

HYPNOSIS SCRIPT

To keep the same format as your original course notes, the **pink** bits are 'script' and the **blue** bits are instructions (not spoken to client)

After a suitable induction personalised for your client, proceed as follows...

Maybe in the past, you may have experienced the hypnotic process to address personal issues in a therapeutic setting. On this occasion we will be using the amazing power of hypnosis in a completely different way.

On this occasion the only thoughts, feelings and emotions that you will be able to experience are extremely positive ones. You will use the power of your own mind to bring about major positive changes in your way of thinking and you will create universal changes that in the past you only dreamed of.

The experience you are about to experience will remain positive and very pleasant at all times.

As I speak to you now, your mind becomes responsive and very interested in what I have to say. My voice will keep you calm, comfortable and in control at all times.

First I would like you to recall in great detail some of the things which discussed before this session (*surrogate emotions*) I would like you to imagine that ?????? is happening to you right now at this very moment in time. And as I count from 1 to 5 the feelings and emotions associated with it just get stronger and stronger 1... 2... 3... 4... 5...

And I would like you to hold onto that wonderful feeling as I take you to another positive experience we spoke about. I would like you to imagine that

?????? is happening to you right now at this very moment in time. And as I count from 1 to 5 the feelings and emotions associated with it just get stronger and stronger 1... 2... 3... 4... 5...

(do same for all other experiences client spoke of – take from the LOA assessment form)

(Now anchor these feelings so that client can access them on any future sessions...)

The thoughts feelings and emotions that you now hold in your mind can now be added together creating a fantastic feeling in the now. We shall now give this feeling a name. We shall call it **‘THE ZONE’** and any time in the future that we work together, all of these thoughts feelings and emotions will flood back to you as soon as you hear me ask you to ‘ENTER THE ZONE’. And every time you follow this positive command, you will experience this amazing experience 10 times more powerful. Please nod your head if you understand.

Before this session you told me that you would like to manifest xxxxxx into your life now. So what I would like you to do with my guidance is to focus on what it would be like to have it.

(talk about the end result here based on what you wrote on item 2 of the LOA assessment form)

(take time to fuel it with the emotions associated with xxxxxx)

(dwell on this for a while)

(now use submodalities) Now I would like you to project yourself forward from the now and into the near future where you already have xxxxxx and you are enjoying every second of it. Create a picture in your mind, fill it with sound,

vibrant colour, smells, and connect your favourite music to the background. Make it bigger, brighter, stronger, clearer and embrace this magical moment. Now step into that picture and make it into a movie, with sound, vibrant colour, smells, and your favourite music playing in the background. Enjoy this time now and I will leave you in silence for a short while so that you can enjoy this amazing experience.

(dwell on this for a while repeating as necessary, also give plenty of silent time here)

My voice is with you once again and I would now like you to remain in 'THE ZONE' but be aware that you are now sat with me in my therapy room and I am now speaking directly to your subconscious.

I would like to instruct you to take the following action from the moment you leave this room.

(talk here about the 'take action' things you discussed from the LOA assessment form)

When you leave this room today, you will feel compelled to... *(action)*

And now as you continue to enjoy this amazing hypnotic experience, I would like you to focus on all the nice things that you already have in life *(refer to LOA assessment form – gratitude)*

It's almost time to wake you now, and when I do wake you, you will take today's wonderful experience with you. You will find yourself constantly thinking about the things you manifested here today. You will constantly be looking at ways to express gratitude for the wonderful things you have in your life and also ways to create a daily random act of kindness.

You now have a remarkable sense of peace and compassion. Every day you will enjoy being you.

You are now peacefully confident that the universe will provide all that you ask for but also mindful that this is equally as powerful in a negative frame.

(finish this off yourself now, you know how to!!! – then count out!!)