

NAME CHANGE

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

In a moment when you open your eyes, everything will be back to normal. The only difference will be your realize your name is (insert appropriate funny name here like "Scooby Doo"). Anytime I look you in the eyes and ask you what your name is, the natural, automatic, genuine response that will pop to the top of your mind will be (insert name here). The more you say your name, the more confident you will be that that's your name and the more proud you will become. When you open your eyes, your name will be (insert name here) and you'll think it's completely normal. One, two, three, What's your name?

BRINGING THEIR NAME BACK

I'm going to snap my fingers in a moment and when I do, you'll remember your real name. You'll remember everything that happened and smile/laugh about it right now (snap fingers).