

# BASIC HYPNOSIS

## SAMPLE SCRIPT

The following is the foundation in which your future demonstrations will be based off. I always start someone new off with a quick/basic relaxation demonstration as I've scripted for you below. Please note that the "Script" from this script is more of a "Post Hypnotic Suggestion" since we're telling them how to feel after the hypnosis is over (versus making them do something/react to a trigger). The following sample scripts in this module can be used to replace the "Script" from this sample script in order to help your volunteer achieve actual hypnotic phenomena. Though leaving them with a similar post hypnotic suggestion when the demonstration is over, is never a bad idea!

### **Induction:**

*"Look at a spot on your hand. As that spot gets closer and your vision begins to blur, close your eyes now and take a deep breath in through your nose. Slowly exhale, keeping your eyes closed, allow your hand to come down and your chin to go towards your chest. The further your hand physically drifts down, the further you can allow yourself to mentally float...drift...and glide all the way down. Continue to breath in through the nose and out through the mouth. Continuing that breathing technique as you listen to the sound of my voice and the words that I speak. Your feet will support you so you won't fall over." (lightly tap their shoes/feet with yours to reinforce this safety measure (unless they're sitting down safely))*

**Deepener:** *"Allowing every breath you breath, every word I say & every passing moment to make relaxing yourself that much easier. Allowing yourself to drift deeper into relaxation with every passing second. The deeper you go, the better you'll feel and the better you feel the deeper you'll naturally go."*

**Script:** *"In a moment when I wake you up, everything will be back to normal. The only difference being that you'll feel mentally and physically more relaxed than you were a moment ago. Any mental or physical stress or anxiety you may have had will be partially if not fully gone. Colors may seem more bright/vivid & you'll wake up with a smile on your face feeling better than before on the count of three."*

**Trance Termination:** *"One..Two, taking a slow deep breath in through the nose now, lifting up your head and three (optional snapping of fingers here) eyes open, wide awake, feeling better than before!" (say this fourth step with a smile to convey a happy tone and encourage them to smile/feel better).*