

NAME AMNESIA

INDUCTION

I want you to close your eyes now and take a slow deep breath in through your nose ...and slowly exhale through your mouth. Take another slow deep breath in...and slowly exhale. Allow every breath you breath, every word I say and every moment that passes to relax you even more. Allow yourself to begin letting go of the tension in your body. The more you give into this relaxation, the better you will feel and more effective it will be. The deeper you go, the better you feel and the better you feel the deeper you go.

SCRIPT

I want you to imagine your name on a white board right now. You can see it bold and clear right in front of you. Now, with your imagination, I want you to imagine wiping your name off that white board. With every word I say, you can imagine more and more of your name being wiped off that board. With every word I say, you see the board becoming more and more blank. You begin to notice that your name is gone. You don't know your name because you can't see it in your mind, it's gone. It's almost as if you've forgotten it. You try not to forget it but the longer you stare at this white board, the further away from you your name gets. It's like it's on the tip of your tongue but you can't say it. The longer you stare at this blank white board, the more you realize you've forgotten your name. When I count to three in a moment, you'll realize every time I look you in the eyes and ask you your name, you draw a complete blank screen in your mind. Your name's gone, you can't see it, you don't know it. One, two, three eyes open, back in the room. What's your name? (if you squint when you say this while looking at them, it will

create a sense of confusion in their own mind and help with inducing this temporary amnesia).

BRINGING THEIR NAME BACK

I'm going to snap my fingers in a moment and when I do, you'll remember your name. You'll be able to see it in your mind on that white board because it was the name given to you at birth.

You remember your name right now (snap fingers).