

## Self-Hypnosis

Record yourself reading this script or ask someone to read it to you.

### ***Pick a Goal***

Pick a short-term goal - something you feel you can achieve in about one week. Something beneficial and personal. Not what others want for you, but what YOU want for you. And get into a comfortable position, which you are welcome to adjust or shift at any time.

### **Stair case**

I'd like you to imagine a staircase with ten steps that lead to a comfortable chair. In a moment, I'm going to count from ten to one, and when I do, imagine yourself taking one step for each number, becoming more relaxed with each step. Getting ready now, imagining a handrail to guide you as you walk, and...

Ten ... feeling balanced, safe

Nine, letting go of day-to-day thoughts and concerns

Eight, sinking or floating - whatever feels right for you

Seven ...allowing your breath, releasing effort

Six ... letting go ...

Five ... moving down or up those stairs, relaxing more completely.

Four ...

Three ... becoming more relaxed with each breathe out...

Two ... On the next number, number one, simply sinking into that chair, becoming more calm, more focused, more relaxed ...

One ... Sinking into that chair, let your muscles become loose and limp as you slide into a calm, peaceful state of relaxation.

### ***Visualizing the Goal***

You can use your imagination like a personal movie screen where you create positive scenes exactly as you'd like them to appear. You are the main character, and the director.

Imagine that the goal you picked for this session has already been achieved. Just like watching a movie or TV but this is your personal movie so you can control the volume, the clarity of the image, and what your character is doing and feeling. The scene shows you in a couple of weeks, soon after you've made it happen.

How does it feel to have reached this goal? What expression is on your face? How does your body feel? How do you walk? How do you interact with others? Allowing your body now to enjoy this state of achievement. Breathing in this scene in which you have already achieved your goal.

As you picture your goal state, you may experience some doubt or fear - or maybe just some unnamed resistance or disbelief. These are all natural feelings, our way of making sure we're OK. If

there is any useful information in the feelings of fear or doubt, taking a moment to acknowledge that information now. Making a commitment to address any details that need addressing. Noting whatever is useful to you and gently breathing out whatever you no longer need.

Breathing through anything that holds you back. Just as your breath can cleanse your body on a molecular level, it can also help your body to release any emotions or thoughts and beliefs that no longer serve you. Breathing out any fears or doubts, and allowing your body to enjoy the new space that is now available to you. Just as a river flows to the sea, breathing out any self-doubt or limiting beliefs. Allowing your body to enjoy this release.

And as you create this new space in your body and mind, the image of your goal state can become brighter, more vivid and more clear. It becomes easier to believe in your ability to achieve this goal. Trusting that you have the resources and knowledge to achieve this goal, or that the resources and knowledge are well within your reach. Imagining very clearly what steps you can take in the immediate future to bring yourself closer to this goal state. What kinds of thoughts will bring you closer to this goal? Thinking those thoughts now. To whom can you speak? What can you say? What actions, tasks, or behaviours will lead you in the right direction? Rehearsing all of these thoughts, words, and actions in your mind. How can you remind yourself of these things? Breathing these positive approaches into your body now. Allowing your body to enjoy it.

I'd like you to ensure your body, mind and spirit remember this goal vision by breathing in all the wonderful aspects of your personal vision. Enjoying it. Believing it. See how bright and vivid you can make your goal state. Because what the mind sees, the body believes. And when the goal state gets to be the most intensely real that you can possibly make it, take a deep breath to help your body remember it. Allowing your personal scene of achievement to wash over you from head to toe like a warm wave of relaxation. Trusting that you can visualize your goal state any time you choose.

## **Awaken**

In a moment, I'm going to count from 1 to 5 to help you bring your awareness back to your current surroundings. And when I reach five, feeling fully alert, energized, and ready for whatever comes next. Getting ready now...And...

1. Remembering your fingers and toes, moving them if you'd like.
2. Remembering the rest of your body. Head and shoulders, arms and legs. Moving these body parts to awaken them.
3. Allowing your breath to bring you energy and strength.
4. Getting ready to open your eyes, and...
5. Coming back into the here and now, bringing your awareness to your current surroundings.

Feeling the seat beneath you. Noticing the colour of the walls, any sounds, any textures.

Feeling ready to think, say, or do things, no matter how small, that will help you to achieve that goal.