

STRESS CONTROL HYPNOTHERAPY

INDUCTION

Close your eyes now. Take a slow deep breath in, filling up your lungs. Hold it for a moment and slowly exhale. Take another slow deep breath in, feeling your chest expand. Again, slowly letting it out. Continue this breathing technique as you listen to the sound of my voice and the words I speak. Allow every word I say, every sound you hear to relax you. Allow every passing moment and breath you breath to send you deeper into relaxation. You will notice the more relaxed you become the better you will feel. The more you allow yourself to feel this way the deeper you will slip into this peaceful state. You may notice how fast your breathing is or how fast your heart is beating. These things are natural and you may find that, in time, they slow to a calm and comfortable pace. As you continue to relax yourself, I want you to imagine that you are on a sidewalk that has a stone wall on the edge about half your height. The wall opens to a grassy slant front of you. As you walk down the slant, you gaze into the distance. You see very tall and large trees next to each other. You follow the wall of trees with your eyes and notice they create a border that travels far down the left side of the grassy field. As your eyes continue to follow the wall of trees, you look ahead and notice certain things occupying either side of the grassy field. You see what looks like a mini playground on the left and a small building on a small hill across from it on the right. As you continue to walk forward, you can feel how soft the grass makes your every step. With every step you take you feel more comfortable, more at ease. You see parts of the grassy field move simultaneously due to a slight breeze that passes you. The soothing air brushes through your hair. As you enjoy this feeling, you take a slow deep breath in, breathing in the fresh air around you. You slowly exhale feeling refreshed and content. As the

breeze passes you, you continue walking at a slow comforting pace and are able to make out the things in front of you. You notice the playground on your left is a series of swings accompanied by monkey bars and a slide. To your right you notice there's a pavilion on top of the small hill. You continue to walk through the grass towards the pavilion, you see multiple picnic benches under its roof, two different bathroom doors and a small water fountain between the doors. As you walk up the small hill to the pavilion, you hear a unique sound coming from the other side. The sound is calming and you begin to recognize it the closer you get. As you approach the pavilion at the top of the hill, the sun comes into sight and is just above the horizon. Being in the path of the sun, it begins to warm your body. Below the sun, you see a large body of water in front of you. You realize the sound you were hearing were waves hitting the shore of the beach that lies in front of the pavilion. You watch as the glistening water turns into small waves that you hear crash onto the beach in front of you. You take a moment to soak everything in and really tune into your senses. You tune into what you can see, what you can smell, what you can taste, what you can hear and what you can feel. Allowing all these details to combine and create an incredibly peaceful moment for yourself. This moment in time is just for you. You can allow any and all worry to fade away. There is no one requiring your attention. There is nothing you need to attend to. You allow yourself to relax, there is no need for stress here so you can let it all go. That's right, for every moment you enjoy yourself, you can feel yourself slipping deeper into peace. You choose now whether to sit or lay on a bench or the beach. As you choose, you take the next moment to situate yourself comfortably. As you start relaxing now, you watch the sun start dipping below the horizon. You look up and see a few silky clouds in the sky colored by the sun. You see a calming mixture of yellow, orange and red. You

may find that your breathing and heart beat are calmer now than they were before. You take the next few moments to yourself to simply relax.

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.

SCRIPT

As you continue to relax now you realize you have a power. This power lets you control aspects about your life. The more you consciously focus on a goal, the more likely you will be to accomplish it. You realize no goal is out of your reach because you have the ability to accomplish whatever is on your mind. You are not intimidated by your goal. You know you can complete it in small reasonable steps. You understand that with each step you take, you are that much more successful at completing your goal. You aspire to complete your goal for self-satisfaction and proof that you can do anything. You will continue to accomplish and exceed your expectations until you start living your desired lifestyle. You are in control.

You are relaxed. You remain relaxed. You allow peace to flow through you. You make good choices. You are considerate. You invite good things in. You give good vibes. You remain calm.

You remain collected. You are in complete control

I want you to bring your attention back to the beach. I want you to take in this moment. Consider how incredibly relaxed you are. Looking at the horizon where the sun has disappeared. Noticing the sky has become darker yet more peaceful with the vibrant moon and numerous stars. Seeing the water reflect the light of the moon and still hearing the peaceful crashing of the waves on the beach. This moment here has put you in a peaceful state of mind. In this mindset, you are able to relax and think clearly. You do not allow little things to disrupt your relaxed demeanor. You find it easy to simply breath as you did before to quickly reach this relaxed state. You understand when you control your breathing, you become relaxed and your

thoughts become clearer. You are aware when thinking clearly, you are able to make the best decisions. All it takes is a nice slow deep breath in and after a moment of holding, slowly exhaling to reach a peaceful state of thought. In this state, you can simply step back from the rest of the world, relax and collect yourself. You find these are the best times to find yourself. In these moments you are one with yourself and can see what is most beneficial to you and what is not. You are able to calmly come to terms with getting rid of anything that has negative influence on your life. You are pleased to live a stress-free life as it is beneficial to you and those in your life. This is important to you as you wish to be a positive part of other people's lives and thus, you are considerate of how your words and actions affects people and things around you. During these moments your mind may open to a plethora of ideas and choices about life. You are able to decide the best ideas and choices in this state, because you are calm and collected. You know that choosing to follow through with certain ideas and choices from this state can result in positive outcomes. These outcomes have the potential power to change your life in the most beneficial ways. You are in complete control.

You control stress. Peace overpowers stress. Stress doesn't control you. You control stress. You control stress anytime. You control stress anywhere. You control stress for any reason. You reduce stress with peace. Peace overpowers stress. You are in complete control of stress.

You are confident. You are willing. You are on track. You have a positive attitude. You make positive choices. You create positive outcomes. You remain calm. You remain collected. You use little energy. You save a lot of energy. You feel happier. You feel more energized. You desire the

best. You work for the best. You know you are in complete control of stress.

You are confident in your abilities. You understand you have the power to alleviate stress.

When you tap into this power, you can direct your stress to lower levels. When you direct your stress to lower levels, you manage situations better. You understand this is because you have a

better attitude. You find that managing situations with a better attitude result in positive outcomes. You always find the power to direct your stress. There is nothing that can overpower you. There is no one that can overpower you. You don't allow small things to cause you stress.

You handle small things with a calm, collected attitude. You find yourself calmly dealing with small things. Calmly dealing with things makes the original problem appear less stressful. You realize many things that may have caused stress are little things. You understand by controlling your stress you are able to fix little things with very little energy. Using little energy for small things leaves you with enough energy for bigger things. You find that calmly dealing with bigger situations makes the process easier. You begin to understand that many things, big or small, can often be dealt with using a relaxed mindset. This allows you to use less energy and still achieve positive results. You find using a relaxed mindset enables you to calmly evaluate situations.

When you calmly evaluate situations, you manage to find positive and beneficial outcomes. You feel a sense of pride when managing situations calmly. You enjoy the positive benefits you and others get from remaining relaxed and focused when managing situations. You know you are in

complete control of stress.

You stay calm. You face situations calmly. You face people calmly. You deal with life calmly. You are limitless. You overcome limits. You overcome stress. You overcome stress no matter what.

Stress does not control you. You control stress. You always control stress. You know you are always in complete control of stress.

When confronted with a situation or by someone, you are always able to handle them with a relaxed demeanor. When something appears to be stressful, you take a step back and relax for a moment. You know that what you are dealing with is only as stressful as you make it. You do not allow situations or people to cause you a lot of stress. You take a reasonable look at each situation or person and calmly deal with them. That's right, you deal with each situation or person calmly, step by step. You are even able to confront situations and people in a relaxed manner. You do not act out, instead you act civil. You register the fact that your thoughts, emotions, words and actions are always within your own control. You are not affected by outside influences. You only allow positive influences into your life and mind while leaving behind what is negative. You know that allowing positive influences in enables you to point your life in the most positive and beneficial directions. You are able to manage and keep a relaxed demeanor more often than not. No matter how big the situation seems, you will be able to put yourself at peace. No matter how rude or frustrating someone is, you will be able to put yourself at peace. No matter how upset you become, you will be able to put yourself at peace. No matter how heartbroken you become, you will be able to put yourself at peace. No matter how frustrated you become, you will be able to put yourself at peace. No matter how angry you become, you will be able to put yourself at peace. No matter how big the situation is, you will be able to put yourself at peace. No matter how stressed you become, you will be able to put yourself at peace. Stress does not control you. You control stress. You know you are always in complete control of stress.

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, the choice is yours. You could try to remember what I said exactly 15 minutes ago. You could even try to remember exactly what I said 7 minutes ago. It might 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. Allowing your subconscious mind to take over is safe. You know the subconscious will make the necessary changes. For these reasons, you know it is better to relax and allow your conscious mind to drift off. So just enjoy the sounds and live limitless.

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!