

SPONTANEOUS LAUGHTER

SAMPLE SCRIPT

“In a moment when you wake up, everything will be back to normal. The only difference is you will become overwhelmed with a spontaneous urge to laugh. The more you laugh the better you’ll feel and the better you feel the more you’ll laugh. Even listening to the sound of my voice right now and the words I’m saying, they bring a smirk to your face. That smirk turns into a smile and that smile turns into a chuckle. It becomes funnier and funnier with each passing moment. When you wake up and look me directly in the eyes, you will become overwhelmed with this urge to smile and laugh every time you look at me. One, two, three snaps fingers eyes open wide awake (said with a smile)!”

This is a good sample demo for a few reasons...

- 1) It helps show if they’re a somnambulist. After all, there’s no logical reason for them to start laughing even though you told them to.
- 2) Genuine laughter releases healthy chemicals into the person’s body, making them feel better. If there’s one thing I always tell my advanced students at in-person trainings, we want our volunteers to have a pleasant experience. One they can walk away happy from, feeling better than they did before they started. This often helps accomplish exactly that while simultaneously helping us prove that hypnosis is enjoyable...not scary.