

HAND PUSH INDUCTION

SAMPLE SCRIPT

“Push down on my hand. Focus on a spot on the back of your hand as you continue pushing down on my hand. Push down harder...harder...and in a moment, when I drop my hand and say ‘sleep’, you can allow your eyes to close, your head to droop forward and allow yourself to completely relax right now. (drop their hand) Sleep! Relax! Allow your self to completely relax and let go. Your feet will support you (lightly tapping their shoes/feet with yours) so you won’t fall over, as you continue allowing yourself to mentally float, drift, glide and slip even deeper into relaxation now.”