

## SELF HYPNOSIS

Please take yourself to your favorite place in nature, maybe a place you've been to before, or a place you'd like to go to, a place that feels good, a place where you look good, a place where you're happy and safe and content.

Just find a comfortable place to sit down and close your eyes. Good.

And now, in a moment, I'm going to ask you to take three gentle breaths and on each gentle breath, you can simply allow your mind and body to relax more and more.

On the first gentle breath, I'm going to ask you to relax your jaw, on the second gentle breath, I'm going to ask you to just drop your shoulders just ever so lightly, and on the third gentle breath, I'm simply going to ask you just to relax the muscles in your stomach and your chest.

Good.

So now, take a nice gentle breath, exhale and relax your jaw. Good.

And now, in your own time, take another nice gentle breath, then on the exhale, just drop your shoulders just ever so slightly.

Good. It feels so good.

And on the third gentle breath, relax the muscles in your chest and your stomach. Good.

You're doing great. Now... while you're here, in a moment, I'm going to ask you to slowly begin counting out loud backwards starting from the number 10 and with each lower number, just allow your mind and body to relax ... and every time you say a number, allow it to coincide with every gentle exhale... so it's going to sound something like this...10...9...8...Good.

So now...begin to count now in your own mind slowly from 10 down to 1 and when you reach 1, just raise and lower your finger, so that I know that you're in your deepest level of relaxation...

I'll be quiet now while you count slowly from 10 down to 1. Good...You're doing great.

And now, I'd like you to imagine that right in front of you is a widescreen TV... and it's so close you could actually touch it., and look, there on the screen is you in the future.

## **SELF HYPNOSIS**

You look great. You feel great. Put yourself in your favorite colors. Your eyes are sparkling. You're smiling. Your body is healthy. You're happy. You've achieved your goal. Your life is better than you ever imagined.

[INSERT HERE:

HELP CLIENT ELICIT A FUTURE SCENE WHERE THEY FEEL WONDERFUL AND THAT SHOWS THEM THEY HAVE ALREADY ACHIEVED THEIR GOALS. FOR EXAMPLE, ON VACATION KNOWING THEIR NAILS HAVE GROWN IN BEAUTIFULLY, OR HAVING ACHIEVED THEIR FINANCIAL GOALS]

You are so proud of yourself. You set out to achieve this goal and you feel so good. And while you're here, I'd like you just to imagine maybe picking up the phone and calling a friend and saying "Guess what? I feel so proud of myself. I am so happy."

Notice how you feel, just hear what you say to yourself. Just hear what your friend says to you.

And while you're here in this wonderful feeling body, I'd like you just to get up from that chair and now go and merge with this body, so that you really are truly inside this body of success...

Feel how good you feel. It feels wonderful doesn't it?

And while you're here, I'm going to ask you to repeat this sentence 10 times, and you can repeat it in your own mind at your own pace.

The sentence is "Everyday in every way, I'm getting better and better."

so I'll repeat it and you can say it out loud in your mind,

REPEAT 10 TIMES OR MORE:

"Everyday in every way, I'm getting better and better."

NOTE: As Self Hypnosis Homework you will ask your client to repeat their PPS (Powerful Personal Statement)