then fix it.		
	Fixing things stops them bothering you doesn't it?		Truism
	Now, in a moment I am going to count down from ten to one, and when I get to one you will have relaxed into a deep satisfying trance. But before that you can move every part of your body as you become loose and floppy and relaxed.		
	Now take a deep breath and relax it. Just let it all flow out... ahhhhh. That's right. Now tense up your whole body, and then let go again.... really relax... and feel how good that is...		Progressive relaxation induction
	TEN.... focus your attention on your feet ... think about your feet... think about letting your feet and toes and ankles relax and get loose.		
	NINE.... Now relax all the muscles in your legs... in you calves, your knees your thighs.... very relaxed.... feel those legs getting heavy and heavier....		
	EIGHT... now feel that relaxation spreading into your body... your chest.....		
	SEVEN... and now feel that relaxation in your shoulders.... spreading all the way down your arms... down to your hands... your fingers... and those arms feel so heavy... so relaxed.... it is as if they belong to someone else....		
	SIX.... and now allow your neck to relax... and become aware of your face relaxing... your cheeks... your jaw... your lips		
	FIVE.... let your eyes relax... your eyebrows....your forehead....		
	FOUR... and everything feels loose and heavy... as if you arms and		

	legs were made of stone.... totally relaxed... you can feel the weight pressing down... and you just can't move those arms and legs now.... and you can enjoy this feeling of total relaxation... letting go.... and the more you relax the more you can relax...		
	THREE... and as your mind drifts off you feel a wave of relaxation travelling down your body down and down... from the top of your head... relaxing your face... relaxing your neck... your shoulders your body... spreading... down and down... gently and easily.... feel your body sinking down... safe and warm and secure....		
	TWO... and each soft gentle breath out.... is relaxing you more.... and that relaxing means you can relax deeper and deeper now.... letting go... drifting away.... nothing matters... enjoying that that lovely feeling...		
	ONE.... and totally relaxed now... totally at ease.... and your mind can drift away to a place... far, far away..... a place where you feel relaxed.... where you feel comfortable.... always.... and think of what the place is like... what other places there might be that you make you feel comfortable... maybe a beach at twilight... or a favourite chair.... or snuggled warm in bed on a stormy night... or maybe floating in warm water... allow your mind to drift over these things and other things.... whatever feels right for you.... as you drift ever deeper... enjoying the feeling ... nothing matters... nothing is important... just being in the moment... let your mind empty...		Dissociation
	<i>Movie studio metaphor</i>		<i>Technique</i>
	And I wonder if you can imagine being on a movie set... there are lights and cameras.... extras standing about... actors and technicians.... and there are those seats with the names painted on the back for the stars...		Set up the metaphor
	and on one of those seats ... one of the those seats has your name on it...		Dissociation
	and beside your seat is one with the word 'Director' on it, and on the other side is a seat with the word 'Drama Coach' on it.		Set up the active resources
	And you sit down in that seat with your name on it... and beside you a famous movie director sits down.... and on the other side another person takes the seat marked 'Drama Coach'. And you realize that you are sitting with two of the most talented people in the business.		Assign power to the resources
	... while you are thinking about this the lights dim, the call goes out for 'Quiet on the set!' and a technician steps in front of camera and snaps the clapper board shut with a loud noise....		Visualization
Memory	And out of the darkness a scene begins to form... it takes shape as you watch... and a memory from your own life appears on the set.... vague at first... but then it becomes clearer...		
Memory	and there in front of you is a scene from your life... a scene with you in it... a scene that you have thought about many many times... a scene that has influenced your life and beliefs and actions.... and there are actors playing the parts of the other people who were there... recreating that scene....		
	and you watch as that event is acted out in front of you... you see it all		Revivification

	again.... you can see it as you did then... through your own eyes.... you feel what you felt then... you react the way you did then.... you feel the pain, the hurt, the helplessness.... you see how you were treated... what was said....		
	and just as it all begins to overwhelm you ... you heard a loud cry of 'CUT!'	Safety	
	and the director is getting out of the seat beside you ... the other actors are looking worried... wondering what is going on.... and you can see the whole scene from your seat... you can see yourself as you were then, and then the director stepping into the frame.	Problem set up	
	And you watch as the director goes up to your character and says... 'No, No... I need you to do it differently' and tells everyone to take a five minute break.	Engaging the resources	
	The director takes your character to one side and says ' I need to change the story... Your character has to end this scene in a different way. I want you to go over this scene again, go over the script.. examine every word, and rewrite it... and in the new version I want you to be the winner, you become the one who determines the outcome.'	Possibilities	
	And the director calls over the Drama Coach, and a writer... and tells you to get on with making the changes now.....		
	and you see yourself... and the writer is suggesting changes... cutting out a line here... putting new words in.... changing the stage directions for how you behave... and after few moments the new script is ready...	Double Dissociation	
	and the Drama Coach comes up to you.... and says Now, in your mind I want you to see the new scene... I want to visualise yourself... see yourself from the directors point of view.... from a distance.... see the other actors in relation to you.... and realise that what you say ... how you act will affect how they react....		
	You have new words now... and you can have new feelings now... the writer has written the instructions for how you are to behave.... but all you have to do is to change how you feel... and that will change how you act.... and the words will come naturally... as if you have memorised the script....	Problem resolution	
	So now... see yourself in the old scene... but this time... think of the feeling you want to have... strength or confidence or determination or whatever it is.... and now recall a time in your life when you had that.... no matter how little or how strong... and take a moment and multiply that feeling inside you.... multiply that feeling and feel it grow... and as it grows notice how that character changes... how the character uses that feeling... how it being shown in the way you stand....the way you hold your head.... the way you step forward....	Metaphoric Transformation	
	And as you do that.. the other actors realise that you have changed.... they look less sure of themselves... they are not sure of their lines now.... and you are... you know what you want to say... you know how to say them... you feel that strength growing in you and filling you... and you begin to somehow fill that whole scene... you look bigger... brighter... dominating everything... the other actors look diminished....		
	And then you see the whole scene play out through your own eyes...	Reassociation	

	you feel that feeling... the new words form in your mouth... you feel powerful and sure of yourself... you can see the effect on the other actors.... on the whole scene... and it all acts out differently exactly the way you want it to....		
	And suddenly there is a voice in your ear.... the Drama Coach saying 'That's right.... Well done... you have changed it... everything is different now...' and you realise that you have been hearing every word in the scene as if you have re-written them....		Hallucination
	Direct Suggestion section		
Capability	And it all seems so easy... so easy to change that scene... as if that was how those words... those new actions... had always been like that... as if they are unaware of the past... you can create a new scene just by remembering how you want to feel in that scene... and the scene will change automatically to how it should have been...		
Behaviour	And every time you begin to feel bad about something that inner director will shout 'Cut!'		
Capability	and you know that it really can be different... you can make it so... you can direct all the scenes of your life... because you can become any character you want... you can act any way you want... you can choose to be bold, or flexible, or forceful, or anything you want to be....		
Capability	You have that ability.... and you can use that ability.... And you can instinctively know what character will be exactly right for the part... and that part of your character will appear... You actually become what you think about....		
Capability	And from now on... from time to time... you will become aware that your inner director is going over scenes of your life... and deciding how they should have been... and you will become aware of your inner coach... whispering instructions... about how to find the right memory, the right example of when you had the exact feeling you need to change the scene... and you find it and change it....		
	Some scenes you can just cut right out... throw them away... other scenes you can trim... some you can change the lighting or the sound.... you are in control now... you can choose what you want to have happen.		Modality options
Identity	You see... you are the star of the movie of your life... and you are also the director.... and the Drama Coach.... and the writer.... and all those other things...		Reframing
Capability	And from now on... you are free to make whatever changes you want.... so just go ahead.... and change that scene now....		
	And take as long as you need to make the changes you need... and keep rewriting that scene until you have altered it in the way that pleases you most.....		
	And when you have done that you will come back to the present.... knowing that something wonderful has happened... and you are back in charge.		

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Write your own future

A Hypnotic Metaphor Script for a journey to self discovery, self awareness and getting over the past. This hypnotic script uses your own psychic abilities to become self aware, self understanding. A hypnosis script to help your clients to forget the past, change their past hypnotically to create a different future.

This powerful hypnotic metaphor take you into a room full of books. Some are ancient and some are brand new. These are books of lives. Your life is there. You take down the book and open it and inside is the story of your life. By examining the book you can rewrite the bad things in your life, with self discovery you discover the reason for what happened and then discover what your future holds.

If you have psychic abilities this hypnosis script will develop your psychic powers and make the future known to you. Everyone wants to forget the past about something. This hypnosis script shows how to forget the past and create the future.

Target	Induction section		Technique
	Before you begin going into your hypnotic trance now just make yourself comfortable. Just settle yourself down and you can relax now. All you have to do is to focus on becoming comfortable.	D	Bind
	Take a moment now and wiggle about until you are in the right position for what comes next.	I	lack of Reference
	Look around your body and notice if there is any tightness, or any discomfort, and maybe just shrug everything until you are happily settled down and ready. If anything is making you uncomfortable then fix it.		
	Fixing things stops them bothering you doesn't it?		Truism
	Now, in a moment I am going to count down from ten to one, and when I get to one you will have relaxed into a deep satisfying trance. But before that you can move every part of your body as you become loose and floppy and relaxed.		
	Now take a deep breath and relax it. Just let it all flow out... ahhhhh. That's right. Now tense up your whole body, and then let go again.... really relax... and feel how good that is...		Progressive relaxation induction
	TEN.... focus your attention on your feet ... think about your feet... think about letting your feet and toes and ankles relax and get loose.		
	NINE.... Now relax all the muscles in your legs... in you calves, your knees your thighs.... very relaxed.... feel those legs getting heavy and heavier....		
	EIGHT... now feel that relaxation spreading into your body... your chest.....		
	SEVEN... and now feel that relaxation in your shoulders.... spreading all the way down your arms... down to your hands... your fingers... and those arms feel so heavy... so relaxed.... it is as if they belong to someone else....		
	SIX.... and now allow your neck to relax... and become aware of your face relaxing... your cheeks... your jaw... your lips		
	FIVE.... let your eyes relax... your eyebrows....your forehead....		
	FOUR... and everything feels loose and heavy... as if you arms and legs were		

	made of stone.... totally relaxed... you can feel the weight pressing down... and you just can't move those arms and legs now.... and you can enjoy this feeling of total relaxation... letting go.... and the more you relax the more you can relax...		
	THREE... and as your mind drifts off you feel a wave of relaxation travelling down your body down and down... from the top of your head... relaxing your face... relaxing your neck... your shoulders your body... spreading... down and down... gently and easily.... feel your body sinking down... safe and warm and secure....		
	TWO... and each soft gentle breath out.... is relaxing you more.... and that relaxing means you can relax deeper and deeper now.... letting go... drifting away.... nothing matters... enjoying that that lovely feeling...		
	ONE.... and totally relaxed now... totally at ease.... and your your mind can drift away to a place... far, far away..... a place where you feel relaxed.... where you feel comfortable.... always.... and think of what the place is like... what other places there might be that you make you feel comfortable... maybe a beach at twilight... or a favourite chair.... or snuggled warm in bed on a stormy night... or maybe floating in warm water... allow your mind to drift over these things and other things.... whatever feels right for you.... as you drift ever deeper.... enjoying the feeling ... nothing matters... nothing is important... just being in the moment... let your mind empty...		Dissociation

Target	Create your own future		
	And now I would like you to allow your mind to wander.... wander far away.... to a far distant land..... a land of magic and wonder....and you find yourself walking through some trees.... your feet are kicking up dead leaves... a smell of decay and renewal drifts up.... as your feet uncover the rich deep soil underneath.... and around you are tall trees.... and above you can glimpse patches of dark clouds between the branches the forest is silent except for your own footsteps.... and the sound of your breath... there is a strange feeling around.... I wonder if you can feel it too? it's as if everything is waiting.... an anticipation.... of some wonderful event....	D	Dissociation
Capability	Because you are on a mission... you have to find and enter a stronghold... a place that holds something important for you.... a place you have tried to find in the past.... and never succeeded up to now.	I	You can succeed
Capability	But this is the day, this is the time. Now, everything can be different.		Unspecified
	You walk on... not really sure of where you are going... or what you have to do.... and ground starts to rise and the going gets tougher... and just ahead there is someone struggling along dragging a bundle of firewood.... you catch up.... the person is old and infirm.... with watery pale eyes... those eyes turn to you... and in them you see ancient wisdom.... acceptance... pain... and hope.		
	And without thinking you pick up the load with one hand and with the other you start to help the old person over the hard ground... Nothing is said.... you go on letting the other person lead you.... until you come to a faint path in the trees... the other person shakes off your hand.... gathers up the wood.... and points along the path...	M	Helping them = deserving to change now
 you take that path... follow it and it gets wider.... clearer.... and the trees		

	begin to thin out ... the sky brightens up.... and up ahead you can see parts of a large building... through the trees.... it has towers and high walls.... it seems strong and enduring.... but the path continues on towards the building.... a private path... that goes round the side of those great walls.... that takes you along the foot of the walls.... walking quietly in the cool shadow there... and the path leads to a small door.... set low down in the high wall.... like a mousehole in a giant's castle.... and there are steps down to reach the door.... you go down the steps carefully.... counting them to yourself silently... and each step takes you down and down... yet with each step you feel more comfortable.... more sure of yourself.... more relaxed.... more in charge...		
	And at the bottom of the steps the door swings open for you.... smoothly, silently, and inside you are inside a large room inside.... it extends away on all sides as far as you can see.... and everywhere are shelves... shelves filled with books, papers, journals, diaries, newspapers, report cards, evaluations, references..... a vast library lies under that forbidding looking building....		
	you walk towards the back, going ever deeper in with each step.... on each side are books on shelves, some are very ancient, their covers blackened with age, smelling musty, spines cracked and split, falling apart.... and some books are only a few pages long, almost brand new, fresh and shiny, bright and youthful.... and if you listen closely, you hear a murmuring.... a quiet sound seemingly coming from each book... like a conversation overheard in the night... and as you pass each shelf you get a feeling.... a tingle... as if the life of the author had reached out and touched you.... and you realise that this is a special magical place.... each book represents a life lived... each book is the sum of living so far... a record that grows and changes....		
	And as you reach the central area... that same aged figure appears again... and points off to the side.... to a particular shelf... and there.... one particular book is lying by itself.... waiting for you... unique and special.... with your name on the cover.....		
	The book opens and the pages begin to turn, slowly at first.... and then more quickly.... and as they do.... you get glimpses of pictures... smells... sounds tastes.... people..... places.... voices.... colours.... words.... all these things and more come to your mind as the book flickers through the pages..... and you find you can control the pages.... you can will the book to slow down.... go back or go forward... or speed up.... and each page is an event from your life.... you can imagine it.... relive it.... examine it		
	And in your mind... you hear something... you know somehow that the book is offering you a choice.... a chance.... you can relive events.... any event..... or you can experience the event differently... experience the event from the viewpoint of the other people there.... or an outsider's view..... you can look at the event through the eyes of a stranger.... understand how they would think of it... you can imagine different outcomes for the event.... or all of these things.... you can go back to any event as the adult you are now... and change how it happened, how it turned out..... you have the opportunity now to rewrite things in your life.... to have them turn out the way they should have.... or to diminish the event... to make it of no importance.... or to experience all the good things that would have come from the event if every thing went your way.... to grow and change as if the event had happened that way...		
	Because there is a whole section of the book.... the end section.... the book flips		

	to those pages... and you see that the words and pictures are all moving, flowing, changing, as if the words and letters were alive..... crawling across the page, slithering from line to line... and you realise that the future has not been written yet... that the future is not fixed.... it depends on how you choose to experience the past.... how you think about it... and you have the opportunity now to rewrite parts of your past... and you have the opportunity to rewrite your future.... you can look in the book, look at some pages from the future... imagine the future as you want it to be.... and that will make it so.		
	You become aware of a presence near you... once again that old figure is by your side.... and in your mind you can hear words..... a voice speaks... you can choose three events in your life... any three... you can go back to those pages.... and have them turn out the way you want them to.... the way that would have been best for you.... or can change the consequences.... or any part of those events.... You can let go of past hurts, failures, pain, wrongs.... and by rewriting them in the book, move on..... maybe you can find it in yourself to forgive... or you can look ahead, become aware of one landmark event in the future, imagine a goal is achieved, a target found, some specific event comes true in every way you want it to.... and you can write that new future in the book... and it will happen.		
 break the link between things in the past and how you feel and act today... because you can choose to forget... and write your own future now.		
	And now you can go deep inside.... allow your unconscious mind to identify three things in your life, things that still affect you now.... or learn your goal, your destiny to come.... or imagine a totally different outcome, in whatever way is best for you.... and vividly experience how you want those things to be, and how you can use the choices you have now to change how those things affect you.... break free of the past.... break the link between things in the past and how you feel and act today... because you can choose to forget... and write your own future now.		
	And take as much time as you like to work on the rewriting... and when you have written a new bright future for yourself in many ways.... you can signal by raising one finger or a thumb and we can go on....		
	So start rewriting now....		

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Future Progression - Looking Back From the Future

This hypnosis script was used to help a woman who felt she had no future. All she could think of as success was 'a house and a car'. She felt she was stuck because of her past, her 'loser' friends and bad family history. The script uses a central metaphor of seeing the future from a hill top.

The script shows how to use Future progression. Future Progression is a hypnosis technique where the client imagines looking back to the present from their own future. The hypnotist shows the client what their life will be like at some point in the future, a future in which they have achieved everything they want.

The client is then asked to 'enter into' that future self, to get into the mind of that future self and to learn what that future self did in order to make it all happen. By visualising the future and thinking about how it was achieved, the client becomes open to using ways of getting there.

You can create your own future.

Target	Dialogue	Technique
	Now are you ready to go into trance?	Yes Set
	I am.	
	Feeling nice and relaxed?	Yes Set
	I am.	
	That's good. And I am going to take you into the future. Is that what you want?	Yes Set
	I do.	
	Right. So, just settle yourself in there. And I'd like you to close your eyes.... Thank you.	
	Now I would like you to take a deep breath.... hold it.... and just push that breath all the way out.... that's very good.... now take another deep breath... and this time just shrug your shoulders down and make sure that there's no tension there. That's good. And when you are ready.... take another deep breath.... and just allow yourself to completely relax.... let it all trickle through.... that's good.	Invoke the para-sympathetic relaxation response
	And now I would like you just to focus on your breathing.... just become aware of your breathing... how you breathe in and then breathe out.... that's excellent... and with each breath out... I would like you to wonder just exactly how relaxed you could become... with each breath out... you can just become aware of how your arms and legs can get so heavy... so relaxed... and how comforting that weight can be.... and with each breath... your arms and legs... shoulders.... muscles... all begin to feel completely relaxed.... you become aware of being held safely securely comfortably in that chair... and you are in that chair breathing gently ... listening to my voice... and each breath is allowing you to relax more and more.... just allowing you to drift away.... that's good...	Dissociation Induction
	Now I'd like you to imagine a staircase somewhere... it could be in a building or in a garden or something different... and just imagine you are about to go down that staircase and with each breath out you can go down one step down of the ten steps... and each breath out will take you from ten down to nine and so on ... until you get to one... and it will be so	Countdown deepener

	comfortable and enjoyable.... and when you get to one... you will be totally at ease.... and you can forget about everything and anything... and just enjoy that feeling.... so now... allow yourself.... to count each breath.... and with each breath you will tell yourself... "going deeper and deeper" more and more relaxed....	
Memory	and you know Rebecca we are coming to the end of winter... it's spring although you might not think it... And I wonder if you can remember springs long ago? And springs bring daffodils and other flowers.... and maybe you can remember a paddock or a meadow or a field where there were lovely spring flowers and how the weather begins to get more gentle.... a little warmer... a little more comfortable... and as time goes on summer comes along... and its warm... and the nights are long and everywhere the trees are green and little girls go out to play ... and there's warmth and friends to play with...	Dissociation back to childhood happiness via memories
memory	And sometimes you get a very special day.... a day when the sky's a particular shade of blue.... a day when the sun is warm... the breeze is just right... and everything smells fresh... and maybe you can smell the sea.... seaweed and rocks and little fish darting... and as you look around you can wonder how many shades of green there are.... there's dark green and light green and mid green.. and all kinds of green... there's apple green and forest green and olive green...	Anchoring feelings of happiness to colours
Memory	And on days like that people can go for walks... sometimes people walk for a lot further than they expect to.... sometimes people can get lost... it's as if they are in a fog or a mist... and summer mists can come up suddenly...	Metaphor
Rule	and people think they must go back... and yet it is just as easy to go forward as to go back... when you are in a mist... and sometimes if you are walking in a mist... you can wander into different places... somewhere you have never been before... and as you walk through that mist... it is possible... that the mist will clear... and you find yourself under that incredibly brilliant sky... just the right shade... and below there are groves of trees... in all colours of green... and as you take a few more steps... you realise you are on the top of a hill.... a gentle sloping hill with grass rolling gently down on all sides of you.... and each blade of grass is a different shade of green... and the mist is behind you.... and ahead... you can see further... much further than you have ever seen before....	
Behaviour	And things can look very different... when you leave the fog.... that mist hides so many things... things from the past... and if they are hidden in the past... then... you may as well forget about them.... there's no point in thinking about things that are past....	Suggestion for letting go
	and so you can look forward.... and maybe there's a sunny rock to lean against... and you feel the warmth coming out of that rock... and that can make you feel good... about a lot of things... about how far you can see ahead... and maybe from that vantage point... you can see things you have not seen before.... if you look really closely... really carefully.... you can see where you are going... because where you have been is just mist.... not important... it doesn't matter how you got to this position now... You've got a warm rock to lean on... and a clear view...	Rock = resource
	And the thing about finding yourself on a hill top... is that from the top of that hill.... every way is down.... every direction is equally easy... and it is	Suggestion for letting go

	just as easy to go ahead as it is in any other direction... and if you start to walk... down from that hilltop.... something else magical happens.... going over the hilltop means you can no longer see what was behind the hill... if you take just a few steps forward... all the stuff on the other side disappears...	
	And if you just take few steps forward... you can see clearly now.... everything in front of you is fresh and bright.... and you can walk down that hill... and from the front of that hill you can see... maybe a river ... a town... a house.... a car... and you can look out to a particular house... and maybe it's on the edge of a town or a city... or maybe it's in the centre... or by the sea.... and this particular house... is the house you always wanted... and there's a car in the driveway... and there are toys scattered around... and there's a mail box with a newspaper... and the grass is neatly trimmed.... and it looks like maybe there's a gardener... someone who does the gardening... and it almost seems as if the sun shines on this particular house... more than the others... and everywhere there are these wonderful shades of green... and you look at that house.... in wonder... because that's your house Rebecca... and you can see it from that hill and I don't know if it is one year away or two years or three year or some other but you know...	Visualisation of a successful future
	and you know that there is a happy and content woman called Rebecca who lives in that house.... and she has a good job... and she has a driving licence... and a car.... and she has a place in the community ... and respect... a lot of people know she is very special... a lot of people are very proud to know that Rebecca... and from that hilltop you can see that other Rebecca getting out of her car... she slams the door... pushes a little thing in her hand and locks it all ... and as she walks up towards the front door... she pauses, turns and looks around the garden... and sees everything is good... everything is tidy.... controlled... neat... That Rebecca is in control of her life.... That Rebecca... is a winner.... that Rebecca is a battler.... She got through.... she succeeded.... she got what she wanted.... and as that Rebecca stands there... looking at the garden... the house behind her.... she puts her hand out onto the rail... and she looks back at the hilltop.... and she remembers...	Dissociation: viewing future self
Expectations	She remembers coming down that hill... deciding... the only way is forward.... and she remembers how... as she came down that hill.... her feet.... her footsteps... her walk.... got stronger and stronger... how every step down that way she got stronger and more determined... and things just got easier.... and when she got down there... she discovered that life was so much better on this side of the hill... and when she looked up, she was amazed at how far she had come.... all on her own.... and she was amazed to find that other people thought she was really quite something.... that she'd got through that... that she'd got over that hill... and came down the other side strong... proud... fiercely independent.... a woman who decided what she wanted ...	Suggestion for new behaviour
Rule	And as that Rebecca stands and looks at the hill and remembers.... she remembers how she got... the house... and the car... and the job... she remembers it was tough... at first... and every time she came to an obstacle she mentally returned to that hill and looked at the way ahead... and the future that awaited... and she remembers how every time she came to an	Future regression

	<p>obstacle... she damn well climbed over it.... that determination came from deep inside... never quitting... that was the answer... she never quit. She just decided "I'm going to be first". And that Rebecca put herself first... and that Rebecca decided what was good for her.... was good for everybody.... And that Rebecca decided it was time to look after No.1. That it was right... and so she decided on education... on training... on what she really wanted to do... and maybe she can remember leaning on a warm rock.... thinking.... planning... of how best to succeed... and it wasn't always the direct way... and it wasn't always the easy way... but it was the way forward... and she knew she was doing it right....</p>	
	<p>And that Rebecca is standing outside her house.... looking back... and she remembers... every step of the way... and she remembers how she got there... what it was that gave her the strength to go on... what it was that made it just right... and she remembers... the anniversaries, the birthdays and all the other markers... that she set up for herself... and she determined "I will do this by this date... and I will do that thing by that date...". And how she crawled and climbed and clawed.... and did whatever it took... and made it.... and she smiles... because as well as that, she did so many other things... she built a family life again... it was difficult... but she found it inside herself to look beyond the obvious... to see behind the surface... to look inside... and see what was driving people.... and to realise that everyone is a victim... that the real victims are the ones who stay victims.... and she remembers deciding... that wasn't for her.</p>	<p>Suggestion for re-connecting to estranged family</p>
Behaviour	<p>And she remembers building bridges... socialising... networking.... becoming what everyone wanted... as long as it was what she wanted... and how she skillfully used friendships and family and relationships... in a clever honest way... that brought her the rewards and success that she enjoys.</p>	<p>Suggestion for new social behaviour</p>
Behaviour	<p>And that Rebecca standing there with her ideal house... the perfect house... behind her... thinks about all the other perfect things in that house... that she has... and how she has... not quite a perfect life.... but pretty good.... and as she stands there... all these things go through her mind... and you can think about it looking back to look forward... and looking forward to looking back... and planning to plan... and planning to change and changing to plan.... and changing your life in so many ways... and living the change... and enjoying the difference... and choosing to be different.... and choosing what to do and how to go forward... and there are so many roads... so many ways forward.... and that Rebecca didn't always choose the right one but she always chose one that was pointing in the direction she wanted...</p>	<p>Visualising</p>
Expectations	<p>and if other people couldn't keep up... well... they can choose their own roads... and if other people choose to put blocks in their road... well that's fine.... they can stay there.... that Rebecca went round them... and carried on...</p>	<p>Suggestion for moving on from unsupportive relationships</p>
Behaviour	<p>And when people offered help... she accepted it... gratefully... and paid it back eventually.... and got more and more respect... and more and more confidence... and her abilities multiplied... her capabilities multiplied.... on and on and more and more....</p>	<p>Suggestion for accepting help</p>
	<p>like a snowball going down a hill... without any effort it just accumulates</p>	<p>Metaphor for</p>

	more and more.... attracts more power to itself... and gets bigger and bigger until is an irresistible force.... and just keeps going in the right direction... guided here and there by the shape of the land... and that Rebecca stands there.... remembering those things...	success
	And I would like you to move into that woman's body.... and she what she sees...and think what she thinks.... and remember what she remembers.... and put yourself in that future time when you have almost everything you want and I'd like you to look back now... just look back at all the stages in everything you did... and take a few moments to enjoy that... and to remember what you did and how you did it... and to remember how you chose what you wanted to do... and all the rules you made for yourself.... that allowed you to succeed.... all the ways that a special person becomes a winner...	Re-association into the successful future self
	So take a few moments now Rebecca... and just think about that.... and you can take as long as you wish.... remembering that an hour of real time is like a second of internal time... and a second of internal time can be a day or a week or a month... and you can think about those years... and you changed...	Sensory Distortion
	and when you have done that...and you are ready to move on... you can signal by moving a finger or a thumb.... or finding some other way to signal that you are ready to move on...	Get unconscious commitment
	<i>[[finger moves]]</i>	
Behaviour	Thank you.... that's very good... And that is your guarantee that things are different now... that your mind has taken a decision... That you are going to change... that something fundamentally different has changed.... and that you will succeed... beyond your dreams... and success lies ahead of you ... and it starts tonight and tomorrow and the day after... and every minute of every day you are going to be focused on what you want and how to get it.... and you will do it... honestly and decently... and people will respect you for it... and you will take every opportunity... and you will make friends... colleagues... partners... Oh yes.... you can do that... and you will have a special knack of turning enemies into friends.... of turning rivals into colleagues... of seeing the good in everyone... of looking beneath the surface to find out what you can like.... and as you find the good in others... you will find the good in yourself... those special qualities that only you have.. that unique specialness that is Rebecca.... because in all the world... all the millions of people.... no one has ever been exactly like you....	Direct suggestions
Identity	And you can move from that position of specialness, of uniqueness... to live a unique life... a uniquely good and useful life.... a uniquely valuable and special life.... one you choose.... throw away any idea of just letting things happen.... throw away any idea of using substances you don't need... you need a clear mind for a clear vision... and you can do that... because you have a good mind... you know you have... and wonder if you have decided now that you can use it... like that other Rebecca... and just look once again... at the house... and the car... and that success... and the money in the bank... all the other things that other Rebecca has earned... And there is more to come, you know... much much more... that is just a start...	Direct suggestions
Capability	So now allow yourself, Rebecca.... allow yourself to really think of the possibilities... really think of what you can do... really think of what it would be like if you dared to be different... if you dared to choose.... to	Direct suggestions

	forget all the old stuff... if you dared to use your intelligence and intellect... if you dared to take that strength.... nothing could stand in your way... you could learn anything... you can master anything... you could control anything.... you can choose to do anything... you can choose to be anything.	
Capability	Just take a moment to look at yourself... a young woman... full of potential and promise... a young woman who can choose to stand on a hilltop... and look far into the distance... who likes what she sees... who can begin now... walking down that hillside in the direction she chooses.... and do you dare choose the best direction?	
Capability	You can do that.	Direct suggestions
Capability	Just allow your mind the time and the space.... to really, really think.... of how to achieve what you want... to really really decide not to accept any limits... to wake up in the morning.... invigorated... fresh.... determined... to squeeze out of every day whatever it's got.... to not just accept another day... you can do that.... you can wake up in each morning with fresh eyes... fresh mind... and a fresh attitude... and you can stride out... and decide what you want... and decide how you are going to take it....	
Identity	You know you are a special person... and you know special people can succeed... and they can succeed and still be warm, feminine, strong... loving... they can have relationships to be proud of.... families to be proud of....	
	because outside your front door there's a whole big blue sky... and it stretches from horizon to horizon... and it is lit up from dawn to dusk.... and every day's a summer's day... because every day brings a special opportunity... of a special kind.... and I wonder if you can stand on that threshold and just open your arms and take it all....	Metaphor
	and begin that journey... striding forward... knowing where you are going... knowing who you are... proud of who you are.... proud of what you have done and what you have been.... proud of being a survivor... and making a new start with every step.... and I wonder which part of that will give you the most pride... which part will feel best... You can think about that... and you can decide...when and where and how you are going to start... and the memories of that other Rebecca will be with you... guiding you... showing you the way... warning you... helping you... encouraging you.... and there is a long fruitful... passionate life ahead of you.... I think you can see that now... there's a long way to go....	Direct Suggestion
	So you can think of all these things... and others.... and what you have learned.... and what you have decided.... and you can choose to dare.... and you can think about... the endless possibilities.... how much fun it would be to choose this one or that one... whether you are going to be very successful or outstandingly successful..... and how good that will be.	Reframing: choosing = fun
	And so you can think about these things now.... and feel that certainty inside you... feel it rising... feel it in your chest perhaps or maybe in your head... that absolute certainty... growing... growing like a wall of fire.... spreading and supporting.... encouraging.... and you can feel that internal warmth... it will always be there for you... .	Metaphor
	...and so thinking about those things..... just allow your mind to dwell on them... and when you are ready... you can choose to come back to the	Reorientation

present... feeling really good... so start that now....	
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Bridge to Freedom

This script consists of a powerful set of metaphors that allows people to break old habits, old beliefs, old ways of thinking and never go back to them. You can use it to stop smoking, to stop over eating, nail biting, obsessing about the past: anything where the client needs to leave something behind and start a new behaviour.

The client is asked to imagine being on a bridge, a bridge that will take them to the place they need to go, and then they are stopped from getting across. The script then gets the client to take an action, and by doing that they are committed to the change, and can then continue across the bridge. Passing the sticking point is linked to powerful metaphors for release and personal freedom. These appeal to the spiritual and imaginative side of people. The client then crosses to the other side where all the important people in their life are waiting to welcome them and celebrate their release. This part links into the need for supportive relationships. That support is then linked to another metaphor sweeping away the whole of the old environment so there is no going back.

This script can be applied to any kind of behaviour that needs to stop. It is extremely effective as part of a Stop Smoking Script even though it does not mention smoking at all. It is also great as part of a Weight Loss script. Whatever the habit, it empowers the client to make the change and keep it.

It works because its imagery generates powerful but non specific suggestions, so that the client's mind can apply those suggestions to the specific habit that they have.

Target			Technique
Memory	I wonder if you can imagine walking along beside a river somewhere?	V	
	And you are walking along and everything around you is tired and old and dull and dark... and there's a sense of weariness... of frustration.... of needing something...	V	
	[Add here whatever best fits this particular client's needs] [IBS: and the people around you look ill and miserable...] [Smokers: and everywhere is dirty, as if there has been a fire, there is ash underfoot, and a smell of burning] [Weight loss: and everyone looks unhappy, tired of trying, tired of being looked at, of the way they look, ready to give up]		Include things that this particular client associates with their problem
	And you look across the river.... to the other side..... the sun is shining... and there are green trees... houses, kids playing... and everything looks fresh and alive... everything is kind of sparkling... as if there has just been a shower of rain...	V	Set up idealised future
	And you come to a bridge... a bridge to the other side....		Main metaphor
	And somehow you know that bridge is waiting for you... and you find yourself on the bridge... and half way across there is a barrier of some sort....		
	And you go up that barrier... and you recognise that barrier... and you get that same old feeling.... that familiar feeling.... that you can't do it... that you have tried so many times...		old beliefs
	But this time... you look past the barrier... round the barrier... to the other		new resource

	side... and there...on the other side of the bridge.... is a crowd of people.... waiting for you..		
	and there are family, friends... people from work... people you haven't seen for years... people you are surprised to find there... people from school... people who are no longer with us... they are all there... waiting... and they are waving and beckoning... and they want you to cross....	V	Support of significant others
	and there is something else too... something you didn't expect but is just right... exactly right...	I	own special resource
	ClientName, Do you want to cross? Do you want to cross that bridge?		Verify
	[Wait for agreement]		Commitment
	The moment you say that... that barrier just disappears...	D	
	And you step through it.... step across the line... you feel a great weight lift off you... you move forward... and you feel something holding you back... and you turn and look and there is something trying to hold on to you... trying to hold you back... and you turn and slash at it... and you cut it.... and it falls back and it lies there and dies... shrivels up... fades away... disappears... and it's like changing out of old worn clothes and putting on new clean ones....	V	metaphor: release
	and you know you are free.... you run down that bridge... and all those people are cheering... and you run among them and you feel yourself ... being hugged and kissed... and it's like coming home... and people are shaking your hand and patting you on the shoulders.... and everyone is smiling and happy....		metaphor: coming home
memory	and it is almost as if you have put down roots there... it reminds you of how it is to feel totally accepted... and you feel the warmth from all those people... like a light surrounding you... connecting you... as if you could your arms around all those people and feel part of them.... and that connection getting stronger...		being accepted
	And everyone is congratulating you... and you hear a voice saying... 'I always thought she was strong... and look at her now... she has succeeded.... that inner strength was always there...'	I	embedded suggestion
	And you turn to know who said that when you hear another voice saying 'I am so proud of her. I have always been proud of her. And now she is showing everyone why'. And a voice replies... ' Yes. Maybe I never told her enough ... Every day she makes me proud... we could not have asked for a better daughter.... and now she has done this ... '		Emphasize pride in achievement
	And the moment you hear that you hear a noise behind you ... and you turn.. and that bridge starts to sag... to crumble... and then the whole bridge collapses into the river... and gets swept away...		Remove all old connections
	and there is no way back.... and a grey mist arises from the river and everything on that other side fades away...	V	wipe out old images
	And you know you are where you want to be... and you can go on.... and everything around you is different now... you have succeeded... you have done it.	D	
	[Can be used on its own or lead into another metaphor such as Two Mirrors, or Schoolroom or continue with direct suggestion.]		

Going to Istanbul

Sometimes it's time to stop worrying and just do it

In life, the journey is more important than the destination. Too many of us agonise over choices in things that don't matter, and in the end maybe choose none of them.

This is a metaphor for people who are forever putting things off until everything is just right, until they have checked all the options, until they have looked into every aspect, and who won't decide between different options in case they pick the wrong one.

Going to Istanbul

I wonder if I ever told you about a friend of mine who was forever talking about going to Istanbul... but somehow there was always something... It wasn't the right time... couldn't afford it this year... too much work on ... my friend talked about it and talked about it for years... and every now and then would look into it...

This usually started with how to get there... you can fly direct of course from almost anywhere... just get yourself to the airport... and you can be in Istanbul in a matter of hours... fast, efficient... no fuss... and before you know it, you are landing in an exotic capital... walking out of the airport in bright sunshine... busy crowds... with all the sights and sounds of the gateway to the orient right in front of you...

... however when my friend went on to the internet to book the flight... the travel agent's website showed an advert for the "Orient Express"... a luxury train that goes overland across Europe... In Paris you get into a luxury Pullman... and travel through the Alps to Innsbruck and Vienna... all the while sitting in luxurious comfort... enjoying fine dining and wines... and maybe you can imagine it... the smell of French coffee... travelling through the heart of Europe... glorious scenery slipping soundlessly past... snow shimmering on distant mountain tops... clattering over bridges by lakes and rivers... and as the train glides on through the night... snuggle into a comfortable bed in a private compartment... come the morning... a steward waking you with tea... three days with nothing to do but relax...

... and yet, it was quite expensive... maybe an organised coach would be a better way to travel... and cheaper... and searching found something different... a company that organised groups and you could get on and off where you wanted... and they booked the hotels and restaurants... and maybe it would be better to travel with a bunch of people... there would be someone to talk to... and singing on the coach... but on the other hand, maybe that would be the problem... stuck with the same people for days...

And while thinking about it... looking at it this way and that... and thinking that maybe this was not the right time to make a decision...

a butterfly landed nearby... with large red and black wings... it sat there... flexed its wings uncertainly... as if surprised to have them... and when you think about it... what good are beautiful markings to a butterfly? A butterfly only lives for a day and it's all

over... and I don't suppose a butterfly puts much thought into 'what if' or 'what's best'. That butterfly enjoys the day, simply because the day is there.

And the butterfly flapped its wings experimentally, and leapt into the wind....

... And my friend thought "Why not ?"... 'Maybe that's the way to do it... Let the wind decide'...

And you know what my friend did?... packed a suitcase and threw it into the car... organised a passport and some money... and just took off.

I saw my friend later, much later, looking really happy... and different somehow. I asked how Istanbul was... And I heard a long story about accidental adventures in tiny places along the way... and new friends... and strange foods.... and nights spent shivering in the car in pouring rain... And in the middle of the story my friend said: 'You know, I learned something from that butterfly: You can't sit around when you only have one day to enjoy'.

Well, the outcome of the story was: my friend never got there. But the last thing I remember hearing was "Going to Istanbul was great! I'm going to Istanbul again next year! ".

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With thanks to Colin Emordy for the idea for this metaphor.

Fairy Tale Spiritual Healing script

Writing a new ending to your fairy tale



This exercise allows people to examine their own history as a way of getting emotional healing. What you do is to get them to write a fairy tale, with a beginning, a middle and an end. The fairy tale is the story of their life, as told to a child, in the form of a metaphor.

The tale can be about their upbringing generally, or a specific event in their school years or some earlier event that strongly influenced their life and attitudes. Their story should involve animals, or kings and queens, or mystical beings, or gods and heroes, or anything else that you might find in that kind of tale.

This is an exercise done while awake, but it accesses the unconscious mind through the medium of story telling. Getting people to write out it makes it more real, more personal, and going over it several times until it is right gives the mind time to consider all the possible ways out of the current problem situation.

It is a form of spiritual therapy, and a powerful way of creating change in people who might not like the idea of hypnosis, or who don't want to revisit all the painful episodes in their own history.

	Your story should have four parts:		
	1) a part that starts with 'once upon a time....'		
	This part describes the event or events or the situation generally, and how they created the spiritual wound that affected the young character's life from then on. It clearly identifies the source of the problems and why they occurred.		
	2) a part that starts with 'and when he grew up....'		
	This part will describe in metaphoric terms how that spiritual wound created life damaging effects, and how the character was forced into a particular way of life or behaviour, how the character really couldn't do anything else, and the effects of that behaviour on the character's thinking and how it affected the people around. It might be that the character tried to escape or change but things always prevented it. It shows how the character came to be unhappy and stuck. It describes what other people thought of the character.		
	3) a part that starts 'And then one day....'		
	This part describes how the character's situation is turned around. It can involve a fairy godmother, or a wise old monk, or a wizard or it might be an inspiring story told by an ant: any resource that fits with the story and that leads to the character getting unstuck and becoming whole again.		
	4) a part that starts 'And the result was...'		
	This part shows how the change affected the main character in the story and the other important characters.		
	How to present it		
	You can just write it out, but you might want to illustrate it, or lay it out		

	carefully in fancy fonts and colours, or write it using a special pen. You might put a song in it.		
	But take time over it. Think of several endings. Try them out and see what feels right. A person who knows you should be able to see unmistakable parallels to your life in sections one and two.		
	And then read it aloud until it reads smoothly. Make sure it uses short sentences, not more than ten words, and simple words, none more than three syllables, except for names.		
	And then, and this is important, tell the story to a child, or better still, a group of children. See their reaction. Answer their questions. If necessary go back and alter the story and tell the new version until the children tell you that it is a very good story.		
	How it works		
	As you think about your story, your mind is working on the metaphor of your life. Your mind is extracting the essential features of your life story and is putting these features into categories.		
	Your mind already knows how to deal with things in various categories and when it finds a way of putting your problem into the right category, it will solve the problem.		
	A problem is actually only a problem because you think it is something you cannot do anything about.		
	As soon as your mind reframes it to seem similar to some other thing that you can do something about, then it can apply the rules that apply to that category of problems and your problem is solved.		
	By constantly refining and retelling your life-as-fairy-tale you are giving your mind the opportunity to adjust and reclassifying your problem to look like some other problem.		
	And then at some point you will get that 'Aha! moment', and the problem just seems not so difficult any more.		

Spirit of Christmas Hypnotherapy Script



The Spirit of Christmas hypnosis script is a specially written induction and hypnotherapy session for the holiday season.

The induction is based on contemplating a Xmas tree and thinking about Christmases past.

The therapy part uses the tree as a way of giving up your worries and letting them get taken away.

A unique and special use of the Spirit of Christmas to help others.

Spirit of Christmas Hypnosis Script

	CHRISTMAS TREE INDUCTION		
Memory	I wonder if you can remember a time ... a long time ago... round about Christmas time... when you were much younger...		dissociation
Memory	allow your mind to go back... think about a past Christmas... a time when the feeling was laid-back and cruising... a time to relax and feel good...		reconnection
	and maybe you can remember a quiet room... and time on your own... a quiet place somewhere... to just enjoy the season...	V	away from the here and now
	and maybe you can close your eyes as you are relaxing now and think about that feeling...		eye closure
	think about that feeling of calm and peace...	K	
	and a room somewhere... with decorations... lights... christmas tinsel... all the things you associate with that time of the year...and a tree.... a tree with lights... and decorations... and in your mind you see that tree, all lit up with soft lights... in a room that's dark and dim... and there is just the lights of the tree... and dark all around....	V	set the scene
	and as you think about that tree... remembering Christmases past... relaxing, breathing quietly... become aware of the gentle rise and fall of your breath... and focus on that breathing... breathing in... breathing out... that's right...		pace and lead
	and as you think about your breathing... and those memories of Christmas... you notice with each breath out... those lights appear a little more dim... and as you breath out again... the lights on the tree become darker still... and you become aware that with each breath you are becoming more relaxed... and you can begin to enjoy a pleasant feeling of control... and you can begin to wonder about those lights...	D	Metaphor dim = deepening trance
	and on the next breath, imagine the lights at the top of the tree		

	becoming dim and dark...		
	and then another relaxing breath and the lights further down the tree are also growing dim and dark...		
	and another breath... and more of that tree is going dark now... and all around in that room, everything is becoming quiet and peaceful...		
	and as you continue there... breathing quietly... thinking of those lights... and that feeling of peace and contentment... allow that feeling to spread...		
	and as that feeling spreads... become aware of a heaviness in your arms and legs... a heaviness in your muscle and hands... your eyes... and imagine that feeling spreading... relaxing all the muscles of your face... and letting go... and your shoulders are tired and heavy...	I	physical relaxation
	and as you feel that spreading... that Christmas tree... is becoming darker and softer... and more blurred... and all the lights have faded away to nothing...		
	and in that room... peaceful and quiet... a soft gentle darkness... and as you relax more... everything is slipping away... and in that dark place there is just the hint of dim colors... reflecting from wrappings and ornaments...		
	and all the colors begin to swirl around... and you feel yourself floating... drifting... swirling... as they carry you down... deeper and deeper... relaxing... breathing gently... letting it all go now...		Trance
	SPIRIT OF CHRISTMAS HYPNOTHERAPY SECTION		
	and as you are lying there... relaxed... everything in that room is quiet and dark... and feeling peaceful and calm... you begin to focus on that tree... and the tree in the dark seems different now...		focus on the tree
	and you realize that you are thinking about that tree differently now... in your mind you can see the outline of the tree... the shape of the tree... and the tree seems different now...		the tree changes
	and you notice that on the branches... here and there... there are curved things... like little hooks.... and as you watch... more and more of these little hook-like things appear....		
	and you begin to wonder what they are for.... and as you do.... you realize they are for hanging things on... like decorations.... and you start to imagine what things you might use to decorate that tree with...		you notice the tree has places to hang things
	and something materializes on that tree... there on a hook... is a shape...		
	and then there is another... on a different hook... and another appears...		
	and you realize that you are beginning to feel lighter... more open.... you feel something changing.... changing the way you feel... changing who are you are...	K	
	and you realize that your worries are lifting... drifting over to that tree... it's like the tree is attracting them to it.... and you feel another worry lifting off and it appears on the tree... and more		start hanging up your worries

	and more...		
	and as you are relaxing more and more.... you feel stuff releasing... relaxing... letting go.... things that you have carried around all year... are drifting over to that tree... and just hanging there...		let go your worries
	and you look at those strange decorations... all shapes and sizes... and some look very old.... and still as you are breathing... relaxing deeper... more things are leaving your body.... attaching to the tree...		externalise the issue
	and you feel stirrings inside... and all over your body things are moving... shifting... easing... loosening... and you feel the last of them letting go... you realize all your worries... all your old fears... are hanging on that tree... out there... and they look strange... almost comical... and they are beginning to weigh the tree down... and that tree begins to look distressed... burdened....		re-examine your worries
	A door opens... and into the room comes a figure... dressed in red and white... and the figure has a sack... a great big bag.... and the figure begins to lift those things off the tree... and throws them into the sack...		External resource appears
	and one after the other... all that stuff hanging on the tree is removed... and tossed into the sack... and as you watch your are worries thrown into that sack...		worries removed
	the tree is cleared... and the figure reaches down... and takes something out of the sack... and then turns around and drags the sack away... out of the room... and the door is shut....		another resource
Reframe	And in that dim light... the tree is beautiful... fresh and green and healthy.... a lovely organic growing living thing... transformed... refreshed... it looks light and airy and free...		enjoy the feeling of change
	and then you see... under the tree... there is something there... a wrapped gift... in exchange for all that old stuff you have been carrying around for so long... a present for you...		take the gift
	and you think about what might be in that... what would transform your life... what is it that has been left for you a wonderful, special gift...	M	all possibilities
Capability	and as you relax... relaxing deeper now... it comes into your mind... that you can take your gift anytime you want to ... you can open that gift whenever you are ready...	I	permission to change
Rule	and that means that you can have as much time being happy now... as you had being burdened.... that weight has gone...	D	reframing
Behavior	and you have time now to open that present... there is no time like the present... to take time to open up and let yourself enjoy what life has to give...		reorientation
	and when you are ready... and you have accepted your gift...		pre-supposition
	You can beginning to think now... of coming back to the present... and counting quietly to yourself... from five up to one... coming back to the present ... eyes open... now.		
	Merry Christmas!		

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Relationships

Ending a relationship

It is often hard to leave someone, ending a relationship can be difficult and painful. This script uses a metaphor for walking away from something broken - a marriage, a relationship, a dream that never really worked out. People often need to be helped to leave a relationship behind, leaving someone to make a fresh start.

This script uses a hypnotic induction and then an extended metaphor of leaving a relationship, leaving the past behind like an old house that no longer holds the warmth it used to. The person identifies with the house and then takes leave of it, and sees that it is time to move on, and let the past go, ending a relationship. This is a powerful metaphor for ending relationship, cleanly and without regret.

Target	Induction section		Technique
	Before you begin going into your hypnotic trance now just make yourself comfortable. Just settle yourself down and you can relax now. All you have to do is to focus on becoming comfortable.	D	Bind
	Take a moment now and wiggle about until you are in the right position for what comes next.	I	lack of Reference
	Look around your body and notice if there is any tightness, or any discomfort, and maybe just shrug everything until you are happily settled down and ready. If anything is making you uncomfortable then fix it.		
	Fixing things stops them bothering you doesn't it?		Truism
	Now, in a moment I am going to count down from ten to one, and when I get to one you will have relaxed into a deep satisfying trance. But before that you can move every part of your body as you become loose and floppy and relaxed.		
	Now take a deep breath and relax it. Just let it all flow out... ahhhhh. That's right. Now tense up your whole body, and then let go again.... really relax... and feel how good that is...		Progressive relaxation induction
	TEN.... focus your attention on your feet ... think about your feet... think about letting your feet and toes and ankles relax and get loose.		
	NINE.... Now relax all the muscles in your legs... in you calves, your knees your thighs.... very relaxed.... feel those legs getting heavy and heavier....		
	EIGHT... now feel that relaxation spreading into your body... your chest.....		
	SEVEN... and now feel that relaxation in your shoulders.... spreading all the way down your arms... down to your hands... your fingers... and those arms feel so heavy... so relaxed.... it is as if they belong to someone else....		
	SIX.... and now allow your neck to relax... and become aware of your face relaxing... your cheeks... your jaw... your lips		
	FIVE.... let your eyes relax... your eyebrows....your forehead....		
	FOUR... and everything feels loose and heavy... as if you arms and legs were made of stone.... totally relaxed... you can feel the weight pressing down... and you just can't move those arms and legs now.... and you can enjoy this		

	feeling of total relaxation... letting go.... and the more you relax the more you can relax...		
	THREE... and as your mind drifts off you feel a wave of relaxation travelling down your body down and down... from the top of your head... relaxing your face... relaxing your neck... your shoulders your body... spreading... down and down... gently and easily.... feel your body sinking down... safe and warm and secure....		
	TWO... and each soft gentle breath out.... is relaxing you more.... and that relaxing means you can relax deeper and deeper now.... letting go... drifting away.... nothing matters... enjoying that that lovely feeling...		
	ONE.... and totally relaxed now... totally at ease.... and your your mind can drift away to a place... far, far away..... a place where you feel relaxed.... where you feel comfortable.... always.... and think of what the place is like... what other places there might be that you make you feel comfortable... maybe a beach at twilight... or a favourite chair.... or snuggled warm in bed on a stormy night... or maybe floating in warm water... allow your mind to drift over these things and other things.... whatever feels right for you.... as you drift ever deeper.... enjoying the feeling ... nothing matters... nothing is important... just being in the moment... let your mind empty...		Dissociation
Target	Leaving the past behind METAPHOR		Technique
	And I wonder if you can imagine a house somewhere... a building standing on its own....	V	Set up the metaphor
	and it looks a little sad, a little neglected... and looking closely... you can see that there is something wrong... things just don't feel right with it any more...	V	imply there is a flaw
Memory	and something about that building is familiar, it's like the feeling you get when you just can't find a name you want, or there is a word right on the tip your tongue and it just won't come out...	M	relate to a common experience
Memory	And somehow you know this building, this house, you have memories and feelings about it...		
	but you can see now that there is something flawed about it... something crooked, like something that used to be good, that appears OK on the surface, but is in fact spoiled somehow...	M	deeply flawed
	and this is like something else you have feelings about... that you know well... that used to be good... but is actually deeply flawed... and maybe was never right in the first place....	M	relationship metaphor
Rule	and some things, once you know they are wrong in some way, can never be repaired, can never get back to what they seemed to be at one time....		Reframe
Memory	And you go up to the house... for one last look... and you look deep inside... in through the window... and you see a fire burning... a fire that was meant to warm that house...	M	
Memory	and you can remember lighting a fire... carefully building it up... starting the spark that ignites it... gets it going... and for a while that fire was bright and welcoming...		Used to be good
	But looking at it now... it is dying... flickering...	M	
	where once there was light... there is just shadows now... smoke and ash...	M	
Behavior	and you turn away from that window....	M	Moving on
	and begin walk along the path away from it... with a little regret... remembering what could have been... might have been... if that fire had been	M	along a new path

	fed... looked after...		
	and you walk along the path and at the gate you look back... the building seems to have become a little smaller... less distinct...	V	Let the image fade away
	And you close the gate as the light fades... and the image of the house gets darker... and smoke is rising from the chimney...	V	
	and you walk on... and you look back and you see the smoke stops... that fire has gone out...	M	nothing to go back for
	and things start to get brighter as you walk on... and you look back again.. but the house has disappeared... is out of sight now...	V	Forgetting
	And as you turn a corner... it's like you have left a dark place... that fire is out... there is nothing to go back for...	M	
	And ahead of you... you see bright open fields... beaches and sea and sunshine...	V	Future
Memory	Laughter and freedom... and it's like the sun coming out again...	M	
Target	Direct Suggestion section		Technique
Memory	And you can remember now... times that you laughed... before... when you felt really good... bring all those times to mind... laughing with friends, parties, movies, dancing and celebrating....		Multiple triggers for memory
Capability	And you can feel that way again...	D	
Behaviour	it is time now to move on... to get in touch with that inner force... the feeling deep inside... that things are happening again... to feel that excitement... that anticipation that comes from knowing that good times are coming...	D	
Capability	You can have joy and laughter in your life... you can have love and affection and caring...	D	
Capability	You can start to live again....	I	
	Deep inside something is stirring... and you might feel it now or later on the little change... that sensation that lets you know that one thing is over and it's time for another thing to begin....	>	any sensation will convince the mind
Rule	And everyone knows that life moves in cycles... a time to begin and time to end... and when things end it is time to begin again...		Reframing
Capability	And from now on... you are free to do whatever you want.... so just go ahead.... remember how that old image faded... remember how you turned to the future and there's a bright happy future waiting for you now...	D	
Memory	And take as long as you need to make the changes you need... and keep thinking about that change... and feeling that change... until you have wiped all that old stuff... in way that pleases you most... and you are ready to be happy again...	D	
	And when you have done that you will come back to the present.... knowing that something wonderful has happened... and you are back in charge.	D	

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Forget the past hypnosis script

A script to let go of the stuff you have been carrying around for years

	[Use your normal induction to trance... then....]		
Target	Relax the body...		Comment
	And now, as you are lying there... relaxing...		Pacing
	Just allow yourself to become aware of the position of your arms and legs... become aware that those arms and legs can become heavy and tired...	I	Dissociation
	become aware that your eyes can become heavy and tired...	I	
	and with each gentle breath out... it is as if there is a voice in your head saying...		
	'more and more relaxed'... 'More at ease'... 'more and more relaxed'... 'More at ease'...		Pace with breathing
	Relaxing visualization		
	And think about some place pleasant... somewhere that you like to go to relax...	V	Dissociation
	and it might be a beach on a sunny day.... or a place in the countryside.... or a quiet spot at home... or working quietly in the garden... or something else entirely....		All possibilities
Memory	and there are times when you can allow your mind to drift away... and not think about anything at all... just think about how lovely it would be to be somewhere relaxing....	I	Permission
	Just allow yourself to enjoy that lovely feeling of deep deep relaxation...	D	Allow time here
	and you can begin to forget all about those arms and legs....	I	Bind -' Begin'
	you can begin to forget about everything... except enjoying that feeling of going down and down... deeper and deeper.... more and more relaxed...	I	
	Street Market Metaphor	V	
	And I wonder if you can imagine going on a journey somewhere...		
	and you are going on a journey through some strange places...	M	
	and as you go along... you see lots and lots of people.... going in the same direction....	V	
	and you go along... and you find yourself in a large open space... and all the people are streaming in.. and there is a feeling of excitement... anticipation... fun... and there's music playing.... the smell of food.... there are people exhibiting things... there are demonstrations going on... strange stuff you have never seen before....	V	New and strange and exciting
	and there are stalls set out.... tables with signs on them... things to buy... people are selling and laughing... shouting out... trying to get people to buy things...		set up the market visualization
	and everywhere people are walking.... swirling... kids running around with balloons... and there are people shouting... everything is busy...		
	Laying out all the old stuff	M	
	and you walk along... and you are walking past these stalls...		

	and to your surprise... someone steps in front of you...		
	and smiles... and says 'I'm so pleased to see you.... We've been waiting for you... everything is ready...'		Magic person
	and you wonder what is going on...		
	and the person turns and you follow them.... and they take you to a part of the market... that is different from the rest...		New place
	and there are four stalls laid out... and there is all kinds of stuff on those stalls... on those four tables... laid out for sale...		
	and you recognize them... it's all your stuff... it's stuff you have wanted to get rid of for years.... and it is all laid out there for you...		
	And the person, with a sweep of their arm says... 'We've done it for you... it's all there...'		
	And you feel relieved... and you realize it is all done for you... that all those things you have been wanting to get rid of... are all laid out there... on those tables... stalls...		All done for you... no resistance
Capability	and you walk around to the back of the table... and there is some kind of overall there... protective clothing... you put that on... and you realize that by putting that on.. everything is different... that you are protected now... that you look really good in it, standing there, you look the part... that you are professional, you know what you are doing...		Protected from old fears
	And as you stand there... people start to come up to the stall, to look at what you have there... the different things... they pick them up.... examine them.		Externalize the problem
	And you can see by their expressions they don't think it's all that important... somehow those old things don't look so big when you look at it from this side...		Reframe - not important
	and you look at some of those things and you realize that some of them are old, and worn, and broken... and some of them are... well by today's standards... some of them are quite ugly.... although they seemed very attractive at the time...		Challenge assumptions
	And you go along... walking behind your four stalls.... and you touch each of those things... and hold them up... and look at them... and remember... remember when you had them... you remember when they seemed so important... now they are lying out there... for everyone to see... and they just don't seem quite so important any more...		Re-examine old feelings, fears....
	and people are turning them over... looking at them... and suddenly someone says 'how much for this?' And you name a price... and they hand over their money and they put it in their bag and they walk away...		Action for change
Capability	and something strange happens... you realize you will never see that thing again... that it has gone forever... and you realize that you don't really want any of them now... and they are all lying there... exposed... they look cheap and worthless...		Reframing
Capability	And that seems to set things going... and other people are lifting things up and offering you money for it... some of them are offering other things... they want to exchange... to trade... and that's OK... you can get things you want for things you want to get rid off.. and can take what people are offering... and they pick up your old stuff and they put them in their bag... and they walk away with them... and you realize you are so happy for that stuff to go... it's time for these things to go...		stuff going away by itself...

	And more people are coming along and crowding around... and they have all heard about the bargains... about things that can be taken away... and you tell them... 'Take them all! Take them away!' because you don't care any more.		Permission to Get rid of them
	And there are hands grabbing and people jostling and they are all lifting stuff, turning it over in their hands, putting some back, taking some away... and they are throwing money at you... throwing stuff at you... and walking away with a bit of that old stuff...		Get rid of all
	And you are picking up the money as fast as you can... and stuffing it in a bag... and it's all accumulating... and when you look... the people have all thinned out... and there is almost nothing left on the tables... and it is getting on towards the end of the day and the market is getting ready to close... you realize the music has stopped... people are drifting away... little kids are trailing along... grumpy... getting to their cars to go home... and everything is beginning to shut down...		End of the clearance
	Throwing away the old stuff		
	and you look at your table... and there are a few broken old tired things left... that really nobody wants... and you look at them again and you realize you don't want them....	V	Clear last things
Behaviour	And at the side there is a big skip.... a dumpster thing... a place where you throw stuff... and you go along your tables and you pick up all those broken old things... all that tired and outdated stuff... all that stained material... things that you really have no more use for...	M	Dump it all
Behaviour	And one by one you pick them up and you throw them into that great big rubbish bin... and as you throw them in... they land in there and they smash and break... and you go along your tables and you pick up every last one of them... and you throw them in the bin...	M	
	And just then this great big vehicle comes along... and lifts up the bin... and carts it away...	M	
	Making a wish		
Capability	And when you look back... all those tables are bare... and behind them... there's a pile of new stuff... things you have traded... better things... happy things... things you really want... and a whole lot of money... And you can imagine people folding up those empty tables... putting them away for someone else to use later... Any you think... 'How wonderful... I have got rid of all this old stuff... that I don't need... and never wanted.. and now I am free to buy new things...		
	And you walk away from there and you take along with you... all that new stuff...		
	and you realize that all over the city the lights are coming on... and people are out walking again... they are going to cafes and restaurants and entertainment... and everything looks bright and happy and you look up...	M	lights in the darkness
Capability	and the sky is full of stars... and as you watch.. a shooting star whizzes across the sky... and you realize... I can make a wish... and my wish will come true...		Action for change
Identity	and you stand in that place... thinking about what it is you really want... and knowing that that will come true... knowing deep inside that it has already started to come true...	I	think about the future
Capability	and wondering where that shooting star will land... somewhere special...		Promise

	somewhere different... and what exactly that wish will be...		
	Reorientation		
Behaviour	and while you are thinking about that.. you can be completely relaxed....		
Behaviour	and you can begin to feel ... loose and relaxed and comfortable... just the way it should be...		
Memory	Nothing will bother you.... and you can think about what it was on those tables and how good it is to just pick them up and throw them away... all that old stuff has been taken away one way or another...		
Capability	and you can keep thinking about those things... and how better things have replaced them... and the night sky and the stars... friendly stars that guide travelers to a new destination... maybe where that shooting star will land... and that wish that is going to come true for you...	D	
	And you can continue resting and relaxing... and nothing will bother you... and when you are ready you can gradually come back to the present... feeling really good and ready for the rest of the day...		
	And you can take as long as you want... and as you do you realise that all those old things don't seem so important now... and that lets you drift even deeper now...		
	and in the meantime your mind is working... changing... wondering what else can now go on those tables... throwing away stuff... seeing things from the other side... as if from a distance...		Permission to reframe...
	And you can enjoy that... for as long as you want... It's up to you really.... It's really up to you now... now that you're free... to give it all away...	V	
	But for now... allow yourself to drift off ... nothing will disturb you... and snuggle down into a comfortable position... and let your mind go where it wants... there is no longer any problem... as long as some part of your mind is quietly cleaning up that old stuff... inside you are totally relaxed and comfortable... exactly as it should be..	I	
	so allow things to happen... and when you are ready... you can come back		

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The cat and the teddy bear

Questioning Assumptions

This anthropomorphic metaphor uses talking animals and elements of magic to get the point across in a non-threatening way. At the heart of the metaphor is the concept of self limiting assumptions. However, the metaphor does not openly deal with this. The adventures of the teddy bear are told as actions, and the listener is left to draw their own conclusions. The strength of this kind of metaphor lies in its multilayered complexity. It is a child's story told to an adult. The simplicity of the story, the 'Just-So' style of telling and the magical characters are designed to remind the listener of stories from childhood, and to cause the listener to associate into a childhood state in which the client can start a mental search for events and images that match the story elements. And while part of the mind is searching childhood memories, another part of the mind is thinking about what the story means. Some listeners will just dismiss the metaphor as an amusing story, but for some others, it will trigger a successful search for unrecognised 'blocks' that neither the client nor the therapist knew were there.

The cat and the teddy bear

One day a little teddy bear was sitting by a lake... quietly watching what was going on.... just enjoying being relaxed and calm... the little bear had one or two good friends among the birds and the other animals... but never really felt part of it.... like an outsider.... and didn't know why.... whenever a big important animal came along ... the little bear got flustered or embarrassed or said the wrong thing.... never knew what to do.

And the bear was thinking about this when a voice said "What would you like things to be like?" The bear looked around startled... and saw a cat with big floppy ears sitting on a low box, watching, the way cats do.

"Who are you?" said the bear.

"That's not important", said the cat with the large ears. "Do you know who you are? That's what's important".

"How did you get here?"

"That's not important, either." the cat said, smugly, and began to nibble a tadpole.

"That's a funny looking box you're sitting on." said the bear, at length.

"Oh this - it's not a box, it's a book, actually."

The bear looked at the book for a while and said "It doesn't look very comfortable. "

"It's not meant to be comfortable. It's meant to let you do what you want."

"Wow" said the bear, impressed. "Anything you want?"

"Mmmm"

"And would it let me do anything I want?" asked the bear, hopefully.

"Sure," said the cat, who was now deep in the weeds at the edge of the water searching for another tadpole "Just imagine what you want and the book will open at the right page."

The bear thought and thought... and looked hard at the book over there... there was something the bear had always wanted to do.... but never dared... it wasn't possible, was it?.... or was it?... or maybe not... and while the bear's woolly mind was busy wondering if the book might... could... the book suddenly flipped open.

"Ah..." said the cat through a mouth full of goldfish "I see you've managed to get it working."

"But I'm not sure what to do next." said the bear, nervously.

"Simple. Just look at the instructions, and apply them."

The bear peered at the book, and sure enough, there were the exact instructions needed. The bear was elated. It was so simple. Just do as the book says. It was obvious what to do. So with a quick "Thanks, whoever you are!" the bear was off down the path to try it out.

And just a few steps down the path, a family of ducks turned up, complaining noisily about missing goldfish. And then all twelve baby ducks started crying and carrying on and in all the fuss and noise the bear forgot the instructions.

So the bear turned back and found the cat lying down contentedly scratching his belly with a stick. And the book was closed.

"What do I do now?" wailed the bear.

"Why not think of something else you would like to do?" said the cat.

So the bear thought and thought, and was busy trying to decide whether to ask about this thing or that thing, when the book popped open on its own. Surprised, the bear went over and peered into it, and again the exact instructions were right there.... how to do an even more important thing the bear needed.

Quick as flash the bear set off again down the path.... determined to ignore all distractions... bustling along as fast as possible... and tripped over a tree root. "Oh dash and pepperpots!" said the bear. "Why does this always happen to me? Why isn't the path kept clear the way it's supposed to be..." and going over those same old complaints soon drove the instructions clear out of that silly bear's head.

"Back again?" said the cat, busy carving a flute out a fish bone. "Well, you should know how it works by now. You don't need me to tell you. " and left the bear to get on with it, blowing a few experimental notes on the flute all the while.

The bear had hardly begun to think when the book flipped open again, so hard that it spun right round before settling back on the ground. "Goodness, I am getting good at this." thought the bear and in a moment was scurrying down the path again, pushing leaves aside and being very, very careful about roots. The bear was making good progress, getting on towards doing the most important thing of all....when it began to rain.... and that silly bear started to think about getting home and worrying if the windows were open or not.... and before long was trudging back up the path again, dejected and miserable and now wet as well.

The bear found the cat settled comfortably in front of a cozy fire under a little shelter and trying out a new tune on the flute. And as the tune faded away... a few damp notes still hanging in the air... the cat looked over, took a long lazy stretch, and said...

"You know, I wonder if maybe you are making an assumption here?"

And the bear thought about it, and realised the cat was right.

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Changing Your Life

This script is about change, changing your life, especially changing life habits. Habits can affect your life, and changing bad habits often leads to changing your life. The Change Your Life metaphor compares bad habits to patterns of behavior like tracks in the snow. The more times you go over the tracks the more you learn the bad habits. The Change Your Life metaphor then does an NLP Reframe to change the tracks. Further life changes are suggested by visualizing skiing freely instead of repeating the bad habits. Then the The Change Your Life metaphor visualizes coming off the mountain and into a cozy chalet filled with love and warmth. Finally the love is transferred to a physical feeling of contentment and the change is completed.

	BREAKING LIFE HABITS METAPHOR	
	Sometimes a habit is like skiing. At first there is fresh white snow. And when you set off the skis leave a mark behind you, showing exactly where you went and what you did.	Set up the metaphor
	And the next time you go skiing, the tendency is to follow the previous trail, to go over the tracks you made before.	
	and soon, every time you go skiing you are following the same tracks, making them deeper. They help you, guide you, and you know that they lead you automatically until you don't even have to think about it... every time you set off you go down those tracks... you make the track in the snow a little deeper, a little more permanent...	
	and at some point they stop being tracks and become a groove become deep and stop you from going anywhere but straight down those tracks... when you start out the skis automatically seek the groove you made and force you to go over the same ground again and again... to travel in the same way...	
	and without realizing it... you are trapped in the same old behaviour... without choices...	Current situation
Capability	You know, the moment you realize you are in the grooves... the minute you see them for what they are... they are just grooves, they have no power, except the power of repetition...	Reframing
Capability	the moment you choose to start from a different place... you can travel anywhere, because you are not held back by those grooves any more, are you?	D
Behaviour	And when you realise that, you don't have to do the same behaviour.	I
	I wonder if you can imagine... you might like to close your eyes... standing at the top of that hill... look at the clean fresh snow... think about your problem... and imagine it lying at your feet on that snow...	V
Behaviour	you can see the grooves... but you don't have to go down them...	
	and you can choose to go right or left or even turn right round... and go in a different direction...	all options
	because from the top of a hill... every direction is down... every direction is as easy as any other direction...	
Capability	You can choose whatever direction you want...	Dreframe
Behaviour	and more than that.. you don't have to choose to go right down.. you can decide to	Dreframe

	have fun... you can choose to slalom... to do big bends and jumps... and you can really enjoy that... because you are not in that groove any more, are you?		
	You can always use the groove if you want to ...		reassurance
	but after a while... quite quickly actually... those grooves will just fill up with drifting snow...won't they?	V	problem vanishes
Capability	and after a while you won't be able to see it at all... it's like it has never been there... and it has no power over you then, has it?	I	
Memory	And after while you get better and better at skiing and you begin to wonder why you ever thought you had to do that..		
	Because everywhere will just be clean fresh white snow.		Reframe
	and you can go in any direction...	D	
	free to learn new things...	D	
	go round anywhere... and that could be real fun... couldn't it? To just let go of the past...		
	And just imagine what it would be like... standing on the top of that hill now... having learned to ski... instead of letting the slope take you where it will...		Reinforcement
	And just pushing off with the poles... just hurtling down somewhere, anywhere.. letting it come... and whizzing down and feeling powerful and in control and doing great big turns ... carving out the powder and seeing the snow arcing up.... and just imagine now tucking the ski poles under your arms and crouching down and really going for it, feeling the wind in your face... and letting out a great yell of pure pleasure... just roaring down the mountainside totally in control but allowing what wants to happen to happen... feeling the speed and the power...		
	and coming to the flat bit and just throwing your arms wide and throwing your head back and laughing... and a beautiful day... sliding along effortlessly... enjoying the feeling....		break the old feeling
	and all the people round about applauding your wonderful unrestrained run down the snowfield... saying what a great run that was... it was fabulous, you looked great... how good would that be?		
	And I wonder what part of that you would enjoy the most? Because part of you knows that you can do that now...	D	supposition
	And just imagine picking up your skis... your ski poles.... walking away.. people looking at you admiringly... as you make your way back to a chalet maybe... and there are all the people you love in their... and inside there is a big fire going.. and it is warm and cozy...	V	end of metaphor
	and you can go in there and feel yourself being embraced and loved and hugged... and you know you have finally arrived home... the place where you belong... the place where you are wanted and respected... with people you have chosen to be there... that you are home... that this is the way it was always meant to be... and now you are there for ever...	K	kiinesthetic feelings of acceptance
	And just imagine later on... snuggling down in bed... maybe with somebody's arms around your body... feeling cozy and warm...	K	lead them into trance
	and you can start to dream.....		trance
	[use as a lead in to the next metaphor or a formal induction]		

The Changing your Life metaphor script does not need a formal hypnosis induction before it is used. The hypnotherapist can simply start telling the story and the client will start going into trance. A hypnotic metaphor like this is a good way to put an analytical person into trance. You use the metaphor visualization to distract their mind and then lead them into a formal induction at the end.

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The Swimming Bear

Challenging Defensive Behaviour

This metaphor is designed to challenge the listener to re-examine their assumptions.

The Swimming Bear

An owl was walking along a deserted beach one day, just enjoying the sunshine and watching the waves roll in, when suddenly the water was full seals frolicking around and diving in and out of the waves.

The seals began to swim ashore and throw themselves on the sand. They lay there basking in the sun and rolling around without a care in the world. And more and more seals began to come ashore and to the owl's surprise a bear came swimming in, hauled itself out of the surf, and shook its fur dry before flopping down on the sand. The bear saw the owl watching and said 'What?'

"Oh", said the owl. "I didn't mean to be rude. But I never expected to find a bear in a seal colony".

"It's a long story", said the bear, "but I was brought up among these seals and I have learned to survive among them. Actually I am quite proud of myself. No other bear can swim as well as I do".

The owl thought for a while and said "I can see that you have learned skills that are unique and useful to you. But is that what you want?".

"I can swim outstandingly well, you know", said the bear.

"Yes", said the owl, "But is that what you want?".

"What else could I need?" thought the bear, as the owl walked on.

Time passed, and the question just wouldn't go away. The bear still did not understand the question, but couldn't let it go. So one day, the bear just couldn't stand it any more and set out in the direction that the owl went.

The bear trudged on for miles and came across another beach. This one was crowded with humans, all sunbathing and reading and digging holes in the sand and all the other things that families do at the beach. And in the middle of that crowded beach was a man in a coat with a fence around him.

The bear just had to speak to him, so he went up to him and said "How come you are fully dressed and everyone else is nearly naked?"

"Oh" said the man, "that's the way I like it. It means I am never exposed".

"And the fence?" asked the bear, politely.

"Actually, a lot of people ask about that. The secret is, I carry it with me everywhere. No one can put up that fence faster than me".

"Ah" said the bear, finally understanding the question, "But is that what you want?".

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Metaphysical

Finding Lost Items

Hypnosis has been used in recovering lost objects, but it can only work where your mind actually knows where the missing thing is. Naturally, if it accidentally slipped out of your pocket, then there is nothing in your memory to recover, so it won't work. The only cases where hypnosis actually works to remember lost things is where the mind has deliberately cut off the memory. One famous case was where a woman put away her wedding ring, and then could not find it. Putting it away was a metaphor for her failing marriage, and her mind refused to let her 'find' the ring again. This script uses the metaphor of bubbles in a pond and gives several options for how the memory can appear.

	[Use an induction to trance from the Induction Collection... then.....]		
Target	<i>Pond metaphor.... memories laid down in layers</i>		
	I wonder if you can imagine a pond or a small lake somewhere.... a place where there is quiet water... with gentle ripples on the surface... and clear water underneath...	V	calming metaphor
	and imagine now... that you were able to see down into that pond... in your mind... swimming effortlessly down through clear warm water.... among gently waving plants and fish darting away....	V	idea of depth
	floating... safe and secure... allowing the current to carry you this way and that... becoming aware of all the things under the surface....		reassure non swimmers!
	And here and there are clear patches on the bottom.... areas of flat lake bed a soft comfortable surface made up of layer upon layer.... and each layer is laid down day after day by material falling from above....	V	Metaphor of exposing the layers
	and those layers build up... year after year... leaves float slowly down... dust and sand drift down... deeper and deeper.... forming a complete record of everything that has happened to that pond.... gently laying down a perfect history of events....	M	all memories are there waiting...
	<i>Bubble Metaphor</i>		
	And as your mind drifts slowly around that place.... you notice here and there... shafts of light penetrating down into the water.... and where the light shines the layers are illuminated... and now and then a bright crystal bubble detaches.... and rises to the surface...	M	Light = understanding
	And you can watch as another bubble detaches and rises... expanding as it goes.... wobbling and weaving its way to the surface uncertainly... rising....	M	small inevitable change
	And allow yourself to drift across the sands of time.... knowing that nothing matters... nothing is important... just relaxing... floating... drifting....		
	and as part of your mind is feeling that floaty... drifty... way... another part of your mind is going through old memories.... like watching scraps of an old movie... things appear and disappear... fading in and out of focus...	D	suggestions of incomplete images

	and in your mind.... you can become aware of another bubble that is ready to detach.... and somehow you know that it is ready now.... laid down in those layers long ago... things have happened.... and that bubble is now feeling the pressure to rise... to emerge... to come out into the light....	D	Ready to come up
	Focus on the missing object		
	And there is something that has been nagging in your mind.... like an itch you can't get to... something like when you have a word on the tip of your tongue.... something you want to remember...	M	Idea of needing release...
	Something about <i>[mention here the thing that has been lost]</i>		
Capability	And as you are lying there now..... breathing gently... hearing these words.... the knowledge of that something is becoming more firm.... more clear to you... more reachable... forming a definite shape... beginning to come out from where it has been held.... waiting.... until now...	D	Suggesting a form emerging
	ready to be seen... ready to come out... up out of the depths... it is time to come out now.... everything has a natural time...	D	Time is now
Behaviour	And your mind is now starting on a process that will release that thought... like a bubble.... getting ready to rise up... and nothing can stop a bubble from rising through the water...	D	Inevitability
	Allow the client time to go through memories...		
	So take a few moments now....		Give the client time to work
Memory	allow your mind to roam over all those memories.... letting one thing connect to another....		suggest multiple routes
Memory	And sometimes a path leads on... and splits and joins and turns ... and suddenly reveals a clearing.... and paths can lead to unexpected places....	M	suggest indirect approaches
Memory	or like a door suddenly opens... or a curtain drawn back.... or your mind may spend some time examining the deepest recesses... searching through the memories of months and years.. of old places and buried thoughts...	M	metaphors for finding
	And when you have a memory... an image... a feeling.... you can start to describe what you are experiencing....		
Memory	So just take your time now... and be open to whatever is rising up through those layers of memory.	M	presupposition - something there
Capability	And your mind is now free to search all the memories.... for those things that are missing... and other things that you need to find as well....		allow 'other things'
Capability	And you can allow yourself to be free to look in every part. Nothing is closed.... everything is open... you are free to open doors and windows... you are free to open boxes and cupboards.. You are free to search through every part of your life...	M	OK to look
Behaviour	You can look at it fearlessly... and some of the things you find you might just put away... and some things you find you have been looking for for a long time.	D	
Memory	And some things you find you have forgotten about and will make you feel good again... and you can remember the fun and the laughter and the	D	May as well do a bit of therapy

	good times... and put away the things you do not need any more... and for some of them it will feel like a weight coming off your shoulders... you will just feel free... and some of them just feel like flicking through an old photo album... remembering the good times... the people, places... enjoying what used to be and looking forward to the new albums... all the new photos that will come... and you are free to look at all those pictures now... and enjoy life... life can be so good when you look at it that way... There is such a lot to look forward to and that's another good thing...		while we are here...
	So be open to whatever bubbles up ... and when you have something... describe what you are experiencing.... as it happens....		
	<i>[Allow sufficient time...]</i>		
	<i>[If they haven't spoken by the end of the period...]</i> And when you are ready to go on you can raise a finger or a thumb and we can go on....		give a way out of the search
	<i>If nothing comes...</i>		
Capability	And that process may take a few minutes or maybe a few hours.... and the thought can emerge in a few minutes.... or your mind may be busy working in background... and the memory will make itself known to you... emerge in your mind in an unexpected moment... a flash of insight....	D	might appear when waking
Capability	or maybe your mind works best during the night... so that when you wake up in the morning... the memory will emerge clear and bright like the dawn....	D	might appear after sleep
Capability	And you will know... you will remember what it is you want to remember....	D	
Capability	or it may be that your mind will come to the definite realisation that you don't have the memory you thought you should have.... that there is nothing there... and you can stop worrying about it... and move on...	D	Clear away the uncertainty
Behaviour	so one way or the other things will become clear.	D	Closure
	and things that were loose and vague will become certain.... and thing that were possible... you now know for sure.... definitely yes or definitely no... and knowing about not knowing is a form of knowing....	D	allow some peace of mind
	<i>Reorientation</i>		
	So now [ClientName] just take a deep breath.... and then let go.... that's right.		
	And another breath... and allow your mind to clear... that's good...		
	And then you can count from five up to one... in your mind... and when you get to one.... you will be back in the present.... ready for the rest of your day and feeling refreshed and relaxed....		
	So when you are ready... you can start counting....		

Past life regression script

Past Life Regression is a fascinating aspect of hypnosis. The following script describes how one client experienced her past lives. The first section is an extended induction with multiple deepeners to ensure depth of trance. Then a safe place is established. The client is then regressed to childhood in this life to ensure that the client can regress and knows what to expect.

Finally the client is taken beyond this life into a place where past lives can safely be experienced. This client's preferred mode of going back was drifting in a boat. The client is offered three opportunities to experience previous lives and then gets an option to find out what the place between lives is like. Like all past life hypnotic sessions, it is a fascinating insight into the human mind's secret abilities.

Every PLR session will be different so a script can only suggest a structure for how to proceed. However the format is fairly simple and it is hard to go wrong. The only thing you need to be careful of is leading the client. It is very, very easy to imply things in the way you give instructions. Asking 'Look down at your feet. What are your shoes like?' implies there are shoes. It is better to ask 'And become aware of your feet. What do you see?'

Induction section

You can let your mind relax	
OK [clientname]... Are you feeling comfortable?	Yes set
Yes.	
Are you ready to go into trance?	Yes set
Yes.	
If you want you can lower the chair back.	Yes set
Yep, I will actually.	
OK. What I would like you to do now, [clientname], is just take a deep breath. Take a deep breath... and hold it... That's good.... Just make yourself comfortable... that's fine... and when you are in trance... if you want to move... that's OK... you don't have to feel you must stay there, if you want to scratch your nose or whatever you want to do, that's OK ... just allow yourself to be comfortable.	
So take a deep breath and hold it... and then when you let it go... let go all the tension you can... Just let it go... that's good.	Invoke the para-sympathetic response
Now take another deep breath and hold it. And this time let go all the tension in your shoulders and in your arms... just let that go... that's good.	
And now take a third deep breath and hold it... and as you let it go this time just really relax... just allow yourself to completely relax.... That's very good.	
Now just resume breathing normally.	Permission bind
And as you breathe... just become aware of your breath going in and out of	Self induction

your nose, and going down your throat... and how comfortable you can feel... just being aware of that breath... and with every breath out... you can become more relaxed... more at ease... more comfortable... that's good... just allow your breathing to slow down,... relax more.... slowly... and now just allow your eyes to close when you are ready...when you are feeling nicely relaxed... that's right... and with every breath out... you can say to yourself... you can hear a voice in your head saying... more and more relaxed... deeper and deeper... that's good... that's very good... that's right...	induction
and you don't have to do anything [clientname] ... you don't have to think... , you don't have to... listen... You don't have to do anything except just allow yourself to lie in that chair feeling warm and relaxed and comfortable... and just become aware of the feeling of the chair against your back and against your head... and how comfortable that can be... and then maybe you can become aware of the fabric under your fingertips... and you can think about that as you go deeper and deeper... and you are lying in that chair breathing gently... becoming aware of the chair... and the sound of my voice... and part of your mind is wondering whether you are going to go into trance... while another part of your mind is aware that you are already going into trance.. and you can go into trance and you can relax... and part of you can stay aware if you want to and the other part can allow itself to go deeply and deeply into trance ... Deeply relaxed... and every breath is still making you more and more relaxed... deeper and deeper... and you can just let yourself go...	Dissociation Deepener
just feel yourself supported in that chair... And I wonder if you can imagine yourself sinking into that chair... being supported... safe and warm... and just feel yourself going down and down... down and down... and just feel yourself as if you are lying on a big fluffy blanket... warm and safe and feeling really good about yourself... and going deeper and deeper... and just imagine yourself sinking into a big fluffy mattress... and with every breath you sink deeper into it... more and more relaxed... that's very good to do that ... isn't it?	Kinaesthetic Deepener
And I wonder if you can imagine a big old house somewhere... and it's got doors and windows and a fence and maybe there's trees... and in that house... generations of people have grown... and go on... And the house has seen parties and weddings and christenings and funerals... and there's been meals and fights and laughs and candles and Christmas trees and Easter eggs... and children running around laughing... and people coming home and going out... and it's a happy house...	prime with childhood memories
And inside that house... there's a staircase... and that staircase can be wooden, or carpeted... or marble... anything you want... and there can be a handrail... and you can go down that staircase... because at the bottom there is a door... and behind that door there is something wonderful... and you can begin to go down those stairs now... and we will count them down together...	Countdown deepener
So TEN... going down the first step... and NINE down again... and EIGHT ... more relaxed... and SEVEN more relaxed... and SIX feeling completely relaxed... and FIVE deeper and deeper...each step is taking you deeper down... and THREE deeper and deeper... and TWO nearly there... and ONE nearly at the bottom... and after one there's just ZERO... nothing... and in the	pace with breathing rate

centre of that zero there is a warm velvety blackness... and you can feel yourself going deeply into that warm...safe... velvety blackness... a feeling of nothingness... total release... floating... and you can feel your self drifting down... like a leaf carried by the wind... drifting left and right and right and left... down and down... floating and swirling... round and round... down and down...	
and you don't have to think... you don't have to do anything... and any thoughts that come into your mind you can just watch them wander away... they are not important... nothing is important... and my voice can be the voice of a teacher... or a parent... or a great grand parent... My voice can be the sound of the wind in the winter long ago... or the rain against a window in a far off place... on a dark night... and my voice can be the sound of a leaf blowing across an empty street... and my voice can become anything you want it to be...	Dissociation
Safe place section	
There is a safe place for you always	
And now I would like you to find yourself in front of a door... and when you are in front of that door and you are ready to go on I would like you to signal to me by moving a finger or a thumb that just lets me know that you are ready to go on.	
<i>[slight twitch of thumb]</i>	Confirmation of trance
That's fine. Thank you.	
What colour is that door?	
.... White...	
It's white... and is there anything else about that door?	
It's got a round white knob...	
A round white knob.	
... and its just hanging in black... and there's no wall...	
just hanging in black and there's no wall... that's good... and does that door open inwards or outwards?	Clean language
Inwards.	
It opens inwards... And can you open that door?	Safety check
Yep.	
And can you go through that door?	Safety check
Yeah.	
OK... I would like you to open that door now and go through it and when you go through that door you find yourself in a large room... and in that room there are hundreds and hundreds of people... in that room there is everyone you know and like...and everyone who knows and likes you... and everyone who loves you... and every one that you love is in that room... and there are people there who you meet every day... and there are people there who you haven't seen for a long time... and there are people there who have passed away... and when you into that room they all turn round and they stop doing what they were doing... they've been having a sort of party...they have been talking and eating and drinking.... and they stop and they look round and they all smile... and they begin to applaud... and you can see them clapping and you can hear the sound... you can feel the pleasure... and they	A Place of acceptance and support is established in case there is an abreaction during the regression later.

are all smiling and they begin to come forward... and they put there arms around you ... and some hug you and kiss you... and you feel so good... and you feel such a feeling of warmth and acceptance... that all these people love you for who you are... and this is the place where you can feel completely safe... totally accepted... supported by... family and friends and all the other things... and even just thinking about that place makes you feel good inside... It's a place where you can be anything you want to be... and be accepted...just for that... where you can do anything you want to do and you will be accepted and supported... And that's a good thing, isn't it?	
Mmmm.	
That's right	
And now I would like you to thank those people and just send out love to them... in any way you can... and make your way to another door... the door to the outside... and you can turn round...and look at those people... and know that they are there to support you... and you wave and they wave back... and they go back to talking and eating...	
And you go out through that door and you find yourself on a gravel path... and as you walk up the path you can feel the stones under your feet... you can hear the crunch of the gravel... and there's a breeze blowing along... off a river, perhaps... and you can sense the water...	

Childhood recall section

You can access forgotten memories	
And you continue on... and the path goes left and right and right and left... and you end up by a riverside... and there's a jetty... and there's a boat tied up there... and in that boat there are large cushions... and you climb into that boat... and lie down on the cushions... and as you lie there... the sun comes out... and a gentle breeze ripples the smooth water... and you can smell country air... and you lie in the boat... and you feel a gentle rocking... that makes you feel safe and relaxed... and you begin to drift... and maybe it's real and maybe it's just a feeling... it feels like the boat starts to slowly go downstream... and as it goes... you can feel yourself getting lighter, somehow... and the more that boat goes down stream... you are getting smaller... and you can feel your arms and legs getting smaller... you can feel yourself changing, shrinking... getting younger and younger...	
and the boat drifts into the bank of the river... and comes to a stop... and it comes to a stop at a time when you were eleven, or twelve or maybe fourteen or some age like that... and on the bank of the river you can see a happy scene... you can see a time when you were really enjoying yourself at that age... some time round about twelve... eleven.. thirteen... something like that... and you can watch yourself enjoying that scene... and you can see that scene now...	Regression back to late childhood
Can you see that scene now, [client name]?	
Mmm	
What's going on there, [clientname]?	
There's just me there...and I have just gone for a run... and I am running back, wrapping my jersey around my waist ... returning back to class...	

there's lots of people... the teacher...	
And what's the teacher's name?	
Ah... Miss Pondy[? unclear]	
And where is this?	
Green Bay	
It's in Green Bay... and what are you feeling?	
Mmmm	
So you are in Green Bay and your jersey is wrapped around your waist and you are running back to school...	
Yep	
And how old are you?	
Twelve.	
Twelve...	
... OK... Let your mind clear... and let that boat drift away again... and that boat drifts down and down... and once again it bumps gently against the bank... and this time its much further back... this time... you are three or four or five or maybe some other age like that... and once again you have a happy scene and you can see that scene... and it's time when you were happy as a little girl ... really enjoying things... I don't know what it is... but you can see it. Can you see it?	Back to earlier childhood
mmm	
And what is that?	
I'm at kindergarten	
You're at kindergarten, uhuh... and what else?	
I have playdough...and eating it.	
You're playing with playdough and eating it...	
Is there anyone else there?	
Some other kids...	
Some other kids...	
And what colour is the room?	
Blue.	
The room is blue...and what else about that room?	
mmm... and there's water.	
There's water...	
And there is a playground outside... green grass... coloured... see-saw... bluey sky...	
And are you happy?	
Yeah.	
And how old are you?	
Three	
You're three... that's good.	Successfully completed age regression testing

Start of past lives section

You can experience other lives	
Now allow your mind to clear... that's good.... and now I want you just to take a moment... and really allow your mind to clear... and relax and just notice your breathing ... and just be aware of that gentle air going in and out... and how that makes you feel so relaxed... and you can forget about everything else... the only thing you need to do is to listen to the sound of my voice... everything else is irrelevant... so begin now and take a few moments to really enjoy that wonderful feeling of total relaxation and bliss ... allow your mind to wander far and wide... for it to connect to ... and you can enjoy colours and shapes and sizes and anything you want... and you might be surprised at what wonderful things come up.	Clear the mind of actual childhood memories
And now that boat begins to drift again ... and that boat turns round and begins to drift backwards... and you can look over the side of the boat... and in your mind you can imagine your some part of you going down deep into that water... looking down into that fresh clear crystal water... seeing deeper and deeper... going back and back... back to the time when you were born... and you can go back before you were born... so if you leave the boat and allow your mind to go back... down into that deep dark water... you will be going back into a time before you were born...	
Do you want to go back to a time before you were born?	Safety check
Yes.	
That's good. Now allow your mind to go back ... and you can feel yourself drifting down and down... being carried in that transparent water... totally weightless... drifting this way and that... and it appears in your mind there's a scene... and in that scene there's a bridge... and half way across that bridge there's a mist... a fog... a cloud... and you can go on that bridge... and you can go across that bridge... and as you go across that bridge you go into that mist...that fog... and it swirls around you... and all you can see is mist... and you find yourself floating with the mist... like the mist... part of the mist... and inside that mist you will feel pulled in one particular direction... or maybe more... and you can choose one direction to go... and when that mist clears... you will see a scene from another time... another place... so now I would like you to choose the direction that seems right to you... and find yourself in another time and another place... and when you are ready...when you are back in the past... you just say 'yes'	Bridge to the past
Yes.	
First Past Life	
That's good. Are you indoors or outdoors?	
I'm outdoors.	
You are outdoors. Is it day or night?	
Dusk.	
It's dusk. Are you alone or are there other people there?	
I don't know.	
OK. Describe what you can see.	
Animals.	
You can see animals...	
Tables and chairs ... household... outdoor tables and chairs... fire...	

And what is going on?	
Quiet.	
It's quiet	
How old are you?	
Fourteen	
Look at your feet. What are you wearing?	
Leather sandals.	
You've got sandals... and how are you dressed?	
Flowing natural fibre dress.	
A flowing natural fibre dress...uhuh...	
There's a table and chairs and a fire and it's very quiet...	
and I'm standing... I've got a book...	
You're standing and you've got a book...	
It's like a Bible... old writing... big writing	
Old writing...big writing...	
Big print... and a leather cover...	
And why do you have that book?	
I'm praying.	
You're praying... and what are you praying for?	
Life.	
You're praying for life... And where is this place?	
Ireland or Scotland.	
It's in Ireland or Scotland.... And do you know what year it is?	
1769.	
And so you are praying for life in 1769 in Scotland or Ireland... And why is a fourteen year old girl praying for life?	Eek! Leading!
I don't know if I am a girl.	
So are you a girl or a boy?	
I think I am a boy...	
So you are fourteen year old boy in 1769 reading a book with big print and leather binding...	
Praying for all life...	
And is there anything else about that situation?	
There's a stone building... there's a moat... there's a bridge to the building... there's... stone... it's quiet...	
And what happens next?	
People are coming out...	
And describe what happens as the people are coming out...	
They ignore me.	
And the people ignore you...	
And what happens next?	
I'm watching... I just watch them... and they are just moving... they just carry on going... down the... curving... past leaves... by the edge of the path through the forest ... just watching...	
And then what happens?	
Ahhh...I don't want them to see me.	

And you don't want them to see you. Why don't you want them to see you?	
I think they are going to hurt me.	
You think they are going to hurt you.	
Yes.	
And what is special about this day... or this time?	
It's the sun... a special day for the sun... like an eclipse...	
So it's a special day for the sun, like an eclipse...	
Yeah	
I'm waiting... for it. Waiting for the eclipse.	
And what happens after that eclipse?	
I just sit.	
OK, we are going to move on from that situation, now.	
I would like you allow your mind to go to another time... later on in that boy's life... to some really important event in that life... and when you have that event... say "Yes".	
Yes.	
That's good.	
Are you indoors or outdoors?	
Outdoors.	
Outdoors. Is it day or night?	
Day.	
Day... Outdoors in day ... describe what is happening.	
I'm getting married.	
You're getting married... Describe the marriage...what's going on...	
It's outside ... there's lot of people... there's a minister... the girl's got long wavy golden hair... I don't see her face... I'm just looking at her hair... a white dress... light cottony.. long sleeves... long flowing on the bottom... I've got red wrapped around my shoulders.... and a long... thing around my waist... it's like a kilt... sandals...	
OK. Is there anything else important about that scene?	
Nah.	
Ok.	
Now I would like you to move forward in time again in that same life... I would like you to move forward in time until it's the day that that boy dies... and you are there just before he dies... and you can be somehow in the place where he dies... watching...	
He's in bed... sick...	
Uhuh... and what else?	
Grave look on him... and the medicine...and this big spoon...	
And how old is he?	
Forty two.	
Forty two	
He's dying. This lady is trying to help him...and his kids around... the house is made of... like earth and things... like earth... like earth and wood... dirt floor... compounded... fire... pots... pitched roof...	
Now I'd like you to allow that person to become aware of your presence...	

because that person has asked you to be here... and that person has asked you to be there for a reason... And you can learn from that person's life... now I don't know if that person has got a message for you... or a lesson... or some skill you can have... but you have been called there for a reason... so now I would like you to get in touch with the essence... the soul... the mana... whatever word you understand it by... to really take from that life whatever that person wants to give you... and it could be a message or a story or a memory ... I don't know... it could be anything... And you can keep that to yourself, secret... or you can choose to tell yourself later... or someone else... and so now spend some time... just getting that message or lesson or whatever... and looking back over that short life... and understanding what you need to be told... or learn... or understand... and when you have done that.. you don't need to say anything... and you can choose to remember it or you can choose to just take it in internally... and you have done that you can signal by moving a finger or maybe a thumb and we can go on...	
It feels fair 'cos he died young left his family... but he couldn't help it...	
Second Past Life	
That's fine... now allow your mind to clear... and you find yourself back in that mist... in that cloud... and once again you are floating around... and you can go anywhere you want... be anyone you want... see anything you want... and you have been to one life... do you want to go back into that mist... and contact another life?	
Yes.	
Alright... So allow yourself to drift in that mist until you find that the mist clears for you... and once again you see another scene... and when that scene appears for you... you can begin to describe what you are seeing and what you are doing and what is going on...	
There's a river...it's leading to the sea... I am up high... looking at it from above... looking down ... looking down on the tree and the river leading to the sea...	
And what is happening?	
... Me ... walking...	
And how old are you?	
Don't know	
And do you know where you are going?	
A town... by the sea, it's a small village... going to the village	
And what happens next?	
I keep walking... I just keep walking... just going to that place...	
All right... so you are going to that place...	
Crossing the river... There's a man with me... he's got long hair... he's going across the river first... he's got a blanket over his shoulder... and he's strong... he's big... crossing the river first and... I'm on top of something... and we're going... he's getting me across and I'm on top of something... I think a horse... or a wooden buggy thingy... something... I'm watching him... looking at him from the back... and he's struggling... struggling to get across the river, it's wide... I'm going into the town... I keep seeing that man... walking ahead of me... he's got a beard... he's looking at me... I think he is	

<p>my... must be... husband... brown hair... big face... big features... big, big strong man... people know him... he looks after me... he looks about thirty... late thirties... Um... a church... with a bell... it's a brown church... the bell is sort of hanging like from a wooden... steeple thingy... Um... streets are off a main street ... wide... street's not concrete ... it's earthy street... there's no plants or anything... Um.. the people... the ladies are wearing dresses with things over their head... shawls... [deep sigh] I keep seeing... me, I've got... long brown ringletty hair... I'm a woman and I've got this dress on with this pattern like an interlocking ... reddish... lines... curling in and out from one another... like a chain... on my dress and I've something around my shoulders... and it's my husband and I feel safe with him... I don't think there's any children... and I live there, I think... I do live there... mainly I just want to look at him... he goes ahead... Ahh... there's a house... it's green around it... a green clearing of some grass and... It's creamy with a sideways gable roof... windows... there's no fences... and there's no houses around it... helping people... helping people build their houses... he builds... that's what he's doing... he's building and I'm cooking... and I talk to the children... I'm teaching... I'm teaching the children and he's building... there's no kids... I can't have any children... Makes him sad... <i>[long silence]</i></p>	
<p>Allow the scene to fade... that scene fades away... and you can move on in that life... and you can move on in that life to a time when something else really important happened in that life... something that you can take a lesson from... and when you have a clear image of that you can describe it...</p>	
<p>My parents come... they are rich... I ran away... I don't want to go... away... I won't go... I want to stay... my dad's not well... I go ... look after my dad... I go home... I leave him... I go back with my mum and dad...[weeps] ...My dad dies... but I don't go back... I stay with my Mum... I don't see him again...</p>	
<p>And how old are you?</p>	
<p>Fifty something... <i>[Father's age?]</i>... I miss him... I don't know what happens... I'm too young... I just stay with my mum...</p>	<p>This client seems to mis-hear several questions</p>
<p>Allow that scene to clear... allow your mind to clear and now drift forward in time...in that same life... it's the day when that woman dies... and once again you can be there... floating above it somehow ... seeing what's going on... but still able to understand and communicate... and when you are there... describe what is going on...</p>	
<p>I just see her standing there with this... thing over her head and she has got a shirt and skirt on... and things tied around head... like a hat... She's just standing there... She looks alright <i>[surprised]</i>... so she is getting run over... she wants... standing on a road... the things running her over... no, it's not running her over... she's still standing there... her heart... it's her heart... she's clutching her chest... falls... falls to the ground... is dying...</p>	
<p>And once again there is a reason for you touching this life... and you can go and become that woman... when she was alive... and you can learn what she learned from that long life... and maybe there's a skill or a message or something else she wants to give you... because whenever you touch another life... you always get a gift... that's your reward for being there... for helping</p>	

them share... for joining them in giving the gift... and that gift can be anything... you will know what it is... and you can accept that gift... and take it with you as you move on... and look back on that life and be glad that she lived...	
Third Past Life	
And now you find yourself back in that mist again... in that mist where there is nothing and everything... in that mist where there is no time and no place and no now... where everything is possible...	
And do you wish to go from that mist to find another life ... another place... another time?	
Yes.	
Once again in your own way and your own time... allow that mist to clear... and describe what you have this time...	
Indian village... I'm a girl... woman... teenager... seventeen... I've got... skin clothes... leather... My... hair... plaited... one side right ear... plait over right ear... symbols hanging from my ear... I can see my profile... skin clothes covering all of me... animal skin... feet covered... wrapped around me... clear skies... tall trees... it's cold... Lots of people... fire... cooking on the fire... my mother is coming... calling me... out of um... like a... house... like a flap... she's opening the flap... she's calling me... going in there... she's talking to me and my dad's in there.. telling me I am going in a ceremony... betrothal...no, what's that... courtship... not speaking English... <i>[chants]</i> He a ma fo e ra ... it's like ...I do as I am told... I want my parent to be... all I know is I respect my parents... My dad's got on covered leather clothes and there's designs on those.. It's red... red... It's red like a... like a triangle but without the bottom half... so it comes down from his neck... and there's a red... circle within the triangle... semi circle joining to the triangle there's red in there... He's got some short hair on the top of his head there's long hair... and he's got a hook nose... and my mother's got a clear face... open face... she's not very old... she's small... I am bigger than her... My dad's bossy... she doesn't want to do though ... I am her only child but I have got lots of brothers and sister... nieces and nephews... big family... we go outside... there's men returning... the women are coming out... they've got food... the men are bringing animal meat... getting off horses... some coming to me... to me but past me... I don't want to interact... I leave... I go into the bush... I have hidden feelings... talking to the trees... in my mind I am talking to the trees... I am asking the sky and the sun to tell me... taking... energy ... movement... scooping up the earth... I want him... he has a wife... so I can't have him...he has a wife... he comes to me and he's passed me... I want to go away... he keeps coming to me and past me... getting in a canoe... going... a waterfall... drowning... drowning...	
Allow that scene to fade.. just allow that scene to face once again... go forward in that life to the day before you die... and the day you die... the hour you die... and once again you can be there at a remove... and you can describe what you are seeing at the end of that life...	
I see her standing... she's looking at me... can't ... pretend... avoiding each other... pretend... we... she knows and I know that they are going to put me in the courtship...	
So once again you can join with that life... and learn a lesson or a skill... or	

an idea or something else... and once again that life will be grateful for a visit and give you a gift to take away with you...	
The place between lives	
and this time... you can go with this life as it ends... and you can watch and you be there and you can follow... and now you go along with that life after the life has left the body... and just for a few brief moments you can experience what it is to be between lives... and I wonder if you can experience that... now. And if you are experiencing that now you can describe what it is to be between lives...	
It's light... warm... it's warm... colours changing purple blue... white... joining... joining together... lakes... and moving sky... someone's... holding my hand... my left hand... talking to me... happy to see me... what I've done... saying I've done well... but I was trying to get away... I don't understand... I didn't mean to hurt myself... said I was still brave... going off on my own... it was still courage... surrounding me... putting their ... hands on me... It's a circle ... I am in the middle of the circle... and there's light... and they are glowing and they are putting their hands on me... Looks like a ring of people... they can all reach me... so it's about eight...ten... ten people and I am glowing too... It's my grandmother... it's my mother... it's my son... it's my auntie... that's a grandfather... it's my grandmother... it's my friend... it's my friend... my babies... It's another ring of people... outside of them... it's another ring... it's another ring... everyone's there that I want... it's light... they are happy... I think I didn't do too good, but they are happy...	

Reorientation section

You can bring back something from that past time	
Now allow your mind to clear again... just allow your mind to totally clear... in a moment I am going to touch you on your forehead... and that touch is just to indicate to you that it is time to come back to the here and now... when I touch you on your forehead you will be back in that place where the mist and the fog is... touching your forehead now... <i>[touches]</i>	
Go back to that place where the mist and the fog is... and from there you can go safely and securely back up through that crystal clear water and back up to the boat...and you find yourself lying in that wonderful comfortable boat... and you are lying on cushions... and you drift out into the sunshine... and you find yourself drifting along... being carried by the current... until you find yourself once again at that jetty... and the boat nudges in there... and you tie it on to the jetty and you jump out...	
and there's the gravel path and you hear your feet crunching on the gravel and you can feel the gravel under your feet and the trees... and as you walk away from that you see a road up ahead... and so you leave the gravel path and you go onto the road... and you start walking along the road and you realise this is the road you walk along every day... this is your every day road that leads to your house... and as you walk along you can think of all the things that you talked about today and all the things you experienced and remembered... and the lessons and the skills and the gifts you got... and maybe you can begin to wonder how to use those gifts... what would be	

best... or maybe you will just keep them... because you have touched other lives and they have touched yours... and you have a long long life to live and many other things to do ... and I think you can see your long life stretching ahead of you... a life of happiness and success... a life of achievement, friends and family... a life where you look after yourself... healthy eating and exercise... a life where you take intelligent risks and get on and do things that no one ever thought you could... that you never thought you could.. It's a wonderful life stretching endlessly before you... like a long summer's afternoon...	
and with that thought in mind... you can begin to come back to the present and I am going to count from five up to one... and when I get to one... not yet... when I get to one... you'll be back in the present feeling great... and remembering everything that happened vividly... so beginning to count now... FIVE... FOUR beginning to feel feelings coming back into your toes and fingers... THREE... getting ready for a big stretch and a smile... TWO eyelids fluttering... head moving face laughing smiling... ready to come back... ONE EYES OPEN... back to the present.	

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The Magician's Chair

This little script is a very flexible way of using the client's feelings of spirituality or ancestral connection as a way to progress into therapy. The script is simple and non-specific so it can be adapted to match whatever culture the client comes from. It links to personal beliefs in magic and spirits and sets up the client to be open to imaginary experiences. It can be used as an introduction to regression or visualisation or past life regression.

Use your normal induction to put the person into a light trance and then use the script to set the scene:

	THE POWER OF MAGIC...		
	And I wonder if you can imagine walking along a path somewhere....in a land far away from here... and the path is going through some trees.... past green fields... on a lovely day...	V	Dissociation
	and you are walking along and you feel very young.... And you are enjoying the day... and as you walk along you gradually realise that you are not quite sure where you are...and you look around	V	Time Confusion
	And suddenly the air changes.... things seem to change colour.... to shimmer... like time has shifted.... And you notice by the wayside... a pile of stones... big boulders tumbled there.... and when you look at them you can see that they are formed like a kind of chair.... and you go across there... and all the stones are covered in carvings.... runes and markings.... old ancient things carved into the rock....	V	Ancient Magic metaphor
	And you just feel compelled to sit in that chair....and you sit in that stone chair ...you can feel the carvings under your fingers ...you run your fingers round the shapes... and as you do... a change comes over you...		Action causes change
	...and you feel yourself drifting away.... letting go.... your whole body sags and relaxes and your mind empties... like you have been transported to another time, another place.... far away from here....	D	
	[as a lead in to REGRESSION] And you find yourself a child again... back in that house you grew up in.... etc.		
	or		
	[as a lead in to VISUALISATION] And there is a shimmering in the air.... And you feel as if you have been suddenly transported to a different place.... And in front of you... you can see an image forming... and as you watch you see yourself.... Several years from now... and there is a house... and you are outside a house.... etc		

	or		
	<p>[as a lead in to PAST LIVES]</p> <p>And as you drift away in your mind, you feel yourself being drawn back in time... to another place... another life.... Back to the place where there is no time... and you find your self at one end of a bridge... and the other end is shrouded in mist.... Do you want to go into that mist?.... to go back to what might lie beyond?</p>		

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Alien Abduction UFO Experience



Alien abduction and UFO abduction are difficult problems for therapists. This Alien Abduction script shows how to use the person's own belief system to not only remove the abduction fear, but to change the alien abduction experience into something positive. Reports of alien abductions come from all over the world. The script puts the abducted person back into an experience similar to the original alien abduction. Then a messenger figure takes the abductee to a special place to meet their alien abductor again. The true reason for the abduction is then explained. The abductee then undergoes a transformation in their mind, is given a reward, and everything is reset back to the way it is supposed to be.

	Hypnotic Induction		
	[use your normal induction]		
	Set up the incident		
Memory	Allow your mind to think back now... to a location where something strange happened to you before... and now imagine you are in a car... on a lonely road... and something doesn't seem quite right... and you are reminded of another experience you have had... and as you are traveling along... you begin to notice a difference in the light... and there is a strange effect... in the air...		
	... everything around you has a feeling of being detached... unreal... it's almost as if a bubble has formed around the car... and there are two realities... the world inside the bubble ... and the world outside the bubble....		Dissociation
	and as the feeling intensifies... the world outside the bubble gets further away...		
	and inside that bubble.... things expand... and now the bubble is huge... and there is only you and the car... and everything else seems so far away...		Dissociation
	Set up the meeting		
	and up ahead on the road... a point of light appears... and it begins to expand... and it is getting brighter now.... and a figure appears like a shadow against that light... and gradually the outline of the figure is getting bigger... more distinct...		
	and as your eyes adjust.... you can make out a figure in front of you... dressed in old fashioned stuff...		
	you gradually become aware of something in your mind.... that turns into a voice... and the voice is in a strange language... but somehow you can understand what it is saying....		
	and you hear the words forming....		
	'Welcome.... I have been waiting for you... I am your guide... the Messenger... I am here to bring you into the Presence ... '		
	and as you hear those words.... you feel yourself going deeper and deeper... you feel you are detaching from everything... and you hear words forming in your mind....		Deepener

	'Come with me... there is much to do...'		Anticipation
	Place of transformation		
	and the figure starts to move away and beckons you to follow... and you are going down a rough path... then through some trees.... and as you go deeper you feel a sensation as if you are passing through some sort of barrier... that you are now entering another dimension... and everything has a strange dream like sense about it...		
	the figure guides you to a gap in the trees.... and there you see a solid rock wall... and then there are some lights dancing around... and when you look again... there is an opening in the rock... and the figure goes in... and turns and beckons... and again you hear the voice in your mind... 'Come... be not afraid... this has been foretold.... Enter'		Reassurance
	and you find yourself entering a cave... a huge place cut out of the rock... and everywhere there are shining crystals... crystals in the rock... and then you realize that it is not rock... the crystals are glowing and fading... performing some mysterious function... emitting powerful pulses... that you can feel in your body... taking control.... and you are losing the will to resist...	K	
	Meet the Alien		
	and the figure leads you on... past objects you don't understand...	V	add mystery
	and you are led to a sort of chair shape.. and the voice says... 'Relax in that now.... ' and you feel yourself becoming more relaxed than you have ever been... every muscle letting go... and it is as if something is draining all the energy out of you.... leaving you limp and unable to move....	V	Deepener
	and yet your mind is clear... clearer than it has ever been.... and you become aware of being transported... and passing through time and space and energy...	K	
Memory	and then once again... you are in the presence of one of those beings... the beings that took you before...	V	
	and you feel the beings inspecting you... examining you.... you feel a presence deep in your mind....	K	
	and the voice in your mind says 'We meet again... I know you....'	A	
	and part of you longs to answer... but you feel unable to move... to speak...		
	and the voice says 'My master ordered me to bring you here.... the master wishes me to speak to you... to apologize... you were never meant to leave with any memory of what happened to you... that was a mistake... We can see that you were harmed... and we seek only understanding... our mission here is not to harm... but to observe... to find out... '	A	acknowledge previous experience
	'We thank you for your help... and my master says to tell you that your part is finished now... you will never be called on again... and we will not burden your mind further... you can now go about your life... free from concerns... you will never see us again... there will be no more contacts... this we guarantee'	A	Assurance of no further contacts
	'You have been brought here to be given that message... to realize that you have been part of some greater scheme of things... but the nature of that will not be revealed until the time is right... '		leave some mystery

Behaviour	'and it is time now for you to return... to take up your normal activities... to accept that for you this thing is over.... '	I	
	'but before you return... there are some things that need to be changed... ' and you feel a sensation in your mind... the feeling of things being altered deep inside... things being opened... being straightened out... of things being removed...		metaphor for accepting new beliefs
	you are aware of an intense calm and everything seems somehow right now...	K	
	And the voice says 'And now that has been done... you can return to where you came from....'		Permission to change
Get your reward			
	and you feel the air changing... a strange feeling of contentment... comes over you as you find yourself back in that chair.... relieved and relaxed and with a deep understanding of things that have passed... not quite sure what the feeling is.... but powerful and lasting...	K	
	and the chair releases you ... you feel your free will returning... and you become aware of the Messenger.... watching... and realise that no time has passed... all these things have taken but an instant...	K	
	and the Messenger indicates that you are to follow.... and you return through the hall of objects... but now somehow you know what they are for...		
	and you realise that you have a certain clarity in your mind... an easiness in your brain... that you are seeing things differently now... that something has changed for you...		
	and as you become aware of these insights... and the sense of wonder... the voice appears in your mind again saying....		
	'There in one more thing... the beings feel you have been wronged... and they wish to reward you... to compensate you in some special way... '		Reward for helping
	and you are led to mouth of the cave... where the crystals are pulsing and shining... communicating who knows what... among beings so advanced we can only guess...		
	and you are led to one particular place... where the crystals are thickly clustered... and one crystal is glowing in a steady color... and somehow it draws the whole of your attention to it... almost as if it is drawing you in...		
	and you hear the voice saying....'Now bring your hands to the crystal.... put your hands around the crystal...' and you feel the power of the crystal through your hands...		
	and your mind is opened... and you become aware of many things... of swirling colors... beautiful sounds... sensations rippling through your body... and smells that remind you of long ago... the taste of pleasure...		All sensory perceptions
	and you find yourself in strange place... beyond time and space... far back in time... before your own time.... before your own birth... and there you see objects and shapes... and you can feel the warmth of them... the texture speaks to you... the colors inspire you..		
	and the voice says... 'Here in this place of marvels... are all the things human beings want... this is where they are created... and you are to be given a gift... a talent... you are to be allowed to choose now what talent		

	or ability or attitude you would prefer to have been born with... choose it now... and it will be programmed into your DNA... for you and for all who come after you.... You can choose courage or persistence or music or ... or whatever you have always wanted... you can have it now... decide which of these things you want... take your time to decide what is best for you... . '	
	'and when you have picked the one thing you really need, that you feel you deserve to have... then say the word "Yes" or nod your head... and we shall continue...'	
	[await response]	
	That's right...	
	and now the Messenger shows you the dancing lights once again... and suddenly you are outside in the open again... and you turn to thank the Messenger... but there is only a solid rock wall... and there among the trees... you realize it is all over now...	
	except that you have become aware that you are different... that something wonderful is forming inside you... that from now on... in one special way... your life is changed... is changing and will continue to change... as you use that talent... that gift... that new power...	
	and you are going back up that rough path... the way you came... it seems so long ago.... and soon you are crossing that barrier... back into the bubble... back into that car ...	
	and you can feel yourself sitting in the seat.... and the feeling of the seat against your back... and your feet... and the position of your arms....	
	Reorientation	
	and as you become aware of the seat and your body and the feel of the clothes against your body...	>
	you are coming back to awareness now ... of where you are ... and who you are... and of what you can do.... and realizing that difference... your eyes are blinking...	
	coming open... back to the present...	
	EYES OPEN... wide awake....	
	Welcome back.	

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Totem Power Animal Spirit Guide



A hypnosis script to connect to your personal totem animal guide. Every thing around us is alive and has its own power and influence on your life. According to shaman lore, everyone has a power animal. These totem animals reside within every human being to protect and aid you. Any living thing can join with you and share its spirit with you.

This script puts you in touch with the power of the totem animals that surround us all. The scripts shows how to become part of the clan spirit of all who went before you and how to use that to be guided through life. Totem animals add their power to your own natural abilities and multiply them. Totem animals protect from negative energy. You can draw from the power of all totem animals, but each human has one special totem animal.

Induction		
Now settle down and just relax...		
now I would like you to look at something in the room... something colorful... like the curtains or the carpet... just pick a spot and look at it...		Eye fixation
and as you look at it focus on your breathing... become aware of your breathing... become aware of how each breath out can make you feel more relaxed...		breathing induction
and as you look at the colors and patterns you find your eyes beginning to tire... and those colors and patterns are begriming to shift and merge... and as you are looking at them your eyes are getting heavy... and your breathing is taking you down and down... and every sound you hear is relaxing you more and more now...		Overload induction
and those eyes are closing now... and your breathing is taking you down and down... and the sounds are comforting as you drift away from this place...		Pace and lead
and you can just let go now... nothing to think about... nothing to do...		
the only thing you have to do is to enjoy that lovely deep deep relaxation...		
Totem Animal Metaphor		
and as you are relaxing deeper... you can allow your mind to drift away to a distant place... in a different time... long ago... far away...		
and as you go deeper into yourself you are going to that inner place... back and back...	K	
and you find yourself by a river... and all around everything is quiet... waiting... expectant... and ahead of you is a bridge... a way to the other side...	V	
and there is mist drifting across the river... and it rises up and you can't see the other side of the bridge... but you know it is time to cross that bridge...		
and as you cross that bridge... mist surrounds you... and you are losing all sense of space and time... and everything is misty... drifting in that mist... lost in a strange place... and you feel as if you are falling... and everything goes dark... and then the mist clears...		
and you become aware of where you are... you are in a dimly lit place....		

	walls all around you... curved walls...		
	and on the inside of the walls there are shapes and colors and shadows...		
	and there is a fire flickering... throwing shadows and light on to the walls...		
	each change makes you feel more relaxed... lets you go deeper and deeper into an inner state...		
	and those shapes begin to define parts of animals... eyes... claws... fur... paws... horns... wings... scales... many different parts form and reform in the flickering light...		
	and each shape gradually turns into an animal shape.... some are clear and sharp... some are indistinct... some you recognize... some you can only guess at...		Identify your totem animal
	and soon there is a circle of animals around you on the walls... each patiently waiting... looking at you....		
	and a feeling of magic fills the place... a sense of the mystic... of old wisdom... of the slow beating heart of nature...		
	and slowly... gradually... one animal comes forward...		
	Meet your Totem Animal		
	and you feel an immediate connection with this animal... this animal is your totem animal... the animal that connects to your birth time...		
	and you recognize that animal, and you recognize the essence of you in that animal... you become aware of the special powers of that animal powers that match and enhance your native abilities...		
	and you sense that together you can form a partnership... you can create something new in your life...		
	that from now on... that animal will walk with you... be with you everywhere you go... will pass on to you its strength... its secret knowledge... your totem animal comes to you in this time and place simply because now is the right time... the right animal appears at the right time...	D	
	this animal has a special meaning for you... like a guardian angel or a guiding spirit... your totem animal will protect you... guide you... empower you...		
	your totem animal is your connection... a connection to the other world... to the world of nature and natural magic... to the inner being of all things...		
	your totem animal is pure energy... sometimes appearing as a light force... sometimes changing shape... sometimes just a feeling that you are not alone...		
	Totem Animal Power Energy		
	this totem animal represents the combined wisdom of all those who went before... through this animal you can form a connection to your spiritual clan...		
	and this means that you are now surrounded by the spirit of your clan... all your forebears... are there to give you confidence... inner guidance... to help guide you along life's path...	>	
Capability	through this your animal will help you make sense of the world you live in... to understand what is going on around you...		

Capability	and that animal is also your guide and mentor to all those other animals that surround you... you can call on any of those animals... to use their special wisdom at certain times... times of need and stress... those animals will appear when needed... to support you and guide you through the tough times....		
Behavior	No matter what direction you take... the right animal will be with you in spirit.. and you will be able to sense that... to take comfort and assurance from that... and your feet will naturally find the right path... every time...		
Behavior	Your totem animal can guide you by drawing attention to things around you... you will become aware of their wisdom before you become aware that your totem animal is near...		
	that spirit lives within all of us.. each is a different expression of consciousness... greeting and accepting your power animal means you can live in harmony with nature... guided by and cherishing the natural order...		
	So take a little time now... and relax and feel the spirit presence... become acquainted with your totem animal... really relax now and open your mind to its presence... to its essence...		
	[Pause]		
Reorientation Section			
	and when you have complete harmony with your totem animal... and you are ready to begin your onward journey together...		
	when you have accepted the power of your totem animal for good... with humility and reverence for all living things...		
	you can begin to return to conscious awareness... knowing you will never feel alone again..		
	so start to count silently from five up to one... and when you reach one you will be back in the here and now... but bringing with you something special from that unknown place...		
	so when you are ready... start counting now....		

NLP Techniques

Anchoring NLP Hypnosis Script

NLP Anchoring creates a link between an internal feeling and an external event such as a touch or a sound. The following script shows how to use anchoring in therapy. The hypnotic logic of the script is shown below. This anchoring script uses two positive anchors, one based on competence and one based on anger. These are anchored by causing pain in the tender skin around the thumbnail. Then the anchoring script brings up the negative emotions. Finally the anchor is fired to swamp the painful feelings with positive and powerful emotions.

This NLP Anchoring script is powerful way of eliminating old hurts and fears. The anchoring script uses standard NLP techniques and also incorporates visualisation techniques and symbolism.

Structure of the script

Recall a positive state

Ask the person to recall a time when they felt 'in control', or 'powerful' or 'in charge'. Get them to really get into the feeling that they felt at that time, to not just think about it, but to experience it, to 'be there'.

Intensify the positive state

Then ask them to intensify that feeling, to double it and double it again. Get them to become immersed in the emotion, in the feeling. When they are right in that emotional state you should be able to see physical changes, in their face, or how they hold themselves or in changed breathing patterns.

Anchor the positive state

When they are in the positive state, create the anchor. Familiar things like a clenched fist already have associations so it is better to create a unique anchor. This anchoring script uses pressing a fingernail against the thin skin at the top of the thumbnail to create the link.

Recall the negative state

Then get the person to go into the bad feelings they want to get rid of. This NLP anchoring script allows the person to safely be in that negative experience, to feel it as something outside of them, assures them that they can deal with it.

Mix the positive and negative states

Then while the person is experiencing the bad feelings - fire the anchor. This will cause the feelings of power and competence to get mixed up with the bad feelings. The result is that the bad feeling is experienced differently and thus loses its power to hurt.

NLP Anchoring Script

target	Relaxing the body...	Comment
	Take a deep breath... and let it go... just relax....	
	Loosen your shoulders.... lift your arms and drop them... raise your legs slightly and relax them... just get all the tension out of your muscles...	
	Take another breath... and let it go... and really relax....	
	One more breath... this time as you breath out....Slowly close your eyes...	
	Now breathe normally for a few moments... think about how your arms and legs feel... become aware of the weight of your body...	Give them time to settle down

	Set the first anchor... POWER		
	Now slowly open your eyes and then close them as you breathe out... and allow your body to relax even more...		Fractionation
	Now think back in your life... think back to a time when you had a success... think back to time when you had control... when you felt good about something you had done.. something you achieved... remember that time... allow all of it to come to mind now... remember how you felt... what you saw... what you heard... immerse yourself now in that experience.... build it up in your mind until it is like you are there... back in that moment...		Anchor to a time when they felt strong and in charge
	feel it in your body... what it felt like to be there... to be a winner... a success...		Get the feeling
	Bring to mind some object... some symbol... some thing that you associate with that time and that feeling...		Get an image
	And now focus on that symbol... and feel the feeling... and make that feeling stronger and stronger... that feeling of success of triumph of winning.... whatever it was		Intensify the feeling
	Now as that feeling grows stronger... as that symbol gets clearer... feel the power in you.... and as it builds... PRESS the LEFT THUMB and INDEX FINGER TOGETHER... press the index finger into the tender flesh at the side of the thumbnail or the top of the thumbnail... dig the nail in if you can... get a painful feeling...		Set the anchor
	let the power grow... and as it does press those fingers tighter and tighter...		
	and then release that hand... and let all the tension go... and just relax.... the whole of your body		Anchor set
	Set the second anchor... ANGER		
	Now slowly open your eyes and then close them again as you breathe out... and allow your body to relax even more...		Fractionation
	Now allow your mind to drift away... think back to some time... some event... some incident.... when you felt anger... real anger at something... when you totally refused to go along with something... to let something happen....		
	and imagine now that you are there now... really feel what it is like to be there... back in that situation... take a few moments and experience again how it was to be that angry... that fired up...		Get the feeling
	Now find some thing... some object... some symbol that you associate with that incident... that feeling... something that reminds you of how it is to be that angry... that justified anger...		Get an image
	and as you experience that feeling in your mind... make that symbol that object... stronger and clearer... and make the link between the symbol and the feeling of anger as strong as it can be... in what ever way makes sense to you..		Intensify the feeling
	and when you have the link between that symbol and that feeling really strong... think of the symbol and PRESS the RIGHT FIRST FINGER into the thumbnail skin...		Set the anchor
	feel the fingers digging into each other as you intensify the memory of that anger and the thing that symbolizes it...		
	and then release that hand... and let all the tension go... and just relax....		Anchor set

	the whole of your body		
	Bring the unwanted feeling to mind...		
	Now keeping the awareness of both hands in mind... and the strong feelings associated with pressing those fingers tightly together...		Don't lose the anchors!
	slowly open your eyes and then close them again as you breathe out... and allow your body to relax even more...		Franchtionation
	Now bring to mind something that symbolises that unwanted feeling you get...		the bad feeling
	become aware of the feeling.... let it build up in your mind... feel it in your body...		
Capability	You can do this... you can allow that feeling to come in to your mind... your body... because it is only a memory... and nothing in your own memories can ever harm you...		Reframing = harmless
	and think about what might symbolise that feeling... bring that symbol to mind.. and allow the feeling to come forward....		Set the symbol
	just be curious about the feeling... how you have it... where you feel it... it cannot harm you... you can regard it as if it was something that has come into you... as if you are looking at it sensing it from the outside... a strange thing that has nothing to do with you...		Set the feeling
	Fire the anchors...		
	And when you are ready... when you have decided that you have had enough of the feeling... think of the image of that feeling...		Say this fast...
	and then... PRESS BOTH INDEX FINGERS HARD into the thumbs at at the same time... bring to mind those feelings of power and achievement and anger and the symbols of both hands		.. with rising excitement
	let those feelings overwhelm the bad feeling... and those symbols of power combine with and wipe out the symbol of the bad feeling...		say it with certainty
	Feel that power flush through you... see that old feeling being destroyed... feel it twist and die... enjoy the feeling of wiping it out...		
	Test the anchors...		
	Now slowly open your eyes...		
	And try to think of that old situation again... feel what you get now... be aware of how it has changed...		supposition
	[It is sometimes necessary to set and fire the anchors several times to clear everything]		

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NLP Magic Cinema Technique

Changing feelings by changing images

The client is told that they are sitting in a seat in a cinema. In front of them is a large blank screen. Above and behind them is the projection box. In their hand is a controller which determines which movie is played, at what speed, and whether it played backwards or forwards and whether it has sound or colour. The client can also control the size of the projected image.

In the scenario the client can safely view any aspect of their life. They can view a real memory and change some aspects of that memory. Or they can use their imagination to visualise some future event. Most clients feel very comfortable with the scenario because they are in control of the speed at which things happen on the screen. This metaphor is most commonly used in the Fast Phobia Technique and is very effective for a wide range of purposes.

The Magic Cinema

First, imagine yourself in a small old fashioned cinema. You are the only person there. You're sitting in a seat near the middle. On the screen is a black and white photo in which you can see yourself in the situation just before you had the phobic response.

Next, imagine floating out of your body, and up into the projection booth behind you. From there in the projection booth, you can see the screen, and you can see yourself sitting down there in the seat in the middle of the cinema.

Now, look at the screen. That snapshot on the screen turns into a black and white movie that begins to play slowly. Watch it play from the beginning, up to just beyond the end of that unpleasant experience.

When you get to the end, I want you to stop the movie, and then run the movie backwards. You will see everything happening in reverse - people will walk backwards, things will move backwards and run the movie back to the start.

Then run the movie forward in colour, but do it really fast, taking one or two seconds to do it. Then run it backwards in colour. Then run it forward again, but this time as it gets towards the end, the whole screen shrinks in size until is as if you are watching an animated postage stamp.

Then run the movie slowly forwards again but this time add funny voices to the people, add circus music to the soundtrack, see clowns leaping around in the scenes, see the thing you are worried about becoming tiny or getting stamped on, or getting washed away down a drain. Then run the movie backwards and forwards as fast as you can.

Go back and think about what it was that was giving you the problem. You will find that your reaction to it is now different.

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Visualization

Guided Visualization Exercises

Visualization Exercises: learn how to visualize. The following easy visualization exercises will help to improve your visualization skills. Many people believe that they can't visualize. They actually can, but they need to do some visualization exercises in order to learn how to visualize better. With a bit of practice you can learn to visualize anything easily and quickly.

This page lists some graduated exercises to teach you how to visualize, and shows how to use visualization techniques for meditation and relaxation.

Guided visualization is simple. Find a quiet place, close your eyes, focus on your breathing and begin to use these visualization exercises to increase your visual imagination.

Visualization Exercises

Some people are better than others at visualizing. Some people believe that they cannot visualize, but what they are actually experiencing is the inability to visualize on demand. Everyone has experience of dreaming, and dreams are just visualizations, so the ability is there. You just need to develop it. If you cannot visualize colors or you only get words or feelings don't feel you have failed or that you have to try extra hard. Just use a visualization technique that allows your mind to drift and see whatever your mind lets you see.

Easy visualization exercises

Everyone can learn to visualize. For example, look straight ahead and then close your eyes. How much can you recall of what you have just been looking at? Most people can picture very little, but everyone gets better with practice. Repeatedly opening and shutting the eyes and trying to visualize more of the scene will prove to you that practice does increase the ability to recall the image and that you can train yourself to visualize.

The Eating a Lemon Visualization Exercise:

Imagine you are in a kitchen somewhere.

On a bench is a basket of lemons. You reach out and select a ripe yellow lemon. You feel the weight of the lemon in your hand..., you slide your fingers over the smooth waxy skin... feel the dimpled texture... You lift the lemon to your face and breathe in that lemony smell... and then you slice the lemon open. As the bright yellow flesh is exposed you see the juice run out... a lovely lemony citrus aroma fills the room. You cut a slice and put it in your mouth. You bite down on it the juice runs over your tongue... your mouth fills with the taste of lemon juice...

Most people will find their mouth watering after reading the Eating a Lemon visualization exercise. This is because in order to make sense of what you hear or read your brain has to retrieve the memories - the images, smells, textures - that the Lemon Visualization brings to mind. The experience of eating a lemon is something that generates powerful physical reactions. Recalling eating the lemon recalls the distinctive reaction, and your body responds with a conditioned reflex. The Eating a

Lemon visualization exercise demonstrates that words undoubtedly do have a physical effect on the body.

How to visualize: Association or Dissociation?

The main visualization technique used in therapy is dissociation. Dissociation allows you to distance yourself from your problems, but needs the ability to visualize in order to work. Association means experiencing something as if you are there, seeing it through your own eyes, experiencing it directly and immediately, as opposed to Dissociation, experiencing something as if you are an observer, looking at it happening from the outside.

In the lemon exercise, you were associating into the experience. You were experiencing the taste of the lemon in your mouth, the feel of it in your hands. That is one way of experiencing things. The other way of visualizing is Dissociation, seeing something happen as if you were a detached, independent observer. Association is immediate, personal, emotional, involved. Dissociation is distant, detached, unemotional, calculated. You need to learn the difference and to decide whether you want your visualization to be associated or dissociated. They have different purposes. If you want to feel the emotion, get excited, fire yourself up - you use Association techniques. If you want to distance yourself from an emotion, to get in control of a situation, to feel calm about a threat - you use Dissociation techniques.

Graded Visualization Exercises

If you think you can't visualize and you want to increase your visualization ability, then you need to do some visualization exercises. You should aim to do a series of exercises going from simple single images to increasingly complex visualizations.

Visualizing simple objects

For example, to train your visualization skills try imagining a flower, a coin, a cold bottle against your cheek, the feel of stroking a cat, the sound of the national anthem. As you get better try adding movement and action to the visualization. It will come with practice.

A first visualization exercise

Close your eyes, and imagine a circle. In this visualization exercise you can imagine it floating in front of you, or maybe think about it lying on a table, or the floor. When you have something, become aware of what you know about it - its colour, size, thickness and so on. The more things you know about it, the better your natural visualization skills. If you can do that easily, move on to the next exercises.

If you only get a vague feeling of 'circleness' that's OK. Try developing that by imagining making the circle with your arms, or creating a circle of people. If you get a stronger response by doing that it is likely that you are one of those rare people who experience the world kinesthetically, by touch and feelings, rather than by images. That's OK too - it just means that you will end up with two good ways of experiencing the world. You should then just accept that it will take a bit longer, but you will be able to visualize eventually. Start with imagining a line, or something like a line, a rope or a stick. Then imagine the line bending. Then bend it the other way. Then get it to bend all the way round into a circle. Then change the circle into a triangle, then a square and then have fun changing to other shapes, getting them to rotate, to fold, to twist, to fill with color and so on.

A visualization exercise for hypnosis induction

Put yourself somewhere comfortable, close your eyes and relax. Then visualize a blackboard, or a sandy beach, or a wide blue sky, and imagine a big circle getting drawn. Then imagine a capital 'A' being drawn inside the circle. You can draw it yourself, or you might choose to just watch it appear. Then the 'A' is erased and a 'B' is written inside the circle. Continue wiping out the last letter and writing the next letter until they are changing automatically. (Once that happens you will probably feel a little strange, because you will have entered a light hypnotic trance. It really doesn't take very much).

Continue this exercise. Stay in the relaxed state and imagine you are lying back looking up at the sky. Visualize a cloud appearing in the sky and then get it to move off to one side. Then gradually imagine a series of clouds moving across the sky until they are out of sight. Then while you are still entranced, visualize one small cloud in the middle of the sky, and allow your mind to go free. Watch as the cloud changes into something, don't try to force it or think of anything in particular, just allow whatever happens to happen. You should begin to experience different shapes in the cloud, and your subconscious mind may then be drawn away to something suggested by the images in the cloud, and you will be visualizing automatically. This visualization exercise shows that visualization is actually a form of self hypnosis and is also the basis of Affirmations.

More visualization exercises to try

a) a waving flag

First imagine the national flag. See it on a roof or on a flagpole, and then imagine how it will look if a wind blows on it, and then increase the force of the wind. Then imagine the wind moving trees, grass, bits of paper flying about.

b) a simple memory visualization....

Allow yourself to relax. Imagine you are floating high up in the sky. You don't have to see anything, just imagine yourself flying, floating, suspended in the air. Then imagine you are looking down at houses and rooftops. Visualize what your own house might look like from the air. Then imagine floating down and you are outside your own front door. Imagine going up to it, see the color, what it is made of, see the parts of the door, panels, glass, the handle, or a door knob... You can go and have a look at the real door, check how accurate you were.

When you get more practiced at visualization you can repeat this exercise, and visualise the door opening... and go in and imagine floating through all the rooms.

c) a water reflection visualization....

work at seeing your face reflected in a pool. Let it come and go until you can see yourself clearly. then imagine you are standing behind you looking at you looking at your reflection in the pool. Then imagine you are standing to one side, seeing the reflection in the water and the side of your face at the same time. Then imagine moving further away and seeing yourself looking in the pool. Then imagine watching yourself moving away from the pool and doing something else.

d) visualize looking through a window ...

see yourself working on something.... at home or in a room somewhere.... on your own... First you look through a tiny crack in the curtain or blind... and you you can

only see... a hand, maybe.... then the gap opens and you can see a bit more... then a bit more.... until you can see the whole of you and what you are working on... and then the interior like you were standing there watching. Then increase the difficulty... see yourself working on the thing, but reflected in a mirror..... so that you can see both images at the same time

e) visualize growing up....

see yourself growing from a child to a teenager... visualize every detail of how you are dressed... what your hair looks like... see yourself going to school.... imagine you are a reporter following the life of that teenager growing up. See what that reporter would see, through her eyes. Then see yourself watching the reporter watching you. Visualize seeing words in the notebook.

f) visualize yourself running in a race...

but from the vantage point of someone standing on the finishing line, and commentate on the race as it develops. Watch as you get closer.... stand there as the image gets bigger.... comment on the sweat and how that runner is breathing... keep looking as the image gets so big you can look right into her eye.

Invent your own visualization exercise....

Then invent some visualizations of your own. Imagine yourself on the TV news holding up a cup. And then rewind the movie back to the race. See the finish, then the event, then the warm up, then the dressing.... and so on.

You need to practice, practice and exercise the visualization ability. It will work. You might need some patience but it will come naturally. Everyone can visualize. We know this because everyone can dream. And that is pure visualization.

A focusing visualisation exercise

This is a longer and more complex visualization technique that goes beyond simple guided imagery. Focusing is a powerful visualization technique used as a way to get into the emotional part of your life, to identify and remove emotional or psychological blocks.

A guided imagery script

Find somewhere quiet

Relax and close your eyes.

Take a deep breath and let it go noisily.

Do it again

Take another breath and just let it go gently, but as you do shrug your shoulders and let your arms relax.

Take another breath and let it go gently, and as you do allow your arms and legs to get heavy.

Allow your breathing to settle and focus on each out breath.

Just become aware of the breath coming out.

Focus on your breath, as it comes in gently and goes out gently.

Focus your awareness on the passage of the air as it passes inside your head and throat.

Now, count to yourself as you breathe. With each breath out, say 'twenty', then 'nineteen'.... and so on. As each number arrives think of it in a different colour, or texture, or style.... As each breath goes out... imagine the number moving further away... As you think of each number imagine you are getting loose and limp and letting go more and more...

Then with the next breath the next number starts further away and as you breathe out gets further away still... Keep doing that until you just cannot think of the next number... and the numbers are too far away.... if you get down to 'one' then start again at 'twenty' but use a different style of number, maybe made of cloth this time... and continue to imagine each number getting more distant.

At some point you will find you are totally relaxed and don't care about the numbers... you just can't think of the next one....

Enter the State

You are now in the Focusing State....

Now allow your mind to drift to a problem, or some incident... or whatever you choose to think about. Allow your mind to drift over the various parts until you get a feeling, a tension, some sort of emotional reaction.

It is quite possible that you will be jerked out of the State by the emotion, the fear.

That is OK.

Remember, nothing in your own mind can ever harm you.

Give yourself a few moments and then go back to the breathing and repeat the procedure. At some point you will find part of you relaxed and part of you feeling the negative emotion.

You will not be able to do this instantly. Do not give up if you cannot immediately get this to work.

You will have to practice it.

A lot.

Many people use visualization because they cannot relax. This is the method that will get you to relax.

What is happening for people who say they cannot visualize is often that as they begin to relax the anxiety creeps out of its box and causes them to be afraid and they snap right out of relaxation again so they never actually get to relax.

When you are in the flow State the first thing you will notice is that the negative feeling is not actually all that bad once you mentally acknowledge and accept that it is there and has a right to be there.

It is a legitimate part of you and has to be acknowledged.

Then what you do is get curious about the emotion, the tingle, the feeling, the fear, whatever it is that you are feeling. Just become aware of it... of its shape, colour, however you experience it.

Then ask your mind to allow you to have a image of that feeling, fear.... etc.

Just wait, and something will appear.

You will know it when you get it.

Explore the State through visualization

Then start to play with the image. It might be a memory. Doesn't matter. Allow the question to drift into your mind 'what would be fun to have happen to this image?' Do not force anything. Just let your mind roam over possibilities, and something will seem just right.

Try that something, allow it to change colour, change shape, whatever. At some point you might find that it just does not want to change any more. That point is where you ask 'what is it for? What is the purpose of this thing?' And you wait for an answer.

You ask the thing, not yourself.

Just allow your mind to be blank and it will come to you.

If you find yourself thinking in words and worrying about whether you are doing it right then you have left the State and need to start over and go back into it.

After a while you will be able to relax right into the State after the first few breaths.

When you ask it what it is for, you will get an answer of some sort. This may be a revelation in your understanding of your self or it may be something that you decide you don't want. Either way you take the answer and you start asking for an image of that and you go through the process again of allowing that image to change. Either you won't be able to change it any further and you know how to deal with that, or you will find that it just spontaneously clears. You will know in yourself that it has cleared.

Repeat the Cycle

The whole cycle will take twenty minutes or more, depends. But as you do it over and over, you will get better and better at visualizing.

Just don't force it.

If you consciously try, the only thing that happens is you leave the State instantly.

Once you get into the flow State, you will recognise it again immediately and you will know when you are or are not in the State.

When you feel you have come out of it, just relax your mind and go back down into it.

That is the state of complete dissociation, which is what meditation, yoga and mindfulness are aiming for.

People who can't relax and can't visualise don't know what that experience is like, which is why they are not able to achieve it. They are trying too hard. The moment you stop trying, it will appear.
For each session start off where you left the last one.

Chakra Balancing Visualization Exercises

There are seven chakra energy centers in the body. Each chakra is associated with a color, and each chakra reflects the state of one part of your body and mind. Each chakra energy center connects to all the other chakra energies. Think of the seven chakras like glowing, moving balls of color. Each chakra is independent, but every chakra affects every other chakra. When all the chakra points have the same brightness, the same energy, then the chakra is in balance, and the body is healthy.

The Chakra Centers

First Chakra: The Crown Chakra...

The Crown Chakra is Purple. The crown chakra is located on the very top of your head. The Crown chakra is the source of self awareness, of spirituality and oneness with the universe.

Second Chakra: The Third Eye Chakra....

The Third Eye Chakra is Indigo. Also called the Brow Chakra. The third eye chakra is located on the forehead, just above the space between the eyebrows. The third eye chakra lets you view yourself in perspective, and is the source of intuition and self knowledge.

Third Chakra: The Throat chakra ...

The Throat Chakra is Blue. The throat chakra is located between the chin and the top of the ribs. The throat chakra controls self expression. Public speaking, asking for what you want, making your needs known, are all associated with the throat chakra.

Fourth Chakra: The Heart chakra....

The Heart Chakra is Green. The heart chakra is located in your chest, in the middle of the breastbone. The heart chakra is the center of love. This includes romantic love, family love and love of yourself. A balanced chakra lets you give love and receive love.

Fifth Chakra: The Solar Plexus chakra...

The Solar Plexus Chakra is Yellow. This chakra is located just below the bottom of the ribs. The solar plexus chakra governs self esteem, how you think about yourself, your self worth. The solar plexus chakra controls your feelings, and everything to do with the intellect and self image.

Sixth Chakra: The Sacral chakra...

The Sacral Chakra is Orange. The sacral chakra is located just below the bellybutton. The sacral chakra determines our self respect, our self image and our relationships with others.

Seventh Chakra: The Basal chakra...

The Basal Chakra is Red. The basal or root chakra is located inside the base of the spine. The basal chakra deals with feelings of security, self worth, every aspect of looking after yourself.

These seven chakras determine your spiritual balance, your health and well being. The seven shakras are not physical, you cannot see them. But you can sense them. Think

of them as spirals of subconscious spiritual energy. They interact with our nervous system which is why it is possible to sense them by thinking about them.

Guided Chakra Visualization Exercises

Everyone can learn to become aware of their own chakra energy.

If you think you are not managing your energy levels properly and you want to increase your Chakra awareness, then you need to do some Chakra exercises. Here are a series of exercises that focus on your chakras going from simple energy awareness to increasingly complex Chakra Balancing.

First Chakra Visualization exercise: Awareness

Allow your body to become relaxed, and then close your eyes.

What is happening right now in your body?

Become aware of what you feel. Think about where your back touches the chair, your feet on the floor, the position of your head, the weight of your arms, beating of your heart...

Allow yourself to be very still... to just become aware, become mindful, of what is happening in and around your body... focus on your breathing... become very aware of the breath as it enters and leaves... feel it inside your nose.... imagine it going down deep inside you.... Breathe slowly and naturally for several minutes... all the time just focusing on the out breath... and allowing your mind to calm down.... allowing your body to release and relax...

Then imagine a line running from the top of your head to a point between your ankles. It doesn't matter if you are standing, sitting or lying down.

Visualize each chakra in turn, spending a few moments getting a feel for the place where the chakra is located.

Slowly think about a point on the very top your head... as if there was a string pulling you up...

then move your attention to the middle of your forehead.... imagine a feeling of being rubbed there... imagine fingers making a circular motion...

then think about the throat chakra.... feel an awareness of something there, like a wheel gently turning...

then think about the heart chakra... imagine a soft light glowing inside your chest... you may feel it moving....

then move your attention to the solar chakra... just below your breastbone... become aware of a gentle movement... like waves lapping on a shore far away...

then move down to the sacral chakra.... become aware of an area of sensitivity at or below the belly button...

and think of the basal region... the chakra around the area where your legs join together... this often feels like the echo of another beating heart...

Don't force anything... take your time.... go over each place several times... some might be elusive... hard to find... but you will sense some connection along that imaginary line...

Most people will gradually become aware of some part of their body that is a little different, that seems out of balance with the rest. It might be more tense, or more tired, or just be trying to get attention.

Some people can feel very little at first, but everyone gets better with practice.

Repeatedly resting your eyes and getting in touch with your own body's responses will prove to you that practice does increase the ability to be self aware, and that you can train yourself to notice the state of your energy sources. Enjoy the stillness, and let your mind drift around your body. Don't be surprised if you find you have been away longer than you thought. That just means you are learning chakra balancing naturally.

Second Chakra Visualization Exercise: Wrist chakra

This chakra exercise shows that you can become aware of the power of the chakras. Sit comfortably with your hands on your thigh, fingers upwards. Shrug your shoulders a little, loosen your body and focus your mind on the wrists of each hand. You will find something different in the way each hand feels. You might find your mind wants to settle on just one hand, or maybe you can focus on both.

Continue to focus your mind on the wrists. Allow your mind to gradually become aware of the pulse in the wrist. As you focus you will become more and more aware of feeling of the pulse, of the blood in hands. Some people feel the pulse in the thumb. As you continue to focus on the pulse you will start to sense temperature differences in parts of the hand, the wrist usually gets warmer. Some people will find that one hand will start to tremble, or the fingers will twitch. This is because there is a minor chakra in the wrist, and focusing on the chakra causes it to interact with the nervous system. The focused energy of the chakra is what is making the hands warmer or colder, and causing the muscles to twitch. When you have a response, allow your mind to think of images of peace and safety, and then, when you are ready, return the feeling in your hand to normal.

The Chakra exercise demonstrates that focusing on the chakra undoubtedly does have a physical effect on the body.

Third Chakra Visualization exercise: Optimizing Energy Levels

Close your eyes, take three deep slow breaths.

Go through the steps of the Chakra Awareness Visualization Exercise.

Get in touch with your body, focus on the spirals of energy down your spine.

Go slowly up and down, sensing each chakra, its color, its vibration.

One of them will seem different from the others.

Focus on that one.

Allow your mind to open, to become very attuned to that chakra.

Then visualize the chakra as a glowing ball of light.

Allow the ball to be where it wants to be, it might be on the spine, it might move in front of you, even right out of your body. It doesn't matter. Let it decide.

Allow your mind to focus on the ball of light, notice how it is. It might be steady, or spinning, or pulsating, it may slowly get lighter or darker... or anything else... it depends.

Then start to think about what you want to have happen to that ball of energy.

You might want it to be bigger, or brighter, or slow down, or to start rotating.... each person is different, and each person will sense exactly what state of the energy is right for them.

Take as long as it needs to get the ball of energy the way you want it.

You will know when it is right.

Then move the ball back to its rightful place.

Don't be alarmed if you feel something strange going on. It is just the energy levels getting back into harmony.

Then do the same process with the next chakra.

And the next.

You might not be able to do them all in one session.

When you have done as many as you can or as many as you want to, imagine climbing up each chakra until you reach the Crown Chakra. When you reach the crown chakra become aware of all that accumulated energy, and let it pull you out and back to full awareness.

This exercise puts all the chakras into the optimal state and you will find an increase in the energy flow of your body.

Improved energy flow leads to improved health and well being.

Fourth Chakra Visualization exercise: Balancing

Close your eyes, take three deep slow breaths.

Go through the steps of the Chakra Awareness Visualization Exercise.

Get in touch with your body, focus on the points of energy down your spine.

Go slowly up and down, sensing each chakra, its vibration, its energy.

When you are fully in touch with your body, imagine drifting out of your body.

You can imagine floating up near the ceiling, or you might find yourself just standing watching yourself. It might happen slowly or you might suddenly find you are outside looking at your body. You may not see your own body, but you will be able to sense it.

From that position, notice the colors and brightness of each chakra.

Some may look duller than the others, or one might seem smaller or maybe one will be out of position.

Whatever the problem is, imagine you can reach in and hold the chakra in your hands.

Just let it lie there. Become aware that you can alter the chakra. You can make it brighter or bigger or whatever it needs. Just think about what needs to happen and it will happen automatically. You don't need to force it... just let it change.

When it has changed you will know, and you can let it return to its place.

Repeat the process with each Chakra until they are all identical.

You will then have achieved Chakra Balance and your whole body's energy levels will be balanced for perfect health.

Practice Chakra

You need practice to exercise your Chakra ability. You might not be able to sense your chakras immediately, but it will work. You might need some patience but it will come naturally. Everyone can get in touch with their own energy centers. Everyone has the ability to change how they feel by doing a Chakra Meditation Visualization.

Sports Visualisation script

Sports Visualisation Hypnosis Scripts are basically direct suggestion scripts aimed at building up the client's confidence and self belief. This script example is for a 400 meters runner.

The first part of the script is designed to remove negative triggers and replace them with confidence. The rest of the script is built around locking in keywords. The runner is trained to divide the race into four sections and perform differently in each section. In the script a keyword is attached to each section, and a set of responses is mentally linked to each keyword.

That way, during the race the keyword appears in the runner's consciousness at the right time and triggers the response the coach has put there through training.

	<i>[Use your usual induction... then....]</i>		
Target	Remove pre-race nerves		Technique
	Now take a deep breath and just... haaa... let it all go...		Breathing
	Take another deep breath... and just allow your mind to clear.... that's good.		Breathing
	I want you to imagine a day.... a perfect day.... a day when you waken up.. and every thing seems just right.... and you think about the day and you know that today is the day that has the most important race of your life....	V	Dissociation
Behaviour	Today is the day when you are going to show everyone.... but especially yourself... what you can do.	>	Reframing
Behaviour	Today is the day when you have absolute certainty.... and you can feel it, you can feel it in your heart... you can feel it in every heartbeat... you can feel it in your mind...	D	
	and as you think about it you can feel a wave of relaxation spreading from the middle of your forehead... across your eyes... and down your cheeks.... down through your jaw... and your neck... and your shoulders relax... and your chest is relaxed and your tummy relaxes.. and you can feel a way going all the way down... down through your thighs... and your calves and your feet.... down your arms.. all the way down to your fingers.... Totally relaxed...	D	Anchoring emotional response: race day = calm
	Getting ready for the race		
Behaviour	And that is your Racing Relaxation..... that is the feeling you get when you run a race....	D	
	Allow your mind to wander off to the meeting.... See the track... the people... see the other runners... the officials... the time keepers...	V	Possible triggers
Behaviour	None of that is important... none of that bothers you...	D	Defused
Identity	Because you are there to win.....	D	Reframing
	And as you get onto that track... you start warming up....	V	Possible triggers

	and inside you are feeling loose... and relaxed...	D	Defused
Behaviour	And everything is prepared... and you are fit and strong.... and all that training all that preparation... is coming back to you ... you feel totally composed.... completely at ease... completely relaxed... and ready for what is to come.	D	Reframing
The RACE - Install the trigger words			
	And you start ... getting prepared... into your track outfit.... and you are picking up your spikes and putting them on... and you are sauntering across to the blocks... making sure you are in the right lane...	V	
Behaviour	and everything around you goes quiet..... and you focus on your breathing... and you settle into the blocks... and your eyes are looking straight ahead... that track is curving round like railway lines.....	I	
Capability	and in your mind you can see yourself exploding out of the blocks.... Relaxing along the straight.... slingshotting off the bend.... and hurtling unstoppably towards the line....	V	The Four sections of the race.
Capability	and as you are thinking about that you are getting ready... and something inside you settles.... falls into place.... and your focus is on those lines....	D	
Behaviour	and you are breathing gently and easily.... your muscles are like coils of steel....	V	
	And shot goes ... and you are off....		Trigger point
Behaviour	And you explode out of those blocks... and it's like someone else is doing the running.... you feel that power in you... feel that surge growing in you.... you are exploding down there.... cleanly out of the blocks... straight on... roaring down that track....	V	EXPLODE
	And the paces start to lengthen.... and you are going... sailing... flying....		
	and you come up to the first hundred.... It is easy, effortless... and you pass that and you are going down the back straight...		Trigger point
Behaviour	and as you go down the straight... your are building up speed, you are building up momentum... everything is coming together... you pour on the power.... you are shooting down that straight.... hurtling down there.... just being amazed at how well your body is working... it is all happening automatically...	V	SURGE
	and you are soaring down the straight and you get to the bend....		Trigger point
	and you start going round that.. and it is like you SLINGSHOT ... like you have been fired out of a slingshot.... hurled out of a catapult...	V	SLINGSHOT
Behaviour	The power goes on even more... and you go roaring out of that like an express train....		
	And in your mind you are relaxed... as if there is a voice at the back of your head saying "This is easy. This is how it should be" And you feel fulfilled... complete...		
Identity	And at that moment you know that that's exactly what you want to be doing... exactly where you want to be... hurtling towards that line...		Reframing

	and you pass the three hundred mark.... the three fifty....		Trigger point
Behaviour	On and on... nothing in your mind.... just feeling your body respond... focused on your body... your legs are working perfectly.... fluidly ... easily... Your arms are slicing through the air... your legs are eating up the ground.... and all you do is to enjoy that feeling of flying... all that training comes in automatically...	V	RELAXED
	hurtling towards the line... and the other runner are like shadows... and you have gone past all of them and that line is ahead... you are way out ahead....	V	
Behaviour	and suddenly you become aware... there are people cheering... applauding... willing you on.... people at the track... people in your mind....	V	
Behaviour	and you don't think about it ... because you are still powering down that track... right to the end...	V	
Behaviour	And you burst through that line and still your legs are carrying you on... every stride as if it was your first...	V	
Behaviour	And you begin to slow down... and you throw your arms wide... and you throw your head back.... take in great gulps of air... and you feel so good.. and you know that this another winning race....	V	
Dissociation Visualisation			
Memory	and in your mind you can see more... dozens of them... one after the other... and you feel that perfect surge... as it is out of the blocks around the track...	V	Revivification
	It is as if you can see yourself from the side... and you can see how you go round effortlessly... powerfully.... giant strides eating up the track... sailing on and on... sailing past the others....	V	Dissociation
Capability	Seeing the look of satisfaction on your trainer's face... watching the stop watch going CLICK!... as you do another personal best...	V	Approval of Others
Capability	and you feel you could keep running forever.... on... and on ... and on.... the feeling is so good...	D	
Identity	and it all just comes together then.... life can be so good... that's what you were born to do... that's what you want to do... That's what you are doing... the ultimate in self expression... showing who you are through your body.... Pouring on the power and roaring round the bends... Hurtling through the line... Unstoppable... again and again...	D	Ego boost
	Take a moment now and enjoy that feeling... and build it up... and allow that feeling to grow.... that certainty... that pleasure.... on and on....		Anchoring
	and now imagine your next race meeting.... how is that transformed by being in that feeling?... How does that change how you feel about your performance? Think through every aspect of the race while you are in that feeling...	V	Core Transformation Technique
	Allow your mind to dwell on every part of the race... from the	V	Reframing the

	excitement of knowing today's the day.... to the pleasure of getting there.... getting stripped down and putting on the shoes... standing on the blocks.... and just waiting... that anticipation... of the pleasure that is to come.... and knowing how good you feel..... and knowing that you can go round that track perfectly.... it is almost as if you are unaware of it... and it is do easy... so simple.... It is such a pleasure....		whole experience
Identity	And you deserve to succeed.... You can succeed.... You are succeeding now.... You know what success feels like... You are a winner now... You are a winner for ever.	D	Ego boosting
Rule	You deserve to be a winner... you are entitled... to that pleasure....	>	Non sequitur
Capability	And you know that you can just reach out and take it now...	D	
Identity	And enjoy that feeling... over and over... and that's what running means to you...		Reframing
Internal Visualisation and Reorientation			
	So now [ClientName] just take a deep breath.... and then let go.... that's right.		
	And another breath... and allow your mind to clear... that's good...		
	And you can take as long as you want to come back to the present.... and as you do... allow your mind to roam over your body... becoming aware of your muscles... your bones... your ligaments.. your tendons.... becoming aware of how they all fit together.... as if you could massage them... as if there was a hand cleaning and polishing... firming and toning... healing... allowing your body to heal where it has to... strengthen when it has to ... building up to peak performance... and you can enjoy that too...	V	Give the client the option to do more work on anything that needs attention.
	And allow yourself to feel that...feel your body making changes... adjusting... flowing... learning.... until you are ready to come back to the present....	V	
	And then you can count from five up to one... in your mind... and when you get to one.... you will be back in the present.... ready for the rest of your day and feeling refreshed and relaxed....		Option for therapist led session
	Or you can decide to go into a deep refreshing sleep for the night... and just let go... by counting from ten down to one and becoming even more relaxed as each number goes by and you just drift away...		Option of using the script before bedtime
	So when you are ready... you can start counting....		

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Metaphors

All stories are metaphors. Stories can be used to deliver a metaphor in such a way that the client remembers it vividly and can recall the ideas in it later. We never forget the lesson in the fairy stories we heard as children. Stories do not have to be hypnotic or dramatic or even plausible. Stories can be true, and still be a metaphor for something else. Stories can be one paragraph or one page. Metaphors as stories are memorable, non-threatening and apply to a wide variety of situations. Clients think about the stories they have been told, and unconsciously find parallels with parts of their lives. Pattern matching is at the core of human thinking.

Creating original metaphors

Creating metaphors follows much the same process as creating hypnotic scripts. You identify who is involved in the problem, what the behaviour pattern is, and what elements make up the behaviour pattern. Then you let your mind roam for a bit and identify a metaphor situation that would be acceptable to the client. Within that situation you use clichéd standard perceptions in order to tap into the client's belief system. For example all French are great cooks, all Italians are excitable, all Scots are mean. Or that there are enchanted forests filled with elves and unicorns and other well know characters that the client can be expected to recognise. The actual situation doesn't matter as long as the client can identify with the powers and failings of the characters.

Then you create one story character to represent each character in the problem situation. You create one activity for each element in the problem behaviour, and then one solution for each element. Then you link them all into a logically coherent story.

The following example shows how I went about writing a metaphor when I was asked to create a brief metaphor suitable for a 10 year old boy who has frequent asthma attacks.

Where to set it?

In this case the client is a child so some sort of magical power might be both acceptable and memorable. I needed to set it in some magical place. I often set my metaphors in exotic places where strange things can happen so I chose to use India as somewhere a boy might have heard of but not know much about.

Who are the actors?

Is the situation just something the client does, or is it about relationships with other people? Create a character to represent the client and each person in the situation. In this case there is only one character, the client, but I thought the child would need some assurance of an outside resource, so I created a character to represent the therapist.

What is the behaviour cycle?

Is there a cycle of events? For each event in the cycle create a matching event in the metaphor and a matching way out of the problem

Current situation	Metaphor Situation	Solution
Sudden stress	Appearance of snake	Graduated exposure

Loss of control	Fright	Learning control
Panic	Panic	Resource is there
Breathlessness	Breathlessness	Breathing control
Eventual calm		Out → down
Fear of repeat	Avoiding snake	Pride in ability
Anxiety	Staying away	Snake retires

What resource does the client need to get?

Belief that he can control it.

Way to stop the panic attack growing.

Put the child into trance and then tell this story.

The Snake Charmer

Target	Dialogue	Comments
	I wonder if you know that I used to live in India?	Set up magical place
	India is an amazing place. There are monkeys in the trees and elephants walking down the streets.	Emphasis strangeness
	And in the streets and you can watch people juggling with swords and eating fire and spitting out big flames and getting tied up in chains and padlocks and escaping and everyone applauds and throws them money.	Metaphors for strange abilities
	And there are snake charmers. They have a great big cobra, a real live snake, in a basket, right there in the street. And when the man takes the lid off the basket the snake wakes up and it rises out of the basket standing there angry and hissing and flicking its forked tongue... ready to bite anybody and all the people move back... but the snake charmer plays a thing like a flute... and snake hears the music and with just the music the man makes it dance... this huge poisonous snake with two big fangs ... sways from side to side while the man plays the music and when the music stops it goes to sleep again.	Set up the story situation – a dangerous thing controlled by magic
	Metaphor of the problem	
Identity	I used to know this boy who was there.	Main character
	He was about your age and one day he was there and he didn't notice that the snake charmer took the lid off the basket and the snake came out right next to the boy.	Problem starts
	And the boy got such a fright he became afraid to go into the street and every time he had to go there he got this feeling of panic and a feeling in his chest like he couldn't breathe.	Match the boy's problem
	And he always worried that he might have to go there	Similar

	again. Even just thinking that maybe he would have to go there again made him feel breathless sometimes.	anxiety
	And just thinking about the snake he always imagined it as cold and slimy and fierce and huge and he got really afraid to go into that street anymore.	Similar Helplessness
	Metaphor for the cycle	
	Well the snake charmer heard about this and he wanted to help the boy.	New resource = therapist
Behaviour	He got the boy to come into the street and he showed him that the lid was on the basket so the boy could relax.	Safe to look at the problem
	Then the man surprised him - he lifted the lid for just a second – and put it back on again. The boy saw the big snake sleeping inside but it was so quick that the snake did not have time to even move.	Graduated exposure
	The man did this many times – lift, look, close – until the boy felt comfortable about it.	
Capability	And then the boy got really brave. He asked the man if he could lift the lid himself.	Finding resource
Capability	And the snake charmer looked at him and said ‘Yes: you are old enough now to be able to do that’.	Indirect suggestion
Behaviour	So he copied what the man did – lift, look, close. And soon he was quite relaxed about it.	
	In fact he got quite too casual about it, and started showing off, and left the lid off too long and the snake rose right up in front of the boy.	Sudden panic
	And the boy was so frightened that he felt his chest close up and it was hard to breathe and felt he might die of fright.	Reminder of asthma
	Metaphor for the resources	
Rule	But the snake charmer wouldn’t let that happen.	Reassurance
	He took his flute and started playing again and the snake began to sway and then it went back into the basket.	Demonstrate control
	And then the man said to the boy – Can you keep a secret?	Resource
	And the boy said he would never tell the secret.	Resource
	The man made sure there was nobody else around and then he whispered ‘It’s not the music that controls the snake. Snakes are actually deaf’.	Revelation of weakness
Capability	To charm the snake, all I have to do is to move the end of the flute side to side and the snake follows, and when I move the end of it down the snake goes down.	Secret ability
Identity	And the boy learned that that great big snake wasn’t so strong after all, it couldn’t even hear, and it was so stupid that it would do whatever it was told. And the boy laughed about that.	Giving superiority
Identity	And after the boy knew that he was able to start to learn how to control the snake.	Suggestion

Behaviour	The man showed the boy how to lift the lid and move away... and when the snake rose up the man started playing the music and boy pretended to be playing the music along with him... and the boy started to breath in time with the music, he discovered that when he breathed out the snake would go down a bit, and then another gentle breath and the snake would go down a bit more... and pretty soon that boy could control the snake just by breathing.	Suggestion of how to manage the panic feelings
Identity	The man was really impressed. He said 'You do that thing with your breathing so well. You could be a snake charmer yourself'.	Reframing
Metaphor of getting rid of the triggers		
	And you know that boy was never bothered by the snake again. He could run around in the street and often waved at the man and he even got a bit fond of the snake in the end.	Problem resolved
	And when he grew up the snake got really old and it was too old to dance and too old to frighten anybody as well but they didn't say that.... so the boy and the man took it out to the countryside one day... and let it go.... And it's retired now.	Let the problem go into extinction

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Reframing Metaphors

The essence of a reframe Metaphor is that it uses a tiny story to illustrate a point, to get just one idea across in a memorable way. Reframe Metaphors do not labour the point, do not go into explanations, all they do is to tell the story and move on. It is up to the listener to recall the story later, and see the relevance. And they usually do.

The Kaleidoscope

When people come to therapy they are sometimes afraid that through the process of change they will lose some essential part of themselves. In fact who you are changes all time as you grow older. People are made up of a collection of many parts, and those parts are continually re-arranging themselves. I wonder if you have ever looked through a kaleidoscope, the child's toy with little bits of coloured glass inside? In the kaleidoscope the same number of parts can be made to create millions of different patterns. The exact detail of the patterns is not under your control, but you can turn the lens as many times as you want to create more and more patterns until you find one that you want to keep. I often think of people who come to therapy as having a pattern that they don't like and not being able to change it themselves. So really, all therapy does is to reorganise life's experiences like a kaleidoscope.

The Power of Belief

Henry Ford became the richest man in the world by creating and running the Ford Motor Works. He started life as a farm mechanic but became a success because he had a clear idea of how the world worked. He said something that I think you might want to ponder. 'In every situation', he said, 'it doesn't matter whether a man believes he can, or believes he can't, he's right'.

Out of thin air

In 1640 Jan Baptista van Helmont, a Flemish physician and chemist, carried out an experiment. He took a pot of soil, and a willow sapling and weighed both. He planted the little tree in the soil and carefully watered it for five years. At the end of the five years he then again weighed the willow tree and the soil. The tree had increased in weight by 164 pounds, but the soil had decreased in weight by less than two ounces.

Where had the material of the tree come from? Out of thin air. At the time nobody understood that plants take oxygen and carbon from the air to build their leaves and stems and flowers. Just because we don't understand a process doesn't mean it isn't happening. Every time you look at a tree you might like to remember that it's actually made out of thin air, and maybe also wonder about what invisible processes might be going on in you, right now.

Boiling a frog

It is said that if you put a frog into hot water it will immediately react and jump out. However, if you put the frog into cold water, and slowly heat the water, the frog will not notice the gradual change in temperature and will stay in the water until overcome by the heat.

This metaphor reminds us that too often we put up with circumstances that are not ideal, and then don't notice when they gradually get worse and worse. The correct response is to totally refuse to accept less than you are entitled to, to not tolerate anything not quite right. That way you will not be fooled into gradually accepting someone else's bad behaviour.

Shaking out change

Sometimes when people need to change, they get frustrated. People expect that once they decide to change, and stick with it, the change should start immediately, and they should see results immediately. However, a friend of mine says that it is not really like that. The process of change is not orderly and progressive. Change is actually like getting ketchup out of the bottle. You take the ketchup bottle, and you shake and shake and nothing comes out. You put more effort into it, you shake and shake and nothing comes out. Finally you give it one last shake and SPLAT! the ketchup splatters all over the place. Change is like that.

The perfect toy

A marketing company were trying to find out what toys kids really liked. So they organised a room, and a caregiver, and put a pile of their new designs into a big box. They then brought in about a dozen kids and told them they could play with any of the toys in the box and they could keep the toy afterwards. The marketing people then left the room so as to not influence the kids in any way. The idea was that they could find out what kids really liked from which toys the kids wanted to keep. So they left the kids to play for half an hour and went back. The toys were scattered around the floor forgotten, and all kids were happily playing in the large cardboard box the toys came in.

The angry bird

Some birds are very territorial, that is, they decide that some part of the garden belongs to them, and nobody else. Of course, gardens are in short supply and the ownership of a vacant part is hotly disputed. Now, birds are fragile creatures, so if they were to physically attack each other both of them would be injured. So what the birds do is to strut around and pretend to ignore the other bird. They both aggressively tear up bits of grass, and furiously scatter them around, all the while keeping an eye on the other bird, hoping that the other bird will be so impressed by this that they give up and find their own garden. This is called displacement activity. It's not just birds who do it.

The talking cat

There was this lady, and one day she got the idea that her cat was trying to communicate with her. For weeks and months she tries to get what the cat is trying to tell her, but hears nothing. And then one day, she just gives up worrying about it, and to her amazement she can hear the cat clearly. 'When did you learn to talk?', she says. The cat replies 'I've always been able to talk. It's just that you weren't listening properly'. The woman says 'But I am always listening!'. The cat politely pointed out that the radio is on, and there is traffic outside, and birds are singing but while she's

focused on trying to understand the cat, what can she hear? 'Nothing', she replies. 'Exactly.' said the cat.

The blind matchseller

Many years ago there was a blind man who stood outside the railway station and sold boxes of matches. And every day a man stopped briefly in front of the blind man, dropped the three pennies in his tray, and then walked on without taking the matches. This continued for many years, and the blind man became accustomed to the man's footsteps coming towards him, and then the rattle of the coins.

One day the matchseller listened for the familiar footsteps, heard the coins fall, and said, 'Excuse me. Are you the man who always pays for the matches and then doesn't take them?'

And the man said 'Yes'.

'Well' said the seller, 'They've gone up. They're sixpence now'.

The cook and the chef

Every one can cook, everyone buys the same ingredients, and most people can produce eatable food. Yet a top chef can take the same ingredients in the same house and produce an unforgettable meal. The difference is that the chef cares about the quality of the outcome, refuses to accept ordinary. It's not the ingredients, it's how you think about the result. It's not what you start with in life, but what you choose to do with it.

The worry tree

I have a friend who is a social worker. Her daily work consists of visiting people who have been abused, people who don't know what to do or where to turn to, people who are terminally ill, people who have no way out of their troubles. Every day she deals with things that make you want to give up and cry. I went home with her one night to collect something for work, and as we got inside she took her coat off, did some strange passes with her hands, then looked in the mirror for a while, made a face, and carried on as if nothing had happened. She then went in and scooped up her little daughter and became a happy solo mum.

Curious, I asked her what the mime in the hallway was about. She told me that when her beautiful daughter came along she realised that she just couldn't enjoy being a mother and bring all the stuff she was dealing with into her home. So every time she comes home now, she takes off her professional face, hangs every one of the day's problems on a hook, looks in the mirror and practices the big happy smile she is saving up for her daughter. 'And' she said, 'I don't have to worry about other people's problems for another twelve hours, they are hanging there by the door, looking after themselves, while I get on with my life. And then in the morning I pick them all up again on the way out.

But you know, by the morning some of them aren't there any more, and the rest have shrunk in the night'. Maybe everyone should plant a worry tree?

Invisible Fears

A friend of mine went camping for the first time. The site was in the woods among tall trees and a stream nearby. It was perfect.

After a meal cooked over the campfire my friend watched the sun go down and listened as everything grew quiet in the evening air. The birds settled down and there was nothing to hear but the wind in the leaves. Soon the solitude and calm had a magic effect and my friend settled down to sleep. Sometime in the night, my friend was wakened by a noise outside. Not being an experienced camper, all the food had been left outside and a bear had smelled it, was digging through the packages, ripping open the plastic bags and rummaging through the backpack. My friend lay there in the darkness, terrified to make a sound in case the bear heard. The noises outside got nearer and louder. My friend spent the whole night straining to hear every sound and if the bear was going to tear the tent open.

Morning came and my friend stumbled with relief out of the tent only to discover that a squirrel had been searching through the wrappings in the night.

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Let go of the small stuff

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with eggs. He then asked the students, if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the eggs. He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed, "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The eggs are the important things - family, children, health, friends, and favorite passions – things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, house, and car. The sand is everything else --The small stuff."

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the eggs. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

So... Pay attention to the things that are critical to your happiness. Play With your children. Take time to get medical checkups. Take your partner out to dinner. There will always be time to clean the house and fix the fence. "

"Take care of the eggs first -- The things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Multiple Embedded Metaphor Technique

Multiple embedded metaphors consist of nested stories containing therapeutic ideas. Typically three metaphors are used in sequence. Each metaphor matches some situation the client wants to change. The client is introduced to the first metaphor and is led through it to some dramatic point where the story is left hanging at some unresolved issue. Then the therapist starts on a second story and again the client is led to some dramatic point and that story too is left unresolved. The third story is introduced but it is taken to its conclusion. This third metaphor is the central aspect of the therapy session. It can be pure metaphor or elements of direct suggestion may be incorporated into this core part. The advantage doing an intervention in the midst of unresolved stories is that the listener will be in some sort of tension, looking for resolution of the stories, and therefore more open to new ideas and the possibility of change. The stories resume and the issue inherent in the third metaphor is resolved, usually by showing how the protagonist used some overlooked resource. Then the theme of the second story is picked up again and taken to its conclusion, ideally showing how the same resource was used to solve the second problem. Finally, the third metaphor story resumes where it left off and the client is shown how to resolve that too. The third story is often resolved paradoxically, or humorously. Multiple embedded metaphors were used by Erickson, but are primarily associated with the work of Lankton and Lankton (1983). Lankton and Lankton claim that working in this way is more effective than working with a sequence of simple metaphors, and is their recommended way of dealing with more complex problems. The metaphors are usually delivered while the client is in trance, although they can also be told while the client is fully alert.

Lankton and Lankton (1989, p87) state that for therapy to be successful, change must occur in one or more of six areas of life:

1. Bonding and age appropriate intimacy
2. Self image enhancement
3. Attitude restructuring
4. Social role change
5. Family structure change
6. Enjoyment of life

They give the following general strategy for constructing multiple metaphors:

1. Listen to the problem as offered.
2. Guided by the six areas of desired outcomes, list the dramatic themes that are present in the current situation, and those that should be part of the desired outcome.
3. Construct simple metaphors that parallel those dramatic themes.
4. Design appropriate general outcomes.
5. Arrange the outcome to create suspense or mystery.

The metaphors can be delivered as one story in one session, or can be spread over multiple sessions. They recommend that the sessions not be time constrained, typically taking more than one hour to deliver. Whenever necessary or appropriate, the metaphor can be deviated from to include other forms of therapy delivery such as direct suggestion or visualisation.

The induction process is used to gather information relating to all six areas, and to consider what changes might be needed in each. For each area the nature of the problem, if any, is noted. Then a metaphor is created which parallels the client's situation in that particular area and shows it being resolved in some way. Much of this work is an indirect reframing of the current situation, rather than being designed to teach new resources.

The metaphors are noted in point form in one or two sentences and an overall theme chosen that will link the various parts together logically. The actual dramatic outcome of each metaphor is not considered the main focus, what is important is that the metaphor touches upon all or most of the concerns of the client, so that the client is stimulated to make multiple associations between the metaphoric situation and their own situation. The choice of overall ending needs to be matched to the basic nature of the client.

For another example of a script using multiple embedded metaphors, see the [Crystal Mountain](#) script and the Making Money scripts.

Big Purple Elephant

An annotated example

To illustrate how multiple embedded metaphors might work, consider a case where a person cannot give up smoking. The person feels helpless in being unable to change, realises that smoking is socially unacceptable and is causing isolation, and the smoking is noticeably affecting their health. The problem is that the person cannot access the resources needed to change.

Using the Lankton methodology, an analysis of the problem situation would show that there are four areas needing to be addressed.

Helplessness

Isolation

Becoming ill

Lack of resources to change

Each issue would have a metaphor created for it, and be embedded into a metaphor structure:

First Metaphor - Helplessness

Second Metaphor - Social isolation

Third Metaphor - Increasing ill health

Direct Suggestion - Connection to resources

Third Metaphor - Problem resolution

Second Metaphor - Problem resolution

First Metaphor - Problem resolution

Using this template an original three part story was created to illustrate how the framework is used. In this example an anthropomorphic style was chosen:

First Metaphor - Helplessness

There once was a doll who was sat high up on a shelf. The doll didn't know how she got there, and the shelf was so high that she was afraid of falling, and so she sat very very still and way afraid to move.

Second Metaphor - Social isolation

All day long the doll sat on the shelf and looked down at all the other toys on the floor and wished that she could join them. But week after week the doll would sit there, afraid to move and feeling very very lonely.

Third Metaphor - Increasing ill health

The doll had also realised something else. With all that sitting there and not moving she was beginning to get ill. Instead of running around with all her friends she was getting no exercise at all and her arms and legs were getting very very weak.

Direct Suggestion - Connection to resources - ask for help

Well one day the doll was looking down at the toys and there was another doll lying there in the middle of the floor. This was the Dancing Doll. He had lost one of his legs. He was lying there crying and trying to move but it wasn't working and all the other toys, the teddy bears and the soldiers and the big stuffed tiger with the one eye missing were not looking at him and pretending to be doing something else. When suddenly the Big Purple Elephant appeared. The Big Purple Elephant was the oldest toy in the house and all the other toys were afraid of the Big Purple Elephant. The elephant went over to the Dancing Doll and asked what had happened. The dancing doll explained that he had been trying to do a new dance when it all went wrong and

he came crashing down and broke his leg off. And now he was stuck and nobody would help him. And he felt so unhappy, so useless and helpless. Well roared the Big Purple Elephant, 'we'll see about that'. And the elephant called the teddy bears over, and the soldiers and the big stuffed tiger with the one eye missing. 'Why are you not helping the dancing doll?' demanded the elephant. 'Because we didn't know what to do', they said. 'And we were embarrassed to ask' said the stuffed tiger, 'in case it was wrong'. 'How can helping someone be wrong?' said the elephant. And he ordered them to look for the missing leg. The soldiers marched over to the window and the teddy bears looked in the corners and the tiger hid under the toy box because he was ashamed of his behaviour. And guess what? The tiger found the leg right there! And soon the dancing doll had his leg back on and was dancing as good as ever.

Third Metaphor - Problem resolution

And as the Dancing Doll was trying out his repaired leg he leaned back and noticed the doll on the shelf. 'Why are you sitting there?' he asked. 'Come down and join us'. 'I can't', said the doll on the shelf 'My arms and legs are weak and I don't feel well. 'Well, when you come down off the shelf your arms and legs will get strong again, won't they?'

Second Metaphor - Problem resolution

'Well, yes, but what if nobody wants to play with me now?' 'Don't be silly' said the Dancing Doll, 'everybody wants you to come into the middle with them. They have all missed you. And you remember how much fun we all used to have together'.

First Metaphor - Problem resolution

'Well, yes', said the doll, 'but I am weak and it's so high and I don't think I can'. And the Big Purple Elephant looked up and said 'I wonder if you can move just a little' 'Oh, yes' said the doll, 'I think I could move to the side just a little'. 'OK' said the elephant, 'See if you can move to the left a little'. And when the little doll did, he asked her to move to the left just a little again. And then a little more. And a little more... and suddenly her weight caused the whole shelf to tilt up, because she had over balanced it, and she slid down the slope to the shelf below, and she over balanced that one too, and the next one, and suddenly she was sitting on the floor surrounded by all the toys. 'There', said the elephant, with a smile, 'you do know how to get down, don't you?'. And all the toys cheered.

Lankton and Lankton state that they do not expect their metaphor therapy to cause dramatic changes immediately, but do expect continuous improvement to be seen over months or years without further intervention.

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See the Crystal Mountain script for another example of embedded metaphors.

Self Hypnosis

Self Hypnosis is simple and easy. This script shows you how to put yourself into trance, anywhere, anytime. You can use it to go to sleep, or you can use it to allow your mind to roam free. Self hypnosis can be very liberating. Many people feel a spirituality, a deep connection with something when they go into trance. Everyone's experience is unique.

You can record the script and play it back to yourself, or you can study the structure and put yourself into trance by going over it in your mind. Both methods will work well. Eventually, after some practice, you will be able to slip into trance just by willing it.

Self Hypnosis script

Target	The induction - Relax the body....		Technique
	Take a deep breath... and let it go...		Slow down
	Now take another deep breath... and as you breathe out... just allow your whole body to relax and go limp.....		the breathing
	and on the next breath... allow your eyes to close...		eye closure
	Now become aware of your body.... notice if there is any tension anywhere.... try shrugging your shoulders and letting them drop..... tense your legs and let them relax.... roll your neck and let it relax.... anywhere that is not loose... just tense and relax... until your whole body feels loose and heavy.... and allow that feeling to continue.		Physical relaxation
	First Deepener - count down		
memory	And now I want you to imagine a line.... or a chain or something like that... and I want you to imagine the numbers one to ten are spaced out along that line.... and I want you to make the distance between number two and number three double the distance between one and two... and the distance between three and four is twice the distance of the distance between two and three... and so on.... each number is separated by twice the distance of the previous number....	V	Always offer a choice of possible ways to form the line.
Capability	And just imagine going along that line... from one to two.... and two to three... and three to four.... and the distances between each number gets longer and longer....		
	And as you think about that line.... just imagine that in your mind you are sliding along the line... and as each number passes you get more relaxed... more at ease.... and you can just feel yourself sinking down and down... and just keep doing that... and your breathing will get slower... and your pulse will get deeper....	I	
	And as each number comes along it gives you more time to relax... to let go...		
	and when you reach ten.... you can just allow yourself to drift down and down some more... deeper and deeper.... more and more relaxed.... down and down...	>	
	allow that feeling to develop... you don't have to think... you don't have to	I	

	do anything... all you have to do is to enjoy that lovely feeling of deep, deep relaxation...		
	and you can forget about everything... just allow your mind to drift away...	D	
	and if any day to day thoughts come into your mind.... that's OK... you can just stack them off to one side.... and deal with them later.... they're not important.... nothing is important now....	D	
	... and each breath out is taking you deeper and deeper now... more and more relaxed...	>	breathing deepener
	Second Deepener... Visualization		
	And now allow your mind to think of something you can write letters on... a blackboard or a big blue sky... whatever you want....		options
	imagine writing the letter 'A' and then just imagine wiping away the letter 'A'...	V	
	and then imagine the letter 'B'... and then just imagine letter 'B' being wiped away... disappearing... in any way that makes sense to you....	V	
	and keep on thinking of the next letter.... and as you wipe away the next letter.... you can feel yourself... loosening... relaxing.... getting more and more comfortable... letting go....	>	disappearing = relaxing
	and as each letter disappears you can become more and more relaxed.... more at ease....	>	
	And you can continue putting the letters there... and fading out... and getting more comfortable...	>	who is 'fading'?
	and you relax more and more.... until it becomes too much trouble to think of the next letter...	D	amnesia
	and then you can just relax completely....	I	'when' bind
	allow your mind to drift away... to a place where there is nothing to think about... nothing to worry you... relaxed and peaceful and calm....	V	Dissociation
	Self Convincer		
	and as you drift deeper and deeper.... become aware that one of your fingers or perhaps a thumb will feel the need to move... and that will be a signal to tell you that you are in trance... your body can just move on its own... without thought... just allow that to happen don't assist in any way.... a finger or a thumb will want to move... and that will be a signal that you have achieved the state of trance...	I	Give time - allow for those with a slow sub conscious
	It may be just a tiny tremor... and you may be surprised at what you experience....	V	Accept any signal
	and while you are in this state, notice everything about this state... and learn so you can recognise this state....		Anchor the feeling
	a state of unconscious awareness... of being in two minds.... peaceful and relaxed.. and you can stay in this state as long as you like. And in this state many things are possible....	>	Reassurance
	The visualisation - will be different each time		
	Now... allow your mind to just wander... do not force anything.... do not strive or try or do anything except accept what comes...		
	an image or a memory or a feeling will form.... just accept it... whatever comes is right... sometimes you will find a muscle moving... it can be anything.. allow it to develop and observe....		

	[Long Pause]		
	[If nothing comes, that's OK. You have learned how to go into trance. That is enough. You should not expect to get something every time. Some days you just don't think of anything but relaxing and drifting. It is very therapeutic.]		
	[If you get something, just regard it with curiosity. Become aware of what it does. Be an observer. Do not try to make sense of it, do not challenge it. Nothing in your own mind can ever harm you. It may just fade, it may transform into something else. There are no rules. What you experiencing is a metaphoric representation of what is going on in your own subconscious mind. Sometimes you will recognise the metaphor, sometimes not.]		
	[If you learn the principles of Clean Language you can begin to interact with the image or symbol or feeling or whatever comes up. Otherwise just treat the whole thing as if it was a dream and allow it to develop in its own way.]		
	[The whole dreamy, drifty thing will go on for some time and you may get more than one. Seeing parts of faces is very common. It doesn't mean anything.]		
	And then, when you are ready... you can begin to return from trance....		
	The Reorientation		
	And so before coming back to full awareness.....		presupposition
	take whatever time you need now... to consider those ideas... those images... to allow your mind to examine things from every aspect... like a jeweller looking into the heart of a diamond...		
	and the lessons and possibilities... consider them deeply... absorb them deeply... into your very being.... thinking about how best to apply them....		bind: best
	And when you have had enough time to process and learn from this session.... then it is time to bring this session to a close, a comfortable close...	I	bind: time
	and you can start coming back to the present.... at whatever rate is right for you.		
	So take as long as you like to consider these things...		
	And when you are ready you can come back to the present...refreshed and awake and alert and ready for the rest of your day.		