

WEIGHT CONTROL

Hypnotherapy

Sample Script

HYPNOKICK INC.

INTRODUCTION

Make sure you are in a quiet area that will remain undisturbed for the duration of this session.

Take care of anything that could distract you before you start, silence any phones or technology

you may have. If you have any psychological conditions, currently see a therapist/ doctor/

psychiatrist or are prone to easily triggered panic or anxiety attacks, please consult your

personal physician before we proceed. If nothing I mentioned applies to you, let's begin.

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 path of grass surrounded by a variety of trees. The path continues in front of you and is illuminated by the sun shining through the trees. As you begin walking the path, you feel the warmth of the sun touching your skin. This brings you a sense of comfort and happiness. While you enjoy the presence of the sun, you take note of the surroundings on your path. You can see a multitude of different trees. Some have large thick trunks while others have very slim foundations. You notice that several are your typical green leaf trees. Among these trees are other trees that bear a bright and beautiful plethora of colors. Some red, others orange, and some even a mixture of the two. You breath in through your nose, inhaling the fresh air around you. It is calming and as you continue to walk the path, you can feel the soft grass cushion your every step. Every step you take is more relaxing than the last. You feel very comfortable here and enjoy the feel of the soft green grass, the sight of the trees and the overall serenity of the

moment. Everything is peaceful as you travel down this path. You look off into the distance and can see part of the sky. It is clear and blue, with some wispy clouds that are lit by the sun. You suddenly see a few birds fly by in the sky and feel a sense of freedom yourself. You enjoy the ability to take times like these and completely let go. Relaxing and enjoying yourself. You feel content in this moment, enjoying this moment, knowing that this is time just for you. You let go of anything that isn't peaceful as this is not the place for it. This is specifically your moment, where nothing needs done and no one needs to be attended to. You relax further with every step, as you begin to approach a slant. The closer you come to approaching the slant, the more faintly you hear something in the distance. You walk forward and notice the path has led you to a slant down a small hill. At the end of the small hill is a grassy area for you to relax in front of a pool of clear water. You can see the pool of water rippling and notice there is a peaceful sounding waterfall. You take your first step as you begin to head down the hill. Relaxing even more than before now with every step down. The lower down the hill you get the more clear and peaceful the waterfall sounds. You can see some of the water is a nice mist creating a beautiful rainbow that lingers besides the waterfall. As you approach the bottom of the hill, you find your mind, body and spirit more at ease. You choose a spot in the soft grass to sit or lay comfortably, facing the pool of water. As you situate yourself, you notice a little mist of water falling to the ground around you. You feel some of the mist touch your skin. With the shining sun still providing you warmth, the mist feels nice and cool as it lands on you. Every so often a small most of water will come down and sooth you. 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.

(5 second pause) 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. (10 second pause) 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. (15 second pause) 7, feeling your hips, thighs and butt relax as you drift even deeper now. Feeling completely tension free from your thighs to your head. (20 second pause) 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. (25 second pause) 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. (30 second pause) 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. (35 second pause) 3, continuing to mentally drift, float glide peacefully. (40

second pause) 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. (45 second pause) 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 your life.

The more you consciously focus on a goal, the more likely you will be to develop ways 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. The more you concentrate on ways to accomplish your goal, the more motivated you become to do so. 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 have control.

(10 second pause)

Imagine you are in a room. The room is tall and lit up by a window on the other side. Below this window is a tall mirror, a little taller than you. You walk over to the other side of the room and as you get closer, you see yourself in the mirror but you look different. As you approach the mirror, the light from the window above illuminates your body and you see your reflection. You are looking at the future you in the mirror. You see what you look like at your desired weight. You look happy with your new lifestyle. You appear proud and confident in yourself. Slowly, your mind is filled with inspiration and ideas of how you managed to achieve your goal. You allow yourself to open up to these new ideas. You are aware that new inspirations can get rid of bad inspirations. The more new inspirations you allow in, the more likely you are to successfully achieve your desired weight. The more new inspirations you allow in, the more efficiently you

will achieve your desired weight. This allows you to achieve your goal by meeting or exceeding your own expectations. That's right, you have the innate ability to exceed your own goal expectations. You allow your positive progress to become your natural motivation. Your positive progress produces norepinephrine. This is a happy chemical. This happy chemical pushes you to exceed your own expectations. When you exceed your own expectations, you achieve a higher more fulfilling goal. By achieving a higher goal, you continue to aspire greater things for yourself. You know you have control.

(10 second pause)

You do not allow fear to hold you back. You understand all you must do is take a single step in the right direction, such as eating healthier. You find things that you like and that are good for you. By continuously eating healthier food you enjoy, it becomes natural for you to want more of it. This makes it easier to stay away from junk. This first step will be one of your biggest positive steps. You understand after the first step, the next steps come naturally. You find yourself heading down the right path faster and gaining the desired results after you have taken the first step. You realize it is easier and more comforting to look at the step before you, than the whole path. With each passing day, you naturally desire healthier food choices. You begin feeling healthier and happier overall. You start feeling lighter on your feet and more energized with each new day. With this in mind you begin to embrace the path in front of you. You realize that taking small steps is easy and become naturally excited to take your next steps. You begin to plan the type of deliciously healthy foods you will eat. You plan what healthy snacks you will indulge in. You plan out healthy meals you look forward to eating. You begin to avoid junk. You

stay away from unhealthy meals. You avoid bad snacks. You naturally crave what is healthy and tasty. You quickly start noticing an abundance of positive changes that inspire you to keep on track. You know you have full control.

(10 second pause)

You are confident in taking your first small step because of your reward at the end of the path. You feel a sense of ease after the first step. Those around you begin to notice changes in you. They notice your thinner. They notice your more energetic. They see the newer and happier you. You are more energized and willing to take the next steps. You begin doing things that help you lose weight. You begin doing helpful exercises. You are consistent with making healthier choices each day. The more often you eat or do something healthy the quicker you will notice and feel results. You enable yourself to confidently take time with each step. Taking your time will help you accomplish your goal more efficiently making you happier. The happier you are, the more self-motivated you become to continue taking positive life-changing steps. you begin to feel more comfortable in your own skin each day. This comfort and confidence radiates to those around you. You slowly become an inspiration to yourself and those around you. You know you always have full control.

(10 second pause)

You will wake early in the morning to eat a healthy breakfast. You know doing this will kick-start your metabolism. The more often you eat a healthy morning breakfast, the better you will feel throughout the day. The better you feel during the day, the more you will make wise decisions that will improve your weight. In time, you find that your body naturally desires a healthy early

morning breakfast. By giving your body what it desires, you begin to naturally start living a healthier life. Your days will become more productive. You find you have positive inspirations. These inspirations will only positively affect and boost your progress. You will begin to wake up, work and go to sleep confidently. You no longer wish to continue your old eating or exercise habits. Because you begin feeling better overall, you look forward to making healthier choices. That's right, you look forward to being able to make healthy choices that improve your lifestyle by the hour, by the day, by the month. Every night you go to sleep, you do so without eating before bed. You eat a full and healthy dinner at dinner time. You will not eat right before bed. That's right, You will not eat right before sleep. Eating before sleeping causes food to turn into fat. You do not want to create fat. You want to rid of fat. You will not eat before bed because you want to lose weight and eat healthy when you wake up. Doing this will allow the weight to fall off in the same way the water simply falls off the cliff of the waterfall. You train your body to become like the waterfall and let the weight fall off. You have the power and control to make the weight fall off now. You know you always have full control of your life.

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. You know 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.

TRANCE TERMINATION

And as you continue to relax, I'm going to count to 5, slowly bringing you out of trance. 1, allowing yourself to let everything fade as you mentally return yourself back into the room. 2, keeping your eyes relaxed and closed for the moment while remembering where you are. 3, stretching your arms and legs while yawning if needed. 4...and on the count of the next number, opening your eyes and feeling rejuvenated, re-energized and like you just had a phenomenal power nap. 5, eyes open, back in the room feeling better than before!