

Laughter Sample Script

“When you wake in a moment, everything will be normal. The main difference you’ll notice when I count to three and snap my fingers, you will have the spontaneous urge to laugh. The harder you try not to laugh, the funnier it becomes. The funnier it becomes the more you will laugh. The more you laugh, the better you feel and the better you feel the more you’ll laugh. You will allow yourself to relax because it feels so much better to enjoy the experience than to fight it. In fact, sound of my voice and the words I’m saying now bring a smirk to your face. That smirk turns into a smile and that smile turns into a chuckle. The moment you open your eyes and look at me, you’ll lose it and find it to be one of the funniest things you have experienced all day. In fact the harder you try not to laugh, the funnier it will become and the more you’ll end up laughing. 1...2 take a deep breath in...3 (snap fingers) eyes open, wide awake. How’s (insert name here) doing?”