

POSITIVE ATTITUDE

HYPNOTHERAPY

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. Simply imagine yourself in the middle of the forest during daylight. You are standing on an open path that continues straight ahead of you. You begin slowly walking the path as you observe your surroundings. Taking note all of the trees that surround you, some with very thick trunks while others are relatively small. You stop for a moment to look up to see the blue sky above you, clear and spacious. You catch the sight of a small bird flying by just over the trees. You watch as it moves across the sky effortlessly. A moment later you see a few more birds following behind the first one. You see their small wings flapping and hear them chirping to each other. Looking at just how small they are and consider how powerful they are to be flying in the air for long periods of time. The thought of being up in the sky flying with them is an entertaining idea to you. The feeling of complete freedom to simply fly where ever you want. Being able to just up and leave at a moments notice, flying through the fresh air and enjoying the view of different landscapes. Getting to see the various colored skylines during earlier or later parts of the day. In this moment, you feel peace as you stand surrounded by mother nature. The temperature is just right, you feel calm and comfortable. As you stand in place, you see the tops of the tall trees and the amount of leaves that each of them bare. You see one moving and focus on it for a moment. You realize it is falling from the top of the tree and slowly floating downwards. As you watch it fall from high above, you begin feeling a deeper level of relaxation. You find yourself more calm and comfortable with every passing moment that it takes that leaf to fall. The further down it comes, the further into relaxation you feel yourself slipping. You allow this to happen as it

completely natural and makes you happy. It floats down only feet in front of you as you watch it land on the ground and feel yourself physically releasing tension and mentally wandering. You take this moment to yourself. This time is for you to tune into yourself and allow your mind and body to be free. Allow yourself to be one with nature as it is said. Enabling yourself to let go and any and all worry and stress. This is not the place for any of it. You imagine everything stress-related leaving your mind and getting lost deep within the forest. Deeper and even more deeply within the forest until you are able to notice them anymore. You take the next few moments to yourself as you allow your mind to drift.

15 Second Pause

DEEPENER

As you continue to relax, I will count down from 10. With every number I count, you can allow yourself to relax further. Starting with 10, simply allowing any tension within the forehead to disappear. Relaxing the space between your eyebrows now. Letting your eyelids simply lay on the balls of your eyes. You do not need to squeeze them shut.

Simply let them relax over your eyes. Relaxing the tension within your jaw. Allowing your teeth to separate and mouth to relax. 9, as you let your head relax, you can allow your shoulders to relax and fall back. Allowing your upper and lower arms to relax. Your hands, fingers, finger tips completely relaxed. Letting yourself drift even deeper than before as you let go. 8, Allowing your upper body to become completely loose and limp.

Feeling your body comfortably sink into its space. Becoming more peaceful as you physically feel every muscle, tendon, fiber and cell in your body relax now. The more you give into this good feeling the deeper and more comfortable you will become. 7, feeling your hips, thighs and butt relax as you drift even deeper now. Feeling completely tension free from your thighs to your head. 6, enabling your upper legs to relax. This causes your lower legs and calves to relax. The more you let go and allow your mind to wander, the quicker, the deeper you will relax. The better you'll feel. 5, as you continue drifting, allowing yourself to slip deeper, deeper and ever so deeply into relaxation, you feel calm. You begin to fully let go and allow yourself to become overwhelmed with complete peace. 4, Relaxing your feet, all the way to the tips of your toes. As you feel your whole body enter into a calming state of peace. 3, continuing to mentally drift, float glide peacefully. 2, you are care free. you are stress free. You allow yourself to become immersed in a calming bliss because on the count of the next number, you are to allow yourself to become completely comfortable and stress less. 1, allowing yourself to become completely and utterly mentally and physically relaxed now.

15 Second Pause

SCRIPT

As you continue to relax, you think about the people you admire the most. You think about times you have seen them happy. Thinking about their smile and how they must feel. You understand everyone has rough times. We all experience different things in our lives. However, it is our choice to continue. It is always our choice to move onto better things. We all have the inner ability to achieve anything we truly aspire to accomplish in our lives. Right, now, in this moment, you feel a small sense of pride. You are proud to have taken this step. You are here to improve your life. You consider this step. You are here in this session because you are already motivated to improve your life. You aspire for greater things and now have taken the first step to achieving them.

You have the mindset to get whatever you desire. You prepare yourself for a great transformation. A transformation starting with a single word. A word that opens your eyes to the world around you and allows you to notice just how good your life truly is.

Perspective. With the right perspective, you find life easier and more fruitful to live. Having the right perspective puts you in the right mindset to live with more happiness. You aspire to live as happily as possible and begin to create yourself a more perspective on life. You are invincible.

15 Second Pause

You find yourself living to the best of your ability. You do what is needed to get what you want. Anything you truly aspire to achieve in your life, you take the necessary steps

to do just that, achieve it. You are fearless in your mission to live the lifestyle you most desire. You know you have the ability to take the right action and do so at the best times. You surround yourself with positive and supportive people. You notice the more positive people you accept into your life, the happier you become. You naturally live with the best intentions for yourself because you want the best for yourself and so you those closest to you. Their positivity helps fuel your inner motivation. Their support continuously generates your dedication. You support them just as they support you. You understand the more support you have, the easier it will be to achieve any goals and dreams you have. You help those who help you. By helping others, you find that you are helped in some way, shape or form in return. You graciously accept others' support and overall positivity. You leave negativity behind. You only have room for positive people, positive thoughts and positive encouragement. You naturally repel negativity. You manage to look past negative people and thoughts without hesitation. You are unaffected by the negative influences around you. You continue to grow in the best positive light you can. You find the more you keep yourself in this positive light, the more positive people and support you receive. You flow through life easily. You find inspiration in a variety of places. You are grateful for what you have. You are thankful for those in your life. You pay it forward in different ways. Understanding the more good you produce with the motivation and support you have, the more good your life will be granted. You aspire to be the best person you can be, surrounding yourself with like-minded, loving individuals who have your best intentions in mind. You are invincible to negative influences.

15 Second Pause

You begin focusing your attention on the positive things. You avoid taking what you have for granted. You are thankful for what you have in your life and those that have stuck around. You concentrate on positive aspects and opportunities to make them better. You continue to grow as a person and take time to focus on how to grow into a better version of yourself. Enjoying the small things in life, appreciate the little moments. You take pride in knowing that your life is much better than it could be. You remind yourself how good you actually have it. Each day, you remember what you have and acknowledge it. You continue to improve your life, detail by detail. You always aspire to achieve the next best thing that serves you in a positive way. You aspire to exceed your own expectations. You persistently works towards your goals. You find with every accomplishment along the way, you are that much closer to achieving what you ultimately desire. With every milestone, you are filled with an inner confidence that grows stronger the closer you get to your goal. Your aspirations and dedication serve as an inspiration to those around you. You become a living example that people have the ability to get what they want and need. You understand you only have time for positive things. You allow positive influences and people into your life. You welcome positive suggestions, take advantage of positive opportunities and grow yourself into a wealthier person. You find that bypassing the negativity that you face, you are happier. Allowing supportive, like-minded people into your social circle enables you to build your self-confidence on your path of excellence. The more you exercise a positive, action-taking mindset, the faster you accomplish your goals and the happier your life becomes with the positive people you have kept around. You are invincible to negative influences that surround you.

15 Second Pause

Overtime, your inner pride grows as you become more aware of your ability to dismiss your negative surroundings. You notice the more you focus on the positive people, thoughts and suggestions, the happier you feel mentally and physically. You feel more confident, thus you begin to present yourself with a more confident persona. You find that by living with the correct mindset, you automatically manifest positive things into your life. You aspire the best for yourself and achieve it partially by helping others achieve their goals. You help inspire others to alter their mindset to think and therefore act more positively. The better your mindset, the better the outcome of your thoughts, decisions and actions. The more people you surround yourself with this type of mindset, the more influenced you are in living a life like theirs. You notice living with the right mindset enables you to naturally manifest good things that serve in your favor. You notice a good change happening in your life that escalates the more you give in to it. Your life serves as an inspiration to those in a worse place in their life. You keep your positive mindset active, thinking of ways to improve your life while positively affecting those around you.

15 Second Pause

AMNESIA

As you continue to relax more than before, you can allow yourself to forget to remember what I said or to remember to forget what I said. You could try to remember but it may seem like too much effort to try and remember these things. It feels so much nicer to relax and let go of them. You feel more peaceful when allowing your mind to wander and body to relax. For these reasons, you know it is better to relax and allow your conscious mind to drift off.

15 Second Pause

TRANCE TERMINATION

As you continue listening to the sounds, you begin to slowly fade back into the room. 1, Keeping your eyes relaxed and closed, you remember where you are exactly. You slowly become aware of your surroundings. 2, Moving your shoulders, arms and legs now, stretching your body and maybe yawning. 3, feeling relaxed and re-energized. 4, and on the count of the next number opening your eyes and feeling rested and relaxed. 5, back in the room feeling relaxed, rejuvenated, re-energized and better than before!