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Hypnotherapy *Scripts* Volume 1

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Volume I

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Foreword

Hypnotherapy has been used in dental practice since the 19th century. It was used then in the form of hypnoanalgesia during surgical dental intervention. The first tooth extraction with the use of hypnoanalgesia was performed by Jean Victor Dudet in 1830.

Since then, hypnotherapists have made powerful strides toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients, and to ease pain during procedures (Bierman, 1995). They regularly tell patients how easy recovery will be. Additionally, doctors tell patients that a procedure is common and meets with a high degree of success. Because these phrases are delivered by an authority figure, they act in exactly the same way as hypnotic suggestions, and become reality for the patient. More obvious hypnotic suggestions are also sometimes given to patients by doctors trained in hypnosis, and for over a century, dentists have used hypnosis to ease discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession scoffed at hypnotherapy, but today it is being readily embraced as a complement to long-standing medical procedures.

According to the southern Medical Journal (2004), as many as 40% of Americans use some form of complementary and alternative medicine such as hypnotherapy. At no other time has the world of hypnotherapy been as wide open with exciting possibilities as it is now. Because more and more people are exploring and accepting the benefits of hypnotherapy, a much greater need for qualified hypnotherapists to open practices now exists. The goal of this book is to give you, a potential or practicing hypnotherapist, a strong base for building your practice. You will be guided through a basic hypnotherapy session, and you will be given homework opportunities to use and modify your techniques so that you can help others lose weight, find love, and increase their financial success, among other issues.

For the latest information about the hypnotherapy world, visit www.americanallianceofhypnotists.org, the website of the American Alliance of Hypnotists, of which I am the founder and director. The organization started in America as a network of hypnotherapists, but it is now open to practitioners worldwide. Among other things, this site lists hypnotherapists and classes available in your local area. Become a member. It's free. You can also visit my website, www.SteveGJones.com, to learn more about hypnosis.

Chapter 1: What is a Script?

Perhaps the most important part of any hypnosis experience, and therefore the most important chapter of this book, is the script.

What is a script? A script is the meat of the hypnosis experience. It is where the therapy occurs. If you do not have a script, you are not doing hypnotherapy. You may be hypnotizing your client, but you are not helping anyone. A script is the portion of the hypnosis session during which you suggest change. It delivers the main message to the subconscious mind. The pretalk, induction and deepening were all to prepare the client for the script.

A script can be on anything: attracting romantic partners, improving efficiency for increased financial success, weight loss, memory improvement, smoking cessation, improved confidence, or whatever the client's challenge may be.

As part of a self-hypnotherapy session, a hypnotherapist could even write a script to enhance her creativity—to suggest to her subconscious mind that she is going to write more creative scripts.

The script is where you form new associations for the client. Instead of being afraid, the client will associate a pleasant feeling with talking to members of the opposite sex, eating health foods, going down an escalator, down an elevator, into a crowd of people, up on a stage, in an airplane, near a snake.

I have a prospective client who is afraid of entering parking garages. During the script, she will be given a new association for entering a parking garage, and she will no longer be afraid. Her old association, the one she has now, is scary for her. The script will plant positive suggestions that her body will remember in the future when she actually enters a parking garage.

If you are new to hypnotherapy, you might want to start with a script written by someone else. You can borrow one of my scripts, or a script from one of the countless books available on this topic (see chapter's end for recommended resources).

When using a script that someone else has written, make sure that you have read through it before the hypnosis session. The worst thing you can possibly do is go into a session without previously having read through the script.

You want to be familiar with the script for several reasons. First of all, you do not want to trip through words and concepts while reading the script during the session. (Because your client's eyes are covered, you can read a script during a session. You do not have to memorize it.)

Second of all, you need to evaluate the script prior to reading it to your client. Each client is different, so you will need to find and eliminate those things in the script that are not going to apply to the particular client for

whom the script is being used. You need to have a full understanding of the script so that you can tailor it to reach the best possible results.

Do your due diligence. Do not allow yourself any excuses. Prepare every time.

Beware of procrastinating and ending up in a situation that causes you to stumble. You can get lazy. You can get into a rut. During a live sermon, the preacher can say, "I am sorry. I made a mistake. Let me backtrack." You cannot do that under hypnosis. Every word you say goes into the patient's subconscious mind.

Be prepared. You are dealing with the most precious part of a human: His mind. Treat it delicately.

I do not say this to scare you. I say this to prepare you.

Be prepared.

Consider a script for weight loss that begins like this:

Now, you will imagine that you are a machine and you can put different types of batteries in your power center. You have been choosing batteries which do not last long and leave a residue. From now on, you will chose proper batteries which power you for a long time and do not leave a residue.

Let's say that you are not interested or inspired by the machine analogy used in the script. Also, your client is not interested in machines at all. Would this script be appropriate? Probably not. Would it be more powerful to use a script that related to something you and your client related to? Probably.

Although the analogies are good and potentially powerful, if they do not feel natural for you, you will not be confident when reading them. And, more importantly, if they do not feel natural for the client, another script choice would be more appropriate.



So go through any script you intend to use. Make sure there are no surprises. If someone hands you a script and says, “Here. Use this when you have

someone who wants to lose weight,” make sure you go through the script ahead of time.

Do not be afraid to alter a script. scripts are not written in stone. Make the script into something that flows freely from your mouth.

One of the books I recommend at the end of this book, *The Handbook of Hypnotic Suggestions and Metaphors* by Hammond, contains many good scripts. However, they were written by hypnotherapists with advanced educational and medical degrees, and are therefore extremely technical. Take the general idea of these scripts and rewrite them. You have got to tailor things to your own unique flavor. I cannot emphasize that enough.

The only rule for modifying scripts is this: Never insert anything that could cause harm.

We do not harm people. We help people. Say good things. Do not say frightening or harmful things. Do not excite your client. Bore him. Everything is calm. Everything is peaceful. Everything is beautiful. Everything is positive.

As long as you remember not to harm people, your script will be fine.

If you do not have a script to modify, you will have to write your own script. Let's assume that your client wants to lose weight and you do not have a script.

What should you do? Do you give up? No. You do not give up. You take heart in the fact that everything you need is already within you. You just need a little guidance.

So let's take this step-by-step.

First of all, ask yourself what the goal is. Here, the goal is for the client to lose weight.

Before writing the script, you need to find out what a reasonable target is. Do not allow the client to expect to lose 100 pounds in six weeks. If you are not sure what is reasonable, consult a dietician or a physician. (Remember: if your client is under the care of another healthcare professional, make sure you are agreement with the course of treatment.)

Find out how much weight the person can expect to lose, and set a reasonable target within a reasonable time frame.

Your due diligence should continue with a conversation with the client. Before you write the script, find out what the client is eating that is harmful.

Ask the client: “What are the foods you are eating, and when are you eating them?” And then work this information into the script.

For example, perhaps the client says, “I am eating Snickers bars at 11 p.m. right before I go to bed. I am eating three of them a night. I cannot figure out why on earth I am gaining weight. It is just not fair.”

The script is the place to alter the negative behavior that is causing the problem. Your script will want to tell this client: that he can and will change his behavior.

If the person is gaining weight, unable to talk to potential romantic partners, or scared of flying, the script is the place to insert suggestions for positive change. The script is where the healing takes place.

If she is afraid of planes, she gets on that plane. She takes that plane ride. She gets off that plane and nothing has gone wrong. Have her imagine the whole thing. She is safe the entire time. Nothing goes wrong. Be creative. Say things like, “You can see the cockpit from where you are sitting and everything looks fine. And you know that your bags are stowed and you just feel great because everything is taken care of. It is a smooth flight. You look outside. And it is daytime and you see the sky and it is so beautiful.”

If you are working on motivation, find out why the client is not motivated. Is she unmotivated because she does not think she will accomplish the desired results? If so, the script should help the client to see herself as having already accomplished the results. The client already has achieved whatever it is that is causing her to procrastinate.

If the client is afraid of snakes, have him see a snake from a distance. Tell him, “Everything is fine and now if you want to you can walk closer. Only walk as close as you feel comfortable with and no closer. And each time you hear my voice, you can allow yourself to get closer but understand that no harm will come to you.”

When writing a script, I am inviting you to use your creativity. I am inviting you to reach inside and pull something out of yourself something that will be helpful. I am not going to tell you a way that is written in stone because that would limit your creativity. Beyond the sky is the limit. Go beyond. Just let it flow. Keep in mind your plan, your idea, and your motive. Your motivation is to help the person. You are trying to help the client.

Everything is positive. Everything is uplifting. We are not dwelling on the negative. We focus on the positive.

Keep your eye on the mark and remember that you will end up at whatever point on which you have focused. Likewise, we want to keep the client’s focus on the positive change from within. The client should imagine that the change has happened. We want the client to think: “I am already flying. I

am not planning on it. I am getting on that plane. I am not imagining it. I am flying. I am getting as close to that snake as I feel comfortable. I am taking the steps to get to that escalator and I am on it and everything is fine.”

As discussed earlier, a person’s body does not know the difference between imaging something and having it actually happen. This means that the client has the advantage of knowing rationally that the situation is not occurring, but physically and emotionally the client feels he has experienced the event.

Therefore, when it comes time for the client to go down the escalator, his body will feel as though he has a positive and successful experience under his belt.

Though they are the meat of the session, scripts should not exceed 10 minutes when read slowly aloud.

The following chapters contain scripts which can be used by you in working with yourself or working with clients. I have divided them into chapters to make referencing them easier. Keep in mind that the chapter titles are only general guides and that some scripts could be used for multiple purposes. You may also feel free to modify any of my scripts to suit your particular needs. For more scripts, please visit www.SteveGJones.com where you can purchase my other scripts book, *Hypnotherapy Scripts Volume II*.

Chapter 2: Weight loss Scripts

Weight Loss

As you continue to relax, you imagine your perfect body. That is right. You are looking in a mirror and seeing yourself a short time from now. Muscles tight, thighs slim, abdomen flat. You look amazing. Every day you will focus on this perfect image. And you now imagine that in front of you is a large plate. This plate has all of the ineffective foods, which you avoid. Foods such as sweets, excess carbohydrates, fast food, and dairy products such as ice cream and cheese. These foods are all highly ineffective for your system. Your body avoids these foods. They are unappealing to you. Nearby is a trashcan. Dump the plate in the trashcan. And now on that plate you may place the foods you really enjoy: effective, healthful foods such as vegetables, fruits, fish, and chicken. You love these foods and they taste so good. You find that from now on you may leave food on your plate when you are at home or at a restaurant. When you start to feel full, you stop eating. You are highly motivated to lose weight. You allow yourself to lose the weight you no longer desire. You deserve to be thin, healthy and beautiful.

Body Image

You feel very relaxed now. Focus on how relaxed you are and how good it feels. There are no thoughts racing around in your head. Your mind, body, and soul are at ease. You are in a room where there is a large mirror. Written on that mirror are words that you use to describe your body. Words such as fat, disproportionate and any other negative words you use to describe your body. On the floor in front of the mirror is an eraser. Pick up that eraser and erase those words. That's right, take the eraser and make all of those negative words disappear. Negative words about your body no longer exist. You have gotten rid of all of them. Now, look at your body in the mirror. The image that you see in the mirror is very distorted. This is not what your body actually looks like and it is not how others view your body. Behind you is a rock. Pick up the rock and hurl it at the mirror. That's right, throw the rock with all of your strength and break the image into thousands of pieces. The broken pieces represent your former body image. You turn around and see there is another mirror in the room. You look at the image in the mirror and it is your ideal image. It's the image you know you can achieve. You will think about this image when you eat and exercise and while you strive to get to your ideal weight. You know that you can do it. You are strong and confident. You look forward to obtaining the image you saw in the mirror.

Decreasing Food Intake

Now that you are completely relaxed, think about the physical act of eating. You will no longer eat when you are bored. You will only eat when you are hungry. Get to know that feeling that you get in your stomach when you have to have something to eat. Only eat when you feel this sensation in your stomach. You will know when you feel it. Your stomach starts constricting and contracting. This is when you know it is okay to eat. When you put food in your mouth, you must consciously think about every bite. You will not longer go into autopilot while eating. If you are making your meal, you will make a conscious effort of eating healthy foods and the proper serving size.



You will crave fruits and vegetable of all sorts of brilliant colors. You will eat lean proteins such as poultry, fish, and beans. You won't crave sweets or

salty snacks. You know that you can consume the correct portion size and be satisfied. Think about the physical act of eating. You savor every bite. You carefully chew every bite and you enjoy every taste. You appreciate your food. You are thankful that you can afford healthy foods like this and that you are giving your body the nutrients that it needs to be healthy and fight off illness. You notice that you are not hungry between meals. You might be bored, but you do something productive to pass the time. You don't eat food unless you are hungry. You find that you are more satisfied by the foods you intake and thus you feel more satisfied in life. You know that you are making positive changes. You begin to perceive yourself as leaner and thinner. You are beginning to lose weight. You know that your efforts are paying off. You keep up your new lifestyle. You know how important it is to only eat when you are hungry. You also know that it takes twenty minutes for your body to tell you that it has had enough to eat. So you are very meticulous and you savor every bite of delicious food that you consume. Picture yourself several months from now. You are still watching the food you put in your mouth. And you still enjoy doing it, because you have lost weight. You are leaner and you have more energy. You love your new body. You continue with your new lifestyle. Even though you have lost some weight, you know how important it is to eat in moderation and to consume healthy foods. You feel like you have complete control over your weight and you do.

Exercise

Imagine a new lifestyle, a life where you are very active and very alive. You enjoy being active because it empowers you. You are able to feel strong. Your muscles get firmer and you are able to do a little more every time you workout. You feel your body changing. Your body composition is changing due to the extra activity you are getting. You are healthier. You are sweating out the bad things in your body and making your entire body system stronger to ward off disease and sickness. You are thankful that you are able to move like the way you can. Not everyone can exercise the way you can. You are capable of walking, running, swimming, or doing whatever you like as physical activity. You enjoy every second of it. You notice your body getting stronger and each workout gets easier after every time you complete it. Maybe you are exercising because you have some goal to meet. Imagine working at that goal over time and accomplishing it. That's right you will accomplish your goal if you work at it. Now picture your new life. Picture yourself exercising often. Notice you get better and better and stronger and stronger. You increase your effort each time and you keep getting more and more results. You enjoy your new lifestyle. It has made you feel that you can accomplish anything. You are grateful that you have two legs to workout with and take you wherever you want to go. Imagine reaching the goal that you wanted to accomplish with working out. Maybe you ran a marathon, how good does that feel? You worked so hard and you feel such a great accomplishment. Maybe you wanted to exercise more to meet people. You go to a gym everyday and talk with someone new, or maybe you have made

a great friend. Whatever you wanted to accomplish, you did. You are a success and you are strong.

Raising Your Metabolism

As you sit back, you notice how relaxed your body feels. However, you begin to think about what is going on in your body as you sit there, completely relaxed. Even now your body is working. Cells are reproducing and repairing themselves; your heart is pumping blood throughout your body. You are constantly breathing in and out. All of your organs are working at doing their jobs. You realize that you can make minor changes to your lifestyle and expend more calories even as you sleep. You focus your energy into changing three aspects of your lifestyle. The first one is the food you consume. You eat 5 small meals a day. The first meal is the biggest and they get smaller as the day wears on. You always eat in moderation and you never eat more than one serving at a time. The food you consume is balanced. You need protein, carbohydrates, and fats. You know to eat the lean proteins like poultry and beans. You stay away from simple and sugary carbohydrates and eat whole grains. You only consume good fats such as olive oil and omega-3 fatty acids. You eat all the fruits and vegetable you want. They are all packed with nutrients. You allow yourself up to one serving of bad food per day. You do not feel the need to eat any more. You realize you get much more satisfaction from raising your metabolism than you ever did eating bad foods. You are cautious when you go out to eat. You pick the healthiest option and take home a good portion of the food to eat at a later time. The second thing you do to change your lifestyle in order to raise your metabolism is strength train. You know that muscle burns a lot more calories than fat. You use free weights and you resistance train with

your own body weight to build lean muscle. This will raise your metabolism and help you burn more calories throughout the day. It takes you a little while to see results. You pay no attention to the number on the scale, because you know that muscle weighs more than fat. More muscle will help you months and years down the road to burn more calories. You enjoy resistance training because it makes your body firmer and healthier. You like that your clothes are looser on you. You make one more change to your lifestyle and that is to be more active. Whether you are walking the dog more or parking further away in parking lots, you make it a goal of yours to take 10,000 steps per day. You take the stairs wherever possible instead of the elevator or escalator. You enjoy cardio activity like walking or running because it raises your metabolism. Being more active gives you more energy throughout the day. Now picture yourself six months from now after you have made all of these changes. You are eating all the right foods and also splurging on certain foods every now and again because you deserve it. You never binge on food and you always eat in moderation. This new way of eating makes you proud of yourself because now you feel like you can accomplish anything. You enjoy putting healthy foods in your body. And you have noticed a change in your body by eating 5 times a day. You aren't as hungry throughout the day and you have realized how easy it is to control the food you put in your body. Compared to six months ago, you have seen a major change in your body. You are so much more active than you used to be and you know this has had a major effect on your body. Your body feels firmer, you look better in your clothes and you have gained so much more confidence. You have a more positive attitude and you exude energy. You

feel that you can accomplish anything you set your mind to and you are ready to take on the world.

Weight Control

You are now very relaxed and now you can realize your goal of losing weight. You are walking through the grocery store. You are calm and methodical as you move through the aisles. At first you only see the foods that are bad for you on the shelves. You see the foods that harm your body. The foods you see are cookies, chips, and foods that give no nutritional value to your body. You see these foods as evil. They hurt your body and your emotions. You allow yourself to buy one item, and you know that you will eat it slowly and savor it over the next couple of weeks. Once you have picked out your one splurge, all other harmful foods disappear and all you see are the healthy ones. You walk through the store confidently and secure with your body because you know you are going to be eating only foods that nourish and support your body. You get excited about all of the healthy and tasty foods you see in the produce section. The bright red fruits and vegetables and leafy deep greens jump out at you. You picture yourself preparing and eating your healthy meals. You truly enjoy preparing a meal that will help you lose the weight and get that firmer body you have been craving for. You eat your meals very slowly, savoring every bite. You become skilled at preparing well balanced meals, making sure you get the right amount of protein, carbohydrates, and vegetables. Every meal you make satisfies your stomach. You feel no need to snack between meals. With every passing week, you notice a change in your body. At first, your clothes aren't fitting as snug as they once were. You feel more comfortable in your clothes and in your own skin. Then you notice you are firmer

everywhere. Your excess fat has turned into muscle. You pay no attention to the number on the scale because you feel so much better. You have more energy, you stand up tall and proud as you walk by people. You radiate energy and everyone notices that there is something different about you. You love how you look and feel and how you look and feel motivates you even more to keep up your new lifestyle. Instead of craving harmful foods, you crave a firmer body that makes you proud of yourself. Imagine accomplishing the body image or weight you have always dreamed about. You feel more enthusiastic and capable of accomplishing any goal you set your mind to. You are confident and others around you see you as confident too. You have a new way of looking at life and you think only positive thoughts. You are completely at peace with yourself and with your body. You love yourself. Now take these thoughts and feelings to the present. Realize that you are intelligent and successful and that you can achieve great things. Imagine your body right now looking and feeling like you have always wanted it to look and feel. Your arms have gotten smaller; they are thinner, longer and leaner. You have lost inches around your bust and waist allowing you to fit better in your clothes. Look at your legs. They are leaner, appear longer, and strong. Your new body brings you happiness and confidence. You no longer recognize the person you once were. Now I want you to picture yourself in 2 years. You have lost more weight. You have reached your ideal weight and you feel fantastic. You have a lot of extra energy that allows you to feel more motivated and accomplished. You are successful at achieving your perfect body. You stand proud because you can succeed at anything and everything. You did it, you made it happen. You are

the strong, confident woman walking down the street that you always wanted to be. Now look at yourself five years from now. You have kept off the weight. Your body not only looks great on the outside, but it is healthy on the inside. All the years of eating healthy foods like vegetables, fruits, and lean meat have been good to you. Your body shows that you respect it and only feed yourself foods that have nutritional value. No longer do you have cravings for bad foods. The evil snacks were not only bad for your body, but they wreaked havoc on your emotions because you felt like you didn't deserve your body. But look at yourself after five years, you deserve your new body. You have worked hard for it and feel great satisfaction. You continue to eat healthy food and only eat the amount that satisfies you. It's okay when you leave some food on your plate. You control your food, not the other way around. You feel proud of yourself and others do to. People comment on how good you look. Not only do you look great on the outside, but you exude energy and confidence. You look at the old you and you don't even recognize that person anymore. You are a brand new person. You have reinvented yourself and you feel amazing. You did it, you made it happen.

Chapter 3: General Wellness Scripts

Overcoming Anxiety

Take this time to further relax every muscle in your body. Start with your head. Relax your scalp, your face, and your jaw. Feel the muscles supporting your head around your neck and shoulders begin to go limp. Relax your torso and lower back. You are in a comfortable place where everything is allowed to loosen. Relax all the muscles in your upper legs, then moving to your knees, your calves and then to your feet and all the way to your toes. Let everything go limp. Your entire body is now loose; nothing is tight. Now in your mind, picture a happy place. It can be anywhere or it can be completely made up in your mind. Your happy place can have anything or anyone there with you or it can have no one. It can be indoors or outdoors, it doesn't matter. What does matter is that it's a place where you want to be and you can feel completely at ease there. This happy place can change whenever you want it to change or it can stay the same. This is a place that you can go to whenever and wherever you want. This is your safe haven. When you are feeling overwhelmed, your special place will help you relax and get you through the moment. If you become angered by something, just close your eyes for whatever time it takes so that you become calm and tranquil. Soon you won't have to go to your happy place. You will recognize your ability to relax in stressful times and without going to your happy place, you will relax. You have the ability to remain calm in all situations. Whatever comes your way, you know you can handle. You find yourself not as anxious and others see it too. People around you notice a change in you, but they cannot place it. You recognize the change and you are enjoying life

much more. This is now your new life. You have begun a new life where you no longer become anxiety filled in stressful situations. You are the epitome of calm and collectedness.



Eating Healthy

Imagine the perfect lifestyle. A lifestyle that enables you to have the perfect skin that you always wanted to have. You have complete confidence that what you put into your body will give you radiant and beautiful skin. Now look at your current lifestyle. Picture the different foods that you put into your body that are bad for you. Now completely get rid of them, throw them away. Sugar and refined carbs are no longer part of your diet. You get rid of all polyunsaturated fats, hydrogenated oils, and trans fats. Picture all the foods that will nourish you and give you beautiful, glowing skin. The protein you consume comes from lean meats like turkey, chicken, and fish. You really enjoy these foods because you know the lean meats won't cause your skin to break out. Your sources of carbohydrates come from spinach pasta, whole grain bread, and brown rice. You watch your intake of sugar and refined carbs because you want healthy skin. Now picture the healthy fats that are okay to consume. Olive oil and omega-3 fatty acids are excellent sources of fat for your body. You eat plenty of fruits and vegetables. They are all so brightly colored. You enjoy the bright red, orange, and yellow colors of the fruits and vegetables and the dark leafy greens satisfy you. Processed foods like cookies and cake do not tempt you. You enjoy the foods that are good for your body and good for your skin. Imagine the liquid you put in your mouth. It's water, clean and perfect. You drink 2/3 your body weight in ounces of water everyday. You no longer consume coffee, juice, or soda of any kind. They have a bad effect on your skin and you will have the most beautiful skin by drinking a lot of water. Water

makes your skin glow. Water hydrates your skin and gives it nourishment so that it looks healthy and clear of blemishes. Picture your skin after you have made these changes. It's beautiful isn't it? It's the skin you have been dreaming about having. It's not oily or dry. It's glowing because it is hydrated by the water you have been drinking. It's smooth to the touch. You look and feel beautiful because your skin is beautiful.

Finding Love

...and as you relax, drifting and floating peacefully and completely, see and feel yourself becoming more confident, choosing to be and feel attractive, desirable, irresistible. You find yourself connecting with everyone you meet easily and effortlessly. Because you are self confident, self-assured, and secure, you are irresistible. Now, imagine the perfect mate. See the qualities you admire reflected in your perfect mate: hair, eyes, body, laugh, voice, outlook, philosophy, interests. See your perfect mate now and feel how good it feels to be with your perfect mate. Know now that you are open to accepting your perfect mate into your life. You deserve love. You deserve happiness. You deserve to give and receive love now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now.

Financial Success

You are a magnet for money. Money comes to you easily. You feel abundance, Joe. It is all coming to you. Who you are attracts wealth, financially and emotionally. You create strong and powerful relationships at ABC Banking. You enjoy relating to people. Your greatest self becomes clearer and clearer day by day. Your contributions to the world and your wife, Barbara, become clearer and clearer each day. The person you want to become becoming clear. Who you are being creates passion in your life. You are fully engaged every day. You have unlimited energy. You find new and creative ways to contribute to others. You are enough. You let go of worry and doubt. You focus on your financial goals and you reach them. You are living abundantly. You are successful. See yourself successful with all the many wonderful things you deserve in your life, such as the house in Virginia, the bank account of \$1 million, your new company doing so well.

Memory

Feel how relaxed you are. Your entire body is relaxed, there is no tension at all. You take no notice of your surroundings or your body. Now, focus on your head. This is where you are able to see, smell, hear, taste, and breath. These basic life functions all occur above your neck. You do not take these functions for granted. You appreciate your senses and your ability to breathe. Just as important as all these functions, is your memory. And the great thing about memory is that you can improve it. Yes, that's right. You can make yourself remember anything you want to remember for the future. Whatever you want to remember for a later date, you can easily accomplish by making a mental note. You will focus on the phrase, number, object, or list of things until you have permanently stored it in your brain. It's easy to forget things when it goes in one ear, bypasses your brain, and out the other ear. Think of whatever you are trying to remember as going in one ear and staying in your brain. You focus on it, until you know it is stored forever. And then in the future, when you want to recall that memory, you can easily retrieve it. It's that easy. Go ahead and imagine yourself trying to memorize something. Maybe it is a list of thing you need to do. You don't just glance at the list, or briefly think about task, and then let it go. You make a conscious decision to memorize the task and this involves many things. You imagine doing the task in every detail so that you make a mental image. Maybe you aren't trying to remember a task, maybe it's someone's name. You ask them their name, you watch their mouth as they pronounce it, you imagine it spelled out, and you get a good look at their face. Do this every

time you are meeting someone for the first time and you won't have a problem remembering their name in the future. This will help you in all aspects of your life. You have to focus on something when you are trying to memorize it and it will always be available to you in the future. Imagine doing this every time you want to store information for some later date. It doesn't matter whether it's 2 hours from when you made the conscious effort to memorize something or whether it is six months from now, you won't have any problem trying to recall the information.

Relaxation

You are now very relaxed. Cherish this time that you are at ease. Realize just how relaxed your body feels. Notice how each muscle feels like it doesn't exist. You are so relaxed. Notice how your mind is at ease. There are no stressful situations running through your mind. Your mind is not racing with thoughts. You are at peace with yourself and with your surroundings. It is important for you to feel relaxed everyday. Imagine your life, a new life where you implement relaxation into it everyday. Everyday you set aside time for you to be at peace with yourself. You go to a quiet, comfortable spot, it can be anywhere. It can be somewhere in your home, it can be in your car, or it can be at your desk at work. You can create any atmosphere you want in your mind. When you are in that place, focus on relaxing every muscle in your body. Let all your limbs go limp. There is no tension in your body, none in your jaw, your shoulders, your lower back, your feet, or anywhere else on your body. You are completely comfortable. You then begin to focus on relaxing your mind. You do not let racing thoughts jump around in your head. You do not go over stressful situations in your head. You don't let hurtful things get to you. You don't worry about yourself or other people in any way. This is time for you, time for you to relax and focus on yourself. Use this time to not think about anything. You can use this time for meditation or prayer if you like or anything that puts you at ease. Do this everyday for at least 20 minutes. Now imagine that you have been doing this everyday for a year. Imagine how uncomplicated things will seem. You don't let any stresses get to you. You are able to accomplish things that you

never thought possible. You push worrying to the side because you know that you don't accomplish anything this way. There is no need to let stressful situations get in your way. You also do not let people get to you. You are able to brush things off your shoulder. Relaxation is part of your everyday routine. It allows you to appreciate things more. You know that when you are in a stressful state, you can easily relax and focus on the task at hand.

Control Alcohol Consumption

You are on a beach right now, a beautiful, peaceful, white sand beach. If you look to your right down the beach, you will see yourself drinking on the beach. You are just sitting in the sand with a big cooler full of alcohol drinking by yourself. You are oblivious to the beach around you. People pass by, but you don't notice them. You look out to the water and up at the sky and everything is a shade of grey. You do not appreciate the things around you. You consume drink after drink, oblivious to how many you have had. Now, look down the beach to your left. You see yourself over there too. You are with some friends. You look at yourself. You look very happy and very healthy. You have one drink in your hand and one drink in your cooler. You are savoring every sip that you take and each sip satisfies you even more. You and your friends are having a lot of fun. You are playing beach games and going in the water. You are in complete control over your actions. Other people join you because you look like you are having so much fun. As you finish your drink, you do not feel sad that it is gone and you do not feel the urge to reach for another drink. You really enjoyed your drink and you want to save your other drink for later. You continue to have a fantastic time on the beach. You realize you do not have to drink a ton to be social with friends or to have a good time. You are enjoyable whether you have been drinking or not. And people love having you around. You feel more in control of your surroundings when you don't drink as much and you realize that you are having just as much fun. You are able to take in all the sights and sounds around you. You are so happy to be

on the beach. You notice how clear the blue water is. You look up at the sky and you see 10 different colorful kites soaring above you. You hear friends calling your name and you look at their faces and they are all smiling and having a good time. You look down the beach to your right again and there is no one there. The old you who would have had a cooler full of drinks, no longer exists. You always want to be in control of your alcohol intake. Life is much more enjoyable.

Nurture and Empower Yourself (for Children)

You are very relaxed. It feels like you are asleep. You are a great person. There are times when you feel sad or angry, but we aren't focusing on those feelings. We are focusing on the fun and positive feelings. Think about your average day. Think about what you do when you are at home and when you are at school. Think about the different people you talk to. You talk to your family, friends, and teachers. You are very nice to everyone around you.



You see it as being very important to be kind to others. Your friends enjoy playing with you because you are a lot of fun and you share. Your family loves you. You are caring and you do things like chores without being asked.

You do a really good job with your chores and you do a really good job at school. You are a hard worker and your family and teachers see that. Your parents want the best for you. They want you to grow up to be nice to others and always do the right thing. You always do the right thing because you know the difference between right and wrong. You are very good at the things you do. Maybe you really enjoy sports or maybe you really enjoy reading, whatever it is that you really enjoy doing, you are really good at it. You are smart. You give a lot of thought towards your actions. You are a very responsible child. You take pride in your schoolwork and in being a good person. You are responsible for your things and for helping people. You like being responsible because it makes you feel like you have accomplished great things. You do nice things for people without being asked. And those people that you do nice things for really appreciate it and they really like you. You are a good person because you are sweet and kind. Many people think highly of you. You are very talented. You have many hopes and dreams for your future. You make things happen because you are talented and smart. You put all of your abilities to good use because you know that you can influence the people around you and even change the world.

Avoid Overanalyzing

You are not tempted to analyze this session. You do not judge what I am saying and you do not judge me. You are completely open to the words that you hear because you want to stop overanalyzing everything around you. As you sit back and relax you notice the sense of calm that has come over body. Not only is your body at peace, but so is your mind. You look forward to the day where you can appreciate things for what they are and appreciate people for who they are without scrutinizing over every detail. You decide to start over. You decide that you will never again over think something. From this point on you will see things for what they are and the only thoughts coming from your head will be precise. When deciding on something, maybe is not an option. You decide on things on the spot without overanalyzing and you always feel confident about your decision. You realize that you waste a lot of your time over thinking things because you are often right the first time. You learn to trust your gut instinct and you always go with it. Imagine yourself in a situation where you are often tempted to over think things. The old you would have taken ten minutes to come up with a decision and the old you still would not have felt confident with your decision. Now, you trust yourself a lot more and you are confident in your quick decisions. Imagine yourself in a situation where you are so engrossed in some minuscule detail that you completely miss out on the big picture. You realize there are so many things that are happening around you that you don't even notice. Now picture yourself in these situations and look at the big picture. Look at all the things you are missing out on. You find yourself with spare

time because you no longer spend your time daydreaming about a situation. You decide to get things done and be productive. You are a much more confident person and everyone around you sees the change in you. People who used to tell you that you were overanalyzing things, now notice the change in you. You always give good advice. People enjoy coming to you getting your opinion on things because you no longer over think things and what you have to say is always intelligent.

Stress Reduction

You are now extremely relaxed. It's okay to bring past stressful situations and feelings up to the surface. Think about your feelings and how you reacted. It is okay to feel distressed and sad for a short period of time. During this time you should focus on healing. Once you have gotten over the sadness, it is time to put your upsetting feelings to the side and start anew. Realize that you can easily put bad feelings to the side and never think about them again...you have the power to accept or reject any feelings you may have. Now relax even more, you are completely relaxed and at peace with yourself. Notice that there is an invisible bubble around you. This bubble protects you from all of your sources of outside tension. You don't let others get to you. This bubble is around you all the time. The bubble keeps all negative pressures away from you so that you can focus on moving forward. You feel serene and calm in your bubble. Calm, so very calm and relaxed. The bubble prevents you from seeing the stresses around you. The bubble allows you to feel strong and free. You no longer let outside pressures get to you. You no longer see past stressful situations as being negative. You look to them as a challenge. You now have a different reaction when you are faced with a stressful situation. You are excited about taking on new challenges and accomplishing them. You remain calm throughout your day and you free yourself from stress. Now, picture a stressful situation sometime in the future. You do not feel as if you have been broken down. You do not let the pressures of the situation get to you. You look at the tension, but you don't let it bother you. You deal with the matter at hand so

the stress doesn't even have a chance to get you down. This makes you feel invincible, like nothing can get to you. That is right, nothing can get to you. You have complete control over the situation and you can very easily make the anxiety go away. In an instant, all anxiety goes away so that you never have to deal with it. You continue to not let stressful situations fill your emotions. Now, picture yourself even farther in the future. You now don't even view situations as stressful. You have the confidence to face any situation. Instead of being in a situation that used to stress you out, you see these circumstances and immediately accomplish the task at hand. Stress is no longer a concept in your mind. You are smart and positive and able to reach your goals. You do not let challenges get in your way; instead these challenges make you stronger and able to take on even more than you ever thought possible. Take these thoughts of your future and know that you will not be battling stressful situations anymore. Soon, you will overcome every obstacle that comes your way. You will feel capable and strong, because you are capable and strong. You realize that you control your stress, instead of stress getting to you. When things get tough, use your bubble to shield yourself from the pressures of the world. Be confident that you will overcome hard situations. And soon, you won't even see the stress; you will immediately know how to fix problems that arise.

Control Anger

You are completely relaxed and your entire body is at ease. Get a sense of what true relaxation feels like. Imagine a situation where you have been angry. What kind of feelings and emotions did you feel? Maybe you wanted to hit something. Maybe you wanted to yell at someone. Maybe you did hit someone or yell at someone. Getting angry at a situation or at a person doesn't help. When rage seems to come from nowhere, you will immediately calm yourself down because you know that you accomplish nothing by getting angry. Instead of attacking a person, you will focus all of your energy on the task at hand. And all this energy will no longer be negative. You will fuel positive energy in order to alleviate the situation. As a result, you will become a calmer person. Little things will roll off your shoulder. What used to make you go berserk will now seem like a challenge to you and something that you enjoy overcoming. Picture yourself in a situation one week from now. Something happens that really peeves you. Picture your reaction. You do not have a physical reaction. What is going on is all in your head. You quickly stifle any type of negative reaction or energy and start coming up with ideas and ways to make everything better. Picture yourself a couple of months from now. You no longer have any angry feelings. You take everything in stride. No one is scared of you anymore. They know that they can come to you because you are so good at handling things in a calm and collected manner. You realize that you have a lot of extra time on your hands. In the past you would have fumed over something for days, but now you have done something about the problem immediately. You find that you

are a much less stressed person. You sleep better. You are able to get things done; you are so much more productive than you used to be. Your anger was holding you back from accomplishing things that before you only dreamed about. People enjoy being around you more. All of your relationships with friends and family have improved. You are now more confident that you can handle any situation that comes your way calmly and peacefully.

Improve the World around You

You are feeling very relaxed. Your entire body is at ease. As you lie there, your body relaxes, but your mind starts churning. You start thinking of all the different ways you change the world around you. You know you have complete control on how you view the world. You believe everyone in the world has hope and that everyone in the world can improve their lives. You start with changing your life first, so then you can improve everything around you. You look at people around you with hope and respect. You know that you, in your own lifetime, can touch thousands or perhaps millions of lives. Your outlook on life is a positive one. You know that you will have to work hard in order to make this world a better place. And you know that you can do it. You know that you can ask for others help and you know that they will be happy to help you. People are happy to help you because they believe in you. You have a good heart and you are able to accomplish great things. Once you change yourself by seeing the world in a different light, you will start seeing change around you. You will be motivated to influence others and you will see people doing good for others too. When you wake up, you will be excited about your day. You welcome challenge and you constantly seek to change the world around you.

Throughout your day you are influenced by the people around you. You see the positive side of people and you are not weighed down by negativity. You constantly see the possibility of improvement. Not only do you try to change your world, but you inspire others to change their lives and the world around them too. As you go about your day you think of many ways to enhance

your community. You enjoy making a difference. It makes you happier to see changes around you. You realize you can make a difference. Just one person, you are strong and capable. So go out there and make this world a better place.



Proper Rest for Skin

You are now very relaxed. Getting a good night sleep is very important for your skin. You see the importance of getting at least eight hours of sleep every night. You take the necessary steps to make sure that you are in bed at a decent hour every night. You use the time right before bed to relax. Stress does not exist at this time. Learning to manage your stress will help your skin improve. You find yourself going to sleep quickly and feeling very rested when you wake up. You get a full 8 hours of sleep because sleep gives your skin time to repair itself so you see how important it is to go to sleep at a decent time and wake up at a decent time. Getting a full night of restful sleep is important for your skin. You will not be awakened in the middle of the night and you will sleep soundly for 8 hours. Nothing disturbs you while you are sleeping. There are no sounds outside your window. You don't hear any snoring or sounds from pets. There are no children waking you up. Sleeping soundly allows your skin to improve, becoming smooth and healthy looking. Your bedroom is the perfect temperature. It's not hot and you do not sweat while you sleep. You feel very comfortable and you don't toss and turn. You become aware of the changes in your skin. It feels different to the touch and the skin tone is more even. With each night that you get proper sleep you feel and see improvement in your skin. You feel rested throughout the day and lack of sleep is no longer a concern. Picture your skin. It's radiant, it's glowing, and it's smooth and healthy. You feel confident because you get compliments from people around you. You aren't the only one who notices a major difference. You know how important 8

hours of sleep is every night because you can see the changes. You feel more rested and relaxed because you are. There is less stress in your life because you are rested and you are able to relax in stressful situations. Your skin makes you feel beautiful because you are beautiful. Your skin is healthy because of all the sleep you are getting. You feel confident when you step out everyday because you know you have radiant, healthy and glowing skin.

Creativity

As you relax even more, you take a look around. You are on a walk through the woods. There are a lot of tall green trees towering above you. You walk quickly towards your destination, you know you will arrive shortly. As you walk, you think about all the things that you are working on. You think about a specific project that you have been working on. You really want to accomplish this project, but you are unsure on how you are going to accomplish it. Right now, your thinking ability is fuzzy. You aren't able to see clearly or think clearly. You come to a thicker area of the forest and you have a hard time walking between the tree trunks. You get nervous about making it toward your destination. Then, all of a sudden, the trees are sparse and you have arrived to your special place. Your vision and thinking ability are no longer clouded. You see that you are in a wonderful place where no distractions exist and you have everything you need to brainstorm. This is the perfect place for you to develop your creativity. You are very excited. You know that soon you will accomplish that specific project that you have been working on. You get right to work. You are able to think clearly and intelligently. Every possible detail comes easy to you. With each detail that pops into your head, you are able to think of many more ideas. You are filled with ideas. In your special place you have everything you could possibly need to get your ideas out there. There are people to help you. There are never ending boards to write on and brainstorm on. You have a machine that comes up with every answer to every question you have. You are full of energy. Time does not exist while you are in this special place. You take all

the time you need. You keep thinking of more ideas until finally you have everything you need in order to accomplish your goal. You feel relieved. You did it. You are a success. You look at what you created and feel accomplished and proud of yourself. You realize that in the future, whenever you have another goal you must overcome, you know that you can come to this special place and get the job done. Your mind is capable of so many things; it is the most powerful tool in the universe. Now you know how to put your mind to good use and you look forward to moving onward and upward.

Improve Writing Ability

No longer do you have trouble writing. No longer do you have problems coming up with ideas. No longer are you stumped by the same old ideas popping into your head. Words flow and appear effortlessly. You are able to easily convey all of these new ideas. You are very attentive to the task at hand. While you are writing, more and more ideas fill your head. You are able to think and plan out these ideas while you are writing. You are constantly inspired by new things and ideas. You find that even when you are not writing, pleasant ideas pop into your head. You are able to think clearly, consistently and constantly for the amount of time you have allotted in your day to write. You do not feel stressed out and you do not feel any added pressure with all of these creative new ideas. You take pleasure in writing. It is even more enjoyable with new ideas. Now, picture yourself in your normal writing routine. Maybe it's in the morning or maybe it's in the afternoon, perhaps all day long. Whatever your normal writing time consists of, picture it. Maybe you sit down at a desk or you sit on the couch with a laptop. Picture yourself writing or typing and all of these great ideas form in your head. Every word flows effortlessly from your head, to your hands, and then onto the computer or onto paper. Picture yourself smiling to yourself. You are so pleased that you are being so productive. And the words you have written are exactly what you have been wanting to say. You write effortlessly for the amount of time that you wanted to write. When you are done you smile. You look at all you have written. There are pages and pages of perfectly written words. You feel such a sense of achievement. You are

proud of yourself. You look forward to tomorrow because you know that you will come up with even better thoughts to write down. You have achieved great things and you go about your day with confidence and a great sense of accomplishment. You look forward to week from now because you know that then too, you will be full of thoughts.

Proper Skin Care

Picture your skin care routine right now. Think about what you are doing right and what you are doing wrong. Get rid of those things that you know you are doing wrong. They are no longer a part of your lifestyle. You now take care of your skin and you enjoy making the changes. You use anti-bacterial soap to clean your skin twice a day or whenever your skin needs it. It only takes a couple minutes and you like cleaning your skin. You also make sure that you have clean hair. Dirty hair can produce oils that cause breakouts on your skin. Make sure you take showers and baths daily to cleanse the oil and dirt out of your hair. You will also take note of when you are sweaty. It's important to wear dry clothing so that nothing irritates your skin. Make sure you change clothes and shower after exercising or working up a sweat. You will enjoy making these changes because you will notice great changes in your appearance. Your skin will not be oily or dry, it will be smooth and healthy. You will also want to clean your pillowcase and sheets every few days because it can contribute to acne and skin breakouts. Changing your sheets consistently will allow you to be in a cleaner environment and you will see great improvements in your skin. It will be radiant and you won't be the only one who notices, others will notice too and compliment you. You want to make these changes because you love the way your skin is changing. It's important to get a little sun every now and then. The sun removes bad oils from your skin, so try to get outside for 10 minutes a couple times a week. A little bit of sun will help you get healthy and radiant skin that you have been dreaming about. You quickly notice the

changes in your skin. It improves with every passing day. You make sure that you don't touch the affected area. You do not want to transfer bacteria to it and irritate it. You don't pick at your blemishes either, you want to keep your hands off your skin. You want to take these steps because you want to improve your skin. You are in control of the way your skin looks. You can make it more healthy by making these changes and you will see improvement. Now, picture yourself without any skin problems. Image what it feels like and what you look like. It feels great doesn't. Your skin looks amazing. It's healthy because you take care of your skin. It's glowing and radiant because you make sure that your skin is clean. Your skin tone is even because you occasionally get out in the sun and you don't mess with your acne. You feel beautiful. You feel amazing. Your skin is constantly improving and you feel motivated to keep up with these changes. Your skin is healthy, radiant, clean, and beautiful.

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Chapter 4: Confidence Scripts

Dating

You are feeling very relaxed. Think about your dating ability. You feel confident about yourself and your ability to attract someone toward you. You know that if you meet someone that isn't quite right for yourself, there are others out there for you to meet. You do not force yourself to like someone, you trust your gut instinct. Also, you give people chances to learn more about them. You never immediately right someone off. You enjoy meeting people. Everyone has good qualities and everyone has not so good qualities and you know that's okay. You enjoy getting to know people. Imagine yourself in a dating situation. First, imagine getting ready. You are clean and well put together. You look at yourself in the mirror before you leave to go on a date and the face staring back at you is the epitome of confidence and relaxation. You are excited, but not high strung. You are relaxed, but not lifeless. You are full of life and energy. Now picture yourself on the date. You come off as positive and attractive. Everything that comes out of your mouth is smart and alluring to the person you are sitting with. You find it easy to transition between topics during your conversation; there are no awkward pauses. Look at your body language. You are very approachable, not at all overbearing or standoffish. Look at how your date is perceiving you. You can see that they are interested in what you have to say and they feel very comfortable talking about themselves. You think to yourself, this date is going great, and it is. It is clear from the conversation and body language of both of you that the date is going well. You are excited, because you have met someone that has great potential and you

can't wait to see them again. You look forward to the next meeting and you know the other person feels the same about you. You are confident and enjoy life and what it has to offer.



Freedom to Fly on Airplanes

You are very relaxed and calm. Imagine it is the day of your flight. You are packing your bags and enjoying thinking about your trip. You pack everything up in your car and you head to your airport. You use this time to relax. You enjoy music or talk on the radio. You think about something fun and humorous. You get to the airport. You wait in line to check in and meanwhile you are appreciating that you can take a form of transportation that will get you where you are going in a fraction of the time. You check in and then you wait in line at security. You use this time to further relax. You do not let the stressed out people around you get to you. You remain calm and you enjoy yourself. You go through security and then you enjoy the walk to your gate. Do not be distracted by words you see around you such as “terminal.” While you are waiting to board the plane, you pull out a book. You have gotten a couple chapters in and you know that this is going to be a good book and very engaging. Your seat number is called and you board the plane. You do not pay attention to flight attendants saying “final destination.” You do not pay attention to the negative words around you. You start reading your book and you get engrossed in it. You pay no attention to the sounds of the plane. You look out the window, but you don’t think about how high up you are, instead you admire the sight and the clouds. You get back to your book. As you read your book you notice that the plane is bumping around and you don’t have any negative thoughts in your head. You actually realize that it feels like a bus on a bumpy road. Your book is very intriguing and gets you all caught up in it that you don’t hear

the sounds of the landing gear or of the wings lifting or landing. The plane reaches to a stop and you are very relaxed. You calmly collect your book and other things and start leaving the plane. You feel confident that you can fly any time. You enjoyed your flight and you will in the future.

Overcome fear of Public Speaking

Before you have to speak publicly, either the night before or an hour or two before your speech, think about the worst case scenario. Picture yourself in front of a crowd of people or maybe in front of your bosses giving a presentation. Picture yourself messing up, saying the wrong thing, or insulting someone; whatever it is that makes you nervous and anxious, picture it. You see all the faces looking at you. Maybe you see someone whispering something and you get paranoid that they are talking about you. Imagine the emotions that run through you. Maybe you turn red or maybe you get all flustered. Go ahead and feel nervous. Get it all out before the event. Now there is no nervousness to feel. It has left your body and what's left is confidence and strength. Now picture yourself 10 minutes before your speech or presentation. You are completely relaxed and confident. You are actually excited about your speech. You have prepared for this. You are ready. You have great things to say and you know that everyone is interested in hearing what you have to say. Now picture yourself walking onstage, into a conference room, or wherever you have to give your speech. All eyes are on you and that's okay because you look good. You are smiling and you are confident. You know that you have interesting and fascinating things to say. Picture yourself during the speech. All of the words are flowing effortlessly. You are saying all the right things and everyone is listening to you with captivating eyes. They are all nodding their heads because what you are saying makes a lot of sense. You are confident and everyone can see that. You are dressed well and well groomed. You look forward to peoples'

questions if they have them. You know the answers and you know that you can convey the answers confidently and to the point. Now picture yourself later in the day after your speech. You are ecstatic that the speech is over and you realize that you actually enjoyed yourself. You got a rush of excitement when it was over. You realize that public speaking isn't something to get nervous about. You have lots of great things to say and people enjoy listening to you. You are confident and capable and you look forward to giving public speeches in the future.

Self Esteem

As you are walking down the beach, you come to an area where unpleasant labels are written about you in the sand. They are labels given to you in the past that have held you back and have kept you from reaching your true potential because in actuality you are confident, capable, and a good person. Now see these labels in the sand and use your foot to brush the words away, just clean the area with sweeping motions using your feet. That's right; just erase the words away with each stroke of your feet. Now, watch as the water comes to shore and up to your feet and washes away the sand around you. Those words now mean nothing to you. They do not exist and they never have because you were the only one who saw them. You then turn around and walk a little ways down the beach. You feel a little more confident and you stand taller. Soon, you come to a large rock in the middle of the sand. On this rock is a little pick, you pick it up and start writing all the words that describe you. You write talented...confident...accomplished...a good person. You write many more words because there are so many great words that describe you. You write positive...attractive...capable. Look at all the words you have written on this rock. Now think about what a great person you are. You're confident in yourself and the things you do. You are confident in the way you look, the way you dress, and the way you act. See yourself confident in relationships with co-workers, friends, family, and members of the opposite sex. Everything comes easily to you, the way you talk to people, conversation comes out very fluidly and people respect what you have to say. You are strong and respected and everyone around you sees

you as capable and confident. Now take a look at yourself, you see you are full of positive energy. You aren't the only one who sees how radiant you are, everyone around you sees the positive energy too. Not only do others around you respect you, but you respect yourself. You stand proud and strong. You are certain of your abilities and skills. You know that you can accomplish whatever you put your mind to. No longer do you hold yourself back with negative words. All you see are positive words because you are filled with radiant energy. You have practical goals, creative ideas, and you fill your mind with positive energy. You are ready to grasp the future and go forward with confidence.

Now imagine yourself five years from now. You have really grown as a person and it shows. You no longer recognize the person you once were. Only positive words that describe you exist now. You have accomplished great things in the past five years, great things that you were able to reach because of your confidence and capabilities. Your confidence has enabled others to look at you with new found respect. You enjoy talking with people and they are very interested in what you have to say. Your career is going great. You are easily able to voice your ideas and opinions because you value them and others do too. Your relationships with friends and family are going great. Many of them come to you to seek advice because they hold you in high esteem. Look at yourself. Notice how positive you are. You are able to point others in the right direction because you have faith in yourself. You have great ideas and you know that family and friends respect you and honor your values. You hold your head up high and you know that nothing

can bring you down. You stand tall and strong because you are accomplished, confident, capable, and an overall beautiful person.

Chapter 5: Motivation Scripts

Endurance

Now, go back in time to a point where you had a very difficult run. Think about what was going on in your head. Maybe you started feeling discomfort or pain somewhere or all over your body. Think about what was going on in your head. You told yourself that you had to stop and rest because you were pushing yourself too hard. Running to the point of discomfort is common. But there is something very important to remember here. You have to realize that you can push past the discomfort and pain. You will actually keep going as fast or faster and push through the pain. You often think, it will only get harder and you will be in even more pain; this is not so. Once you push past the wall, it gets easier. That's right, it gets easier. You know that there is no reason why you are having a hard time during your run. It's not the weather, it's not the shoes, and it's not anything you ate. You are running many miles and though you feel discomfort, your body is capable of pushing itself to the limits. You just have to be able to tell your body to keep going. Now picture yourself during one of your really long runs. Maybe it's really hot outside, maybe it's really cold, or maybe it's raining. None of this matters. There is nothing keeping you from completing this run to the best of your ability. You begin your run feeling great. You admire the many things you see along your run. You think to yourself about something that happened yesterday. You run several more miles and you aren't feeling quite as good, but you know you can push yourself and keep going. As you run longer and longer, you think less about lighthearted things and more about your discomfort. Your legs might feel very heavy or maybe it's getting harder for you to

breathe. You instantly react on this, you push yourself harder. You run even faster and push through the soreness. As you keep running, you begin to notice that it wasn't as bad as before. You pushed yourself and you feel proud of yourself. During your longest runs you may feel discomfort and pain several times. You give it your all. You have been training for awhile or maybe you are at race, whatever the time is, you know you can't quit. You have to work past the worst pain you have ever felt. Exhaustion will set in, but you keep lifting your legs, pumping your arms, and you keep your heart rate where it needs to be. Fatigue is a trigger to your brain to keep going. Picture yourself coming to your stopping point or the finish line. You are so elated that you kept going. You can't believe how hard you tried and how fast you ran. It feels great. You are strong and powerful. You enjoy running; you get a thrill out of pushing yourself.

Focus

Picture yourself doing whatever it is that you want to focus in on. It can be anything. Picture yourself sitting down with the material you need to focus on right in front of you. I am going to show you a way to focus on something so that in the future, whenever you want to focus, you easily can. Make sure you are sitting in a comfortable chair with the material you want to concentrate on right in front of you. For a moment I want you to focus your attention on taste. What do you taste in your mouth? Maybe you have just eaten something. Maybe your mouth tastes like something or maybe nothing. Focus on it. Now completely get rid of your tasting ability. You now taste nothing. There is no taste in your mouth to distract you from your task at hand. Now listen. What sound do you hear? Maybe it's the buzz of an appliance or maybe you hear something outside. Concentrate on all the different sounds you hear. Figure out where they are coming from. Now turn off your ears. You hear nothing. There are no sound to distract you and if a new sound enters your surroundings, you do not hear it. You do not hear the doorbell ring or the sound of the phone ringing. Now breathe in and out. What do you smell. Maybe you smell a scent. Try to figure out what scent that is. Once you have it, make it disappear along with your sense of smell. While you are focused, you will not smell anything. Now, touch the things around you. Touch the floor and the chair you are sitting on. Touch anything that your body has contact with. Get a feel for what it feels like while you are sitting there. Now make that feeling disappear. The things that are around you, you do not feel. You don't notice if you have to scratch an itch.

Nothing is keeping you from what you are trying to focus on. Finally think about your sight. There seems to be many things around you that could distract you, but not anymore. Look at what you are trying to concentrate on. Now, get rid of your peripheral vision. It's almost like your vision zeros in on one thing, and that's the task at hand. You don't notice anything out the window or someone entering the room. You are not tempted to look at anything that could possibly distract you. You are now in the zone. You are ready to give all of your attention toward the task at hand. You have taken all of your sensory capabilities such as your sense of taste, sound, smell, touch, and sight away for right now while you are trying to concentrate. You succeed at focusing for as long as you need to.

Motivation for Success

Think about a goal you are trying to reach. It can be any goal. Imagine a perfect scenario for accomplishing this goal. You wake up every day ready to work and move forward toward your objective. It's easy to get out of bed and start your day because you know how great you will feel. You will feel great all day long knowing that at the end of the day you will be another step closer to achieving your dreams. As you work, everything just falls into place, everything works out perfectly. You take on stress as a challenge and you are calm as you overcome hurdles, there is nothing that you can't overcome. No task seems unreachable to you.



Everything is within your grasp. Nothing is out of reach for you. You reach for something and you hold on with a firm grasp and you constantly reach higher and higher becoming closer and closer to your goal with every reach. You do not look back on past problems and stressful situations, because you have already accomplished them, they no longer hold you back, they have made you stronger and more capable of reaching your dream. You feel confident and strong, you know you are putting all of your skills and talents toward good use. You focus all of your energy toward your goal. You overcome one challenge after another, which only gives you more energy. You keep coming up with new and creative ideas and you are easily able to implement them. Finally, you are able to achieve your goal. You are at the top and the view is magnificent. Every obstacle you overcame, you look upon as a triumph and you would do it all over again in a heartbeat. You feel such accomplishment. Goals and dreams that you have been focusing all your energy toward are finally realized. You are successful and proud. Family, friends, and co-workers see you as successful and have great respect for you. Notice how happy you are. You see yourself for who you really are, intelligent, caring, creative, and successful. You deserve to feel successful and respected. Now bring this success into the present. Realize that you can accomplish anything. You are confident and strong. You are able to make easy choices because your head is clear and you can see the way to the top. Now imagine your life 5 years from now. Take a look at what you have become and how hard you have worked. You have had many great successes. You feel more fulfilled than you ever have before. You have realized that once you accomplish one goal, it is easy to accomplish

everything else you set your mind to. It was easy, you say to yourself. It was so easy it makes you even more motivated to accomplish many more goals and dreams. You feel fulfilled and satisfied by your successes. You are on top and you wish to always be on top, because this is where you are the happiest. Everyone around you wishes they were as motivated as you. People aspire to be you and to be as motivated as you are. Now look at yourself 10 years from now. You are still motivated and succeeding at everything you put your mind to. Every goal is coming easy to you because you feel so satisfied with every step that you feel the energy to keep accomplishing one goal after another. Others envy your energy and want to succeed just as you have done. You look forward to all the challenges that come your way because you know you will face them head on and accomplish each and every one. Life looks promising. You are now excited about your future and know that you are the reason for your successes in life. You did it and you feel very proud of yourself.

Becoming Successful

You are at the base of a mountain. You can't see the top of the mountain, but you start climbing. It's a tall mountain, but every step brings you closer to the top. You notice a glowing light above the tree tops toward the top of the mountain. You feel that you must find out what it is. The trees are very thick where you are. They are difficult to navigate around, but you find yourself getting better at it. These trees represent obstacles that you must overcome in order to reach the top of the mountain. You look behind you and realize there are no trees. Just a slope of grass swaying in the wind. All the trees have disappeared behind you because they represent hurdles that you have overcome. You keep going up the mountain. All of a sudden there is a cliff. You see the glow of light is brighter now and it looks like it is beyond the cliff. You are determined and you start climbing the wall. It's hard at first, but then it gets easier the farther up you climb. Your feet and hands move effortlessly around the rocks, until eventually you reach the top. You look behind you and realize just how hard and difficult it was, and you accomplished it. You feel powerful. You look forward and there is a tree lined path leading you towards the top of the mountain. Occasionally there are rocks in your way that you jump over, but you never fall. You are very excited and you can't wait to see what is at the top. What will be up there, you wonder. You quicken your pace with exhilaration. Each step gets easier and easier. And then you reach a line of huge redwood trees. They are very wide and they are very close together. You see light seeping through the edges of the tree trunks. You then squeeze your way between two trees and

find yourself surrounded by an amazing sight. At the top of the mountain is a pile of treasures. There is gold, money and luxurious things everywhere. The pile of luxuries represents the success and goals that you have been dreaming about. You realize you have made it. You worked hard to get here and you are a success. Everything you could possibly want is at the top of the mountain. You jump around in the pile of gold and you cherish it because you worked so hard to get here. You look back down the mountain and there is a clear path all the way to the bottom. The path looks easier from this view. It appears easier because you accomplished it. You are a success. You want to do great things with your money and new found achievement. You are very capable and you the ability to become everything you have wanted to be.

Chapter 6: Medical Issue Scripts

Control Coffee Intake

You are feeling even more relaxed. Think about how much coffee you consume. Picture yourself in your normal routine of drinking coffee. Maybe you have a favorite mug, you get out any mug you like. You go through your routine of pouring your coffee into your cup and possibly adding sugar or cream. Notice the feeling you get as you get toward the bottom of your cup. You feel like you need more coffee and want more coffee. You love the taste and the warmth as it goes down your throat. You think that the caffeine in the coffee is the only thing keeping you awake. Now, erase this routine from your head. Erase the feeling of needing and wanting more coffee, go ahead and get rid of the urge. You no longer need several cups of coffee. You know you don't really want or need to consume a lot of coffee everyday. One cup a day is just fine. You get the same amount of pleasure from one cup as you did from two, or three, or ten cups of coffee. Now picture yourself in your normal coffee drinking routine. You do not have as much coffee in the pot. You pour the liquid into your special mug. You add cream or sugar if you like it, or maybe you drink it black, whatever you add to your coffee, you enjoy preparing your cup. You wrap your hands around the cup. It feels warm to the touch. It's at the perfect temperature. You breathe the aromatic flavor through your nose. It smells delicious and inviting. You then taste your coffee. It's the perfect cup of coffee; it's exactly how you wanted it to taste. You very slowly drink your coffee and savor every sip. All of your attention is on your enjoyment of this one cup of coffee. Every sip satisfies you. You get toward the end of the cup and you do not think about

wanting a refill. You think about how great that tasted and how it has enough caffeine to get you through the day. As you take your last sip, you notice how you feel completely satisfied with the cup of coffee you just had. You thoroughly enjoyed every single sip. You go on about your day as normal. You are full of energy and ready to take on your day. You are not tempted by having more coffee you are alert, and you are completely satisfied by one cup.

Pain Management

You are on a deserted island in the middle of a very peaceful sea. The island is small with a white sandy beach at the perimeter and a lot of beautiful palm trees. You decide to explore this island so you set off into the trees. You effortlessly float down a path that takes you deeper into the island until you reach a clearing. This is a small clearing, surrounded by dense trees. You are drawn to the middle of the clearing where there is a natural spring. There is something about this water that draws you toward it. You notice all the trees and flowers around this spring are brilliant and lush. Everything around you is thriving. You put your toe in the water to feel the temperature. A wave of calm spreads through your body. It's the perfect temperature, not too cool and not too warm. You now put both of your feet in the water. Your feet are soothed by the water. Again, you feel drawn by this water as if it has healing powers. You decide to step in farther. With each inch that you go deeper into the spring, a wave of contentment eases your pain. Deeper and deeper you walk. The water is now up to your waist. It is so soothing. You haven't felt relief like this in a long time. You cherish every second of it. You are at complete ease in the water and you decide to go deeper, all the way to your neck. Everything except your head is in the water. This water is healing every inch of your body and bringing you the respite from the pain that you have been so desperately needing. You quickly dunk your head under the water and then out so that every inch of you has been bathed by the healing water. This water has powerful minerals in it that soothe your skin and reach deep into your bones. They have a numbing effect on your nerves so that

you have a break from the pain. You are very relaxed in this water. You just lay there, floating in the water and enjoying the calmness of your body. You look up at the beautiful sky. It's clear and bright blue. There are brightly colored birds sitting and singing in the trees above you. You look at all the different flowers surrounding the spring. They are the brightest and biggest blooms you have ever seen. There are lush green ferns on the ground, so lush and thick that you can't see through them. They seem to be getting nourishment from the spring too. You continue to enjoy yourself in the soothing mineral-rich water.

Overcome Sadness

Imagine yourself walking around on a street. You are looking at storefronts when one catches your eye. It has your name written above the door. So you decide to go in. As soon as you walk in you realize that this is not a store. It is your sanctuary. You immediately lock the door behind you so that no one can disturb you. All things in this building make you happy. You enjoy coming here. Take a look around. You can make anything out of your safe haven as long as it make you happy. You come here whenever you want and it can change each time. You could be surrounded by friends or family if you like or you can be by yourself, whatever you enjoy. Create it and get a good picture in your mind. What do you feel like when you are here? You are at peace with yourself and happy. What do you see? The things you see make you excited to be you. What do you hear? You hear happy and fun sounds or maybe you hear peace and quiet. Do you smell anything? Maybe there are smells around you that trigger joy and make you feel good. Are there things around you that feel good to touch? You take joy in all the things around you. You look forward to coming here whenever you need to. This is your place and it makes you happy.

Overcome Depression

You are outside in a large open grassy field. Think about all the words you use to describe yourself and your life. Picture those words floating around you. You might see the words worthless, unmotivated, and sad, picture all of them. You see a lot of negative words. Now add to those words, your feelings. Add all the negative feelings you have. Picture these feelings floating around you. Maybe you see shame or rejection, whatever your feelings are, surround yourself with them. This probably feels familiar to you. You are surrounded by negative thoughts and feelings. You feel stifled by them. You don't enjoy feeling this way. You want to change. You wish you didn't feel overwhelmed with all of these feelings. Now, watch these words you use to describe yourself and your emotions, watch them float up. They are above your head. Feel the weight lift off your shoulders. You keep watching them float higher and higher. You can't read them anymore. You no longer feel overwhelmed by these thoughts and emotions. You keep watching the words and feelings until eventually, they disappear. You can no longer see them and you can no longer feel their effects. You feel free and open. You are now able to start your new life. From now on you view your surroundings as positive. You can't wait to start looking at yourself and your life differently. You look around and everything seems brighter. The grass is greener and the sky is bluer. You have made a major change in your life. You now are surrounded by wonderful words and feelings that describe you and your life. You see capable, positive, confident and many other positive words that describe how you and others view yourself. You see words that

describe your feelings such as happy, powerful, and motivated. You are excited about your future and going about your daily routine. Picture yourself doing your normal daily activities and doing things that you never were able to before. You appreciate the small things that you never noticed before. You take advantage of all the time you have to get things done. You are more productive. You enjoy what you do. You only see the positive side of people and situations. The negativity that used to consume you now does not exist. You feel a huge weight has been lifted from you and you feel that you can accomplish anything.



Freedom from Panic Attacks

Alright, you are feeling very relaxed. Your body and your mind are at ease. Imagine how you feel when you are by yourself without an outside influences. Notice how you feel. You feel anxious because you're scared you might have a panic attack. This is the last time you are going to feel this way when you are in this situation. That's right. No longer will you be overwhelmed by your feelings of anxiety or panic. You now learn to cope with your feelings. You are strong and very capable. You can do anything you want. You are very confident. That's right, confident. Now only are you confident that you won't have a panic or breathing attack when you in your situation that causes them, but you are also very confident in whatever you set your mind to accomplish. Now picture yourself in a situation that normally causes anxiety and your panic attacks. Imagine having a panic attack. You realize that you will get through this attack; it will soon pass and you will be feeling calm again. You tell yourself that the panic attack will soon subside and you begin to calm down. You gain confidence because you realize that you can be in control of your panic attacks. Again, when it happens again, you tell yourself that you are okay and that you are strong and capable to deal with the situation. You tell yourself this because it's true. You are strong. You are capable. You alone control your anxiety. As your panic attacks get less and less frequent, you challenge yourself take on your situation head on and combat your stressful feelings. Yes, at first it is a challenge, but then you begin to realize how good it feels to be able to trust yourself. You begin to think about how much more rewarding your life is.

When you are in any situation you feel safe and confident. Now, only on rare occurrences do you have panic attacks. But something inside of you has changed. You are no longer scared during panic attacks, you now have the ability to manage the stress and stifle any fear that you would have had. You now depend on your ability to manage an attack whenever you feel the fear consuming you. You keep doing this for as long as you have attacks. You know that you will get through them and that each one you are able to control makes you stronger. Now picture your life completely free of panic and breathing attacks. Imagine being in situation that used to cause your panic attacks and feeling confident and really enjoying yourself. You enjoy doing this and you are very capable of doing things without others. You feel that you have overcome a major obstacle in your life. The panic attacks were having a major impact on your life, but no more. You are now able to go out into the world with the utmost amount confidence and motivation.

Stop Smoking

You are completely relaxed and at ease. Think of all of the bad things about smoking. Think about how bad it is for your health. Picture what the inside of your body looks like compared to a person who doesn't smoke. You have tar in your lungs. Your esophagus, mouth, and sinuses all have been damaged by smoking. Look at the outside of your body. Smoking has added years onto your face. You are weaker due to your constant smoking. You become out of breath just walking up stairs. Now take a look at people around you. They don't like your smoking. They want you to quit so that you will live longer and so that you don't smell like an ashtray. Think about all the money you have wasted on cigarettes over the years. Think about what you could have done with that money. Think about all the time you have wasted smoking. A few minutes here and there everyday really adds up after several years. Think of all the great things you could have accomplished with that time. Now think about quitting right now. Think about all the things that you gain by eliminating smoking from your life right now. Now imagine what the inside of your body will look like. You will no longer be adding harmful substances to it and you will slowly begin the process of reversing the damage that has been done. You will no longer be at a higher risk for diseases. Your skin will regain some of its radiance and elasticity and over time you will look younger than you currently look. You will be able to exercise and build your cardiovascular capacity, thus strengthening your heart. You will become stronger and have more energy to accomplish things. Imagine the looks on family and friends faces when you

tell them you have quit smoking and you promise to never light up a cigarette again. You want to make them proud of you. You want to be around for a long time to enjoy your new life. That's what this is, a new life. You can accomplish things that you only dreamed about before. Think about what you will do with the money you would have been spending on cigarettes. There are so many good things out there to spend your money on. Invest in your future. Think about what you will do with the extra time you now have. You can accomplish great things; it's like adding minutes on to your day and they add up over the years, the many years that you now have ahead of you.

Sleep

You are very relaxed. All of the muscles in your body are relaxed. You feel that you are floating on a cloud. You are in that state that you are in right before you go to sleep. It feels nice doesn't it? Make yourself comfortable with this relaxation. Notice how your body feels, completely relaxed and completely comfortable. Notice that there are no thoughts racing through your mind. The only thing you concentrate on is the sound of my voice, what I am saying, and how relaxed your body and mind are. Focus again on your muscles starting with your feet. Relax every toe and the arch of your foot. Work your way up to your ankles...your calves...your knees. They are limp and feel weightless. Relax your thighs and hips, let them comfortably sink into the chair. Moving up to your torso, let all of your muscles in your back and stomach soften. Let the relaxation move to your arms and hands too. Just relax. There is no tension in your neck, jaw, or head. Your entire body is now completely relaxed. While you are listening to me there are no thoughts going through your head. You are thinking about nothing. Picture yourself in bed getting ready to sleep. You do nothing that might keep you from going to sleep like watching TV or becoming engrossed in a book. When you lie down, focus your thoughts on everyone of your muscles relaxing. While falling asleep you will not think about anything else other than relaxing. You will not think of things that happened today or things that you have going on tomorrow. You have no worries. You may be tempted to think about them, but your mind will not drift from focusing on the feeling relaxation. You have no worries when you are falling asleep. You won't be

awakened by worrying thoughts. You will have pleasant dreams that make you want to go into a deep sleep. You aren't feeling any tension or anxiety. While you are in bed, you have no stress. You feel that you are floating on a cloud. Your body is relaxed, your mind is relaxed. There is nothing disturbing you while you sleep. No animals or people are making noises. You are getting a restful sleep. It feels so good getting a full 8 hours of sleep. You feel rested the next day. You are less stressed out and you are able to think more clearly. You appreciate being able to sleep and recharge. You don't let your mind wander. You just focus on the feeling of being at ease.

Positive Thoughts for Skin

Now that you are at ease and completely relaxed, think about your skin. If any negative thoughts come to your mind, I want you to completely get rid of them. Maybe you think your skin is oily or splotchy. None of those words are true. Negative thoughts about your skin do not help you and they won't help your skin improve. Think about your skin positively. You know that your skin is going to improve; it's just going to take a little while. You are very patient and you are already noticing some changes. No one is looking at you strangely because of your skin. You don't think about people noticing it either. When you walk down the street you smile because it is a beautiful day and things are going well for you in your life. You don't let your blemishes get to you. You are already doing everything right and you do not second guess yourself. You are eating the right foods and you drink plenty of water. You are also taking care of your skin by being clean. You are doing a great job. You are happier knowing that you are taking the necessary steps to make your skin the healthiest it can be. You are proud of the changes you have made in your life and you enjoy doing everything you can. You love seeing changes you have made to your skin and you can't wait for everything to clear up. Now picture yourself with perfect skin. After all, this is what you are working towards. Your skin is perfect and blemish free. It feels smooth and it looks amazing. You look healthy because your skin is healthy and it radiates light and energy. People might not directly notice the change in your skin, but they can tell that you are happy and more positive. You are emitting energy to everyone around you. Now, think about how you

feel. That's right, how you feel. You feel happy, confident, and healthy. All those changes you made in your lifestyle have finally paid off and they were worth it. You feel that you can accomplish anything because you have just accomplished a major obstacle. You continue with your new routine because you like the changes you have made. You love the look and feel of your skin and you love how it makes you feel.

Positive Thoughts for Skin Part II

Now, take a look at your skin right now. The only thoughts that you have about your skin are positive thoughts. You know that you are doing everything right. You are doing a fantastic job cleaning the affected area. And you have been eating all the right foods. You are a beautiful person. People love to be around you. You are fun to be with and family and friends really look forward to spending time with you. You have a renewed sense of confidence because your skin is already looking better. Your skin might not look perfect yet, but you know that your skin is going to soon. You are happy with the changes you have made in your life because you can see the results on your skin. You feel healthier and cleaner because you are. You are eating the right foods and you make sure that your skin is properly cleaned every day. You are confident that soon you will have the perfect skin. You come up with new and better ways of improving the look and feel of your skin. You enjoy doing this. You picture what your skin is going to look like tomorrow and the day after that and you look forward to it. You know that with each passing day your skin is improving and you enjoy every moment of that. You are confident and motivated in everything that you do. You don't let a few blemishes get in the way of your dreams. You go about your daily routine with a very positive attitude and you look forward to what the future will bring you. You are very capable and powerful and you accomplish everything that you put your mind to. You are very thankful for the changes that you have seen thus far in your skin. You know that it is because of your hard work that these changes have occurred. Friends and

family have noticed a change in you. You are more positive and always fun to be around. Picture yourself one year from now with perfect skin. Your skin looks amazing doesn't it? You get compliments from people you know and from strangers on how nice your skin looks. You smile to yourself because you know how much better it looks and how you worked so hard for it. You are still eating right, drinking a lot of water and taking care of your skin. You still enjoy pampering your skin. You feel confident because you know you have perfect and healthy skin. You feel motivated to accomplish all of your hopes and dreams and you know that obstacles are just something you have to overcome to reach your goal.



Overcome Trauma

You are walking alongside a beautiful lake. There are no people for miles and miles. To one side of you is a large lake. You examine it very carefully. It is a very calm lake. There are no waves or ripples on this lake. It's serene and it reflects the scenery like glass. Surrounding this lake are woods. There are tall trees protecting you as you enjoy your walk. You look beyond the lake and you see a beautiful mountain. This mountain represents your future. It's full of hopes, dreams, and success. You can't wait to climb this mountain because you know it will bring you peace and solitude. As you walk along the side of the lake you come upon a large pile of rocks. You cannot get to the mountain because the large pile of rocks is in your way. The large pile of rocks represents the traumatic event that you had in your life. Each rock represents all the different emotions and feelings that you have suppressed and that you are trying to get out. In order to get rid of these thoughts and emotions, you must hurl each rock into the lake. Your screams and anger will not be heard in this office, but go ahead and let it all out with each rock that you throw into the water. That's right every single rock. Throw it away. Don't give up. Watch it disappear into the deep lake. Keep destroying the huge pile of rocks. Just hurl them away. All of the thoughts about [the traumatic event] are coming out and you are getting rid of them. You can yell whatever you want. Keep throwing every rock until there are no rocks left. That's right, keep hurling them away. As you throw the last rock into the lake, you feel that a huge weight has been lifted off your shoulders. You are able to walk forward, past where the huge rock pile once

stood. Now you head toward the mountain. You get a warm cozy feeling as you walk along the lake and toward the mountain. This feeling makes you feel that [the traumatic event] is in your past and you can now focus on worthwhile aspects of your life. You look forward to getting to the mountain because the mountain represents all of your dreams and you know that you will soon accomplish your dreams and that you will be a great success. You are strong and very capable.

Overcome OCD (Obsessive Compulsive Disorder)

You are feeling very relaxed. Your mind and body are at complete peace. You are not feeling anxious in any way. Now soon, you will be asked to explore your obsessions with me. Your anxiety will be completely controlled and you will think about the anxiety, not the obsession. You remain at peace. Not only is your body relaxed, but so is your mind. You don't have any doubts or thoughts racing through your head. You have no doubts racing through your head because you performed your rituals before your hypnosis session. Think about how you feel when you are consumed with anxiety about your obsession. You feel stressed and anxious. You know what? That's okay. That's right, it is okay to feel anxious. Whenever you feel yourself dwelling on small details and become anxious, you will tell yourself that it's okay to feel this way and it will soon pass. Yes, these feelings will soon pass. Now, picture yourself tomorrow. You begin to have recurrent, persistent thoughts about your obsession. Maybe you feel like you have touched something that's contaminated and you feel the urge to clean yourself several times. Maybe you are unsure whether you locked your door. Or perhaps you feel the urge to obsessively count or arrange things a certain way. Whatever your obsession is, you do not perform the ritual. If you become consumed by the thought of not locking your door or not turning off a light, you check on it once. At this point you tell yourself that the door is locked or the light is off. You feel a sense of confidence rush over you. You now have no doubt about the door or light. Later, whether a few minutes or

hours later, if you feel any doubt start to creep back into your head, you deal with the stress and anxiety. You get through this hard time. You do not perform the ritual. You are fighting against the OCD. You can do it. Now imagine yourself two months from now, you are still doing a good job suppressing your compulsions, but you may still be having obsessing thoughts. Now you will work on suppressing your anxious thoughts. You will fight against thinking about whether a light is on or off. You will not think about an object being contaminated. You will no longer allow yourself to have these thoughts. They are bad thoughts and you don't want to think about them anymore. You want to have complete control over them and you do. You begin to realize that you have the power over your mind, not the other way around. You begin to feel more confident and sure of yourself. You are so excited that you have gotten better. Now picture yourself with an OCD free life. You are able to enjoy the world around you. You are happy and full of energy. You are in control of your thoughts and actions and you are free to take on the world.

Chapter 7: Dental Issue Scripts

Dental Hygiene

You only have one set of permanent teeth. You know how important it is to take care of your teeth. You want to brush your teeth twice a day with toothpaste and dental floss everyday. If you don't do these things you could develop periodontal disease. Plaque and gingivitis could form. You don't want that. You want to take good care of your teeth. Imagine the perfect smile. Look at the teeth. They are brilliantly white and clean. Look at the gums. The too are healthy looking. The gums are pink, not red and receding. There is no decay in the perfect mouth. This mouth is very well taken care of. They routinely brush and floss their teeth. They go to the dentist a couple times a year. Other people perceive this person as being attractive and healthy. They have clean breath because they take care of your teeth. Imagine yourself with a healthy mouth. People will look at you with admiration. They will wish that they had teeth like you because you take good care of your teeth. You never have an excuse not to brush and floss your teeth. You enjoy doing it. It's time that you like to have for yourself because it's time that you can pamper yourself and tend to your appearance. You know that people who floss their teeth live longer and are healthier than those who don't floss. Your teeth are bright white. Your gums are very healthy. You take joy in cleaning your teeth. You know that others will see you as more attractive with clean teeth and gums.

Stop Teeth Grinding

You are at ease. Your entire body is very relaxed. Your toes and feet fall loosely. All the muscles in your legs are relaxed. Your torso and upper body are undisturbed. Your hands and arms hang by your side. Your neck is not tight; you are completely loose. Your mouth is slightly open and your jaw hangs loosely. When you put your head down to sleep, you will be in this relaxed state. You will focus on relaxing your entire body. For the entire night, a little voice in your head will be there to awaken you when you grind your teeth. You will become aware when your jaw clenches together. You will wake up as soon as you feel the pressure and you will quickly open your mouth, relax your jaw and go back to sleep. At first you may still grind your teeth, but after a little while you will want to get a full night sleep without being awakened all the time. Your body will learn that if it wants to get a restful sleep, it has to stop grinding teeth. Nighttime and while you sleep is no time to worry about the stress in your life. Night is a time to relax and recharge for the next day. Picture the long term effect of teeth grinding. Bruxism, the term for grinding your teeth, can cause you a lot of pain. Grinding can wear down your teeth causing pain and costly dental work. Clenching your jaw puts a lot of pressure on it and can cause TMJ and nerve pain. You don't want that. You want to be relaxed. That's right, let your jaw hang down. Relax your jaw, your mouth, and your lips. Imagine a night several weeks from today. You no longer have to wake yourself up when ever you grind your teeth. Your jaw stays relaxed throughout the entire night. You get a full night of restful sleep. You have no more pain in your

jaw and your teeth aren't wearing down anymore. That's what you want isn't it? Just relax.



References

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Complementary and Alternative Medicine. (2004). *Southern Medical Journal*.

Resources

Hypnosis Website

(The official website of Dr. Steve G. Jones, Ed.D.)

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- Hypnotherapy Scripts Volume I
- Hypnotherapy Scripts Volume II
- Hypnotic Techniques for Dating Success
- Business guide for Hypnotherapists (Office set-up, websites, forms, advertising online, search engine optimization, creating and selling hypnotherapy CD's and mp3's)
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