

# PRACTICE EXERCISE: Simple Induction, Deepener & Release

Duration: 20 – 30 minutes  
Equipment: Induction, deepener & release scripts  
Practice Partner: Work in 2's or 3's.

## Background

There are many ways to guide someone into the state we call hypnosis. In this exercise you will learn and practice one of the most basic, yet widely used, methods. Although as you progress you will be able to work script-free, for the purposes of this exercise you will be reading from a script.

## Instructions

Find a quiet, comfortable place and have your subject sit or recline in a way that they can relax completely.

1. When you are ready, have them close their eyes.
2. Read them one of the simple induction scripts provided for this exercise.
3. Read them one of the deepener scripts provided for this exercise.
4. Read them one of the release scripts provided.
5. Have a brief chat about the experience.
6. Write it up in your Reflective Practice Journal

## Progressive Muscle Relaxation Induction 1 – Basic

*“Just make sure you're comfortable, and when you're ready let your eyelids close down, allowing yourself to breathe nice and easily, that's good.*

*Now what I would like you to do is very gently allow your attention to scan down through your body, just getting a feel, getting a sense of the physicalness of your body, so that we can begin to help you relax and relax even more.*

*Now what I would like you to do, first of all, is just put your attention onto your facial muscles, just allowing your cheeks to loosen, your jaw muscles to loosen, as your jaw muscles loosen let your teeth come apart just a little bit, just enough so you can let your mouth open slightly.*

*Allowing your mouth to open just enough so that you can breathe in and out through your mouth for a little while; that's good.*

*As you breathe in through your mouth just draw the breath into your tummy, down into your stomach, and as you breathe out, keep your out breath like a very gentle sigh of relief, that's good.*

*Now this can feel a bit strange first of all, breathing in and out through your mouth, but that's okay it's just a few breaths, and it can be very useful to you later on. Now what I would like you to do is begin to make your out breath slightly longer than your in breath.*

*So as you breathe out, making your out breath more like a sigh of relief, that's good; and as you do that just feel your shoulders relaxing just make your shoulders relax, feel them relaxed.*

*And as you do that you can begin to send that feeling down through your body, down into the muscles in the top of your arms, and your elbows, and your forearms, and your wrists, and your hands, and your fingers.*

*Now as the muscles in your arms begin to relax they will become heavy, and you may begin to notice that soon, but for now let your attention flow into your wrists, your hands, your fingers once again, and just notice any inner feelings, inner sensations there.*

*This could be very subtle tingling feelings, tingling sensations or whatever; just noticing any subtle feelings, any subtle sensations in and around your hands or fingers, that's okay.*

*Now as you do this, different thoughts may be drifting into your mind, out of your mind, that's okay you can let them come, you can let them go.*

*You can think about them if you want to, or as you breathe out, you can just blow them away, just blow them away, allowing your attention now to be flowing down to the top of your body, the chest area, the tummy, the stomach and down into your back, those long muscles in your back. The whole of the top of your body now can begin to relax, just breathe a sigh of relief, that's okay, that's good.*

*Now allow your attention to go down to the middle of your body. Picture, imagine, feel, sense the middle of your body - the hips, the waist, the lower tummy area, picture imagine, feel, sense all the muscles there just softening, just relaxing, including all the internal muscles and organs, as if everything is just softening and quieting down, becoming soft, gentle, peaceful, that's okay.*

*Allowing your attention to continue further now down to the muscles in the top of your legs; perhaps you can picture or imagine them relaxing or simply feel or sense what they can feel like to relax, and let go even more. The muscles in the top of your legs just relaxing, softly gently, that's good.*

*The same idea flowing down into your knees now, so your knees are just relaxing and becoming more flexible, and then just softening and relaxing.*

*Just drifting in your own thoughts, my voice goes with you, wherever you wander my voice goes with you just drifting in your own thoughts, as your attention goes down into your shins now, your calf muscles and then right the way down to your ankles and your feet and your toes.*

*And allowing your feet and your toes to feel very gentle, very, very gentle, in a way as if you are handing over control of your feet and toes to your feet and your toes, so that you still feel them you still sense them for now, but they are no longer your responsibility, that's okay.*

*It's as if they can just take care of themselves for a while; and the same with your hands and fingers too, so your hands and your fingers and your feet and your toes all*

*just taking care of themselves for a while so you can just relax, let go and take some time for you.*

*Just breathing nice and easily, nice and gently, very naturally, allowing your body to begin to feel the same way it does when you drift into a very deep and restful sleep.*

*All the muscles loosening softly, relaxing, in fact the whole of your body now can begin to take care of itself for a while, as if you can tell your body to rest, relax, go to sleep, whatever, while you just relax, drifting in your thoughts, noticing your breathing, allowing yourself to feel calm, peaceful, relaxed.*

*And you can rest here for a few moments, enjoying the sensations, allowing them to become more and more profound.”*

*[Continue to deepener, therapy, releases]*

### **PRACTICAL TIP**

*How you speak, is often more important than what you are saying ...*

*Think of the feeling you are wanting to convey as you are speaking.*

*As you focus on that feeling yourself, you will subconsciously transmit that to the client.*

## Progressive Muscle Relaxation Induction 2 - Meditation Style.

(6-7 mins long) (by Shanell Vaughn - Ex-student, this induction included with kind permission)

*“Just make sure you are comfortable. You can place your hands in your lap palms facing up or down or rest them however you wish. You can close your eyes now and just allow the sound of my voice to guide you into a peaceful, calm, aware state of hypnotic relaxation. This should feel completely natural for you.*

*Allow the muscles around your eyes to soften. Take a deep breath in, and breathe out slowly through your mouth. Let's do that again, take a long, deep breath in through the nostrils and imagine the air flowing all the way down to your feet and as you slowly breathe out through your mouth all of the air gets pushed out and your entire body seems to exhale.*

*You may notice in that moment that your body feels slightly heavier. You may notice other sounds in the room or outside and that is fine, but for you the only sound that is most important is my voice.*

*Once again, bring your attention to your breathing and you may notice that your breathing, effortlessly, has begun to slow down. You simply notice your breath, air flowing in through the nostrils, air flowing out. You simply notice this, effortlessly. There is nothing for you to do here. You can allow your attention to float down to your feet and legs and resting there, you notice their weight.*

*Perhaps for the first time you notice the heaviness of your feet and legs, and with each exhale perhaps you notice they may feel heavier. You are doing nothing. Simply breathing. Simply noticing. Your feet and legs seem to get more relaxed and heavier with each breath.*

*You can now allow your attention to drift up to your hands and arms...you may notice their weight and heaviness too. It may feel like a new sensation for you, to be so aware of the heaviness of your hands and arms. And each time you exhale, softly, gently, your hands and arms seem to get heavier and heavier.*

*As your body relaxes, you are still aware...perhaps you can even bring your attention to the beating of your heart. You can sense the rhythmic, gentle beating and perhaps*

*with each exhale you can sense your heartbeat slowing down, just a little bit more...feeling everything in your body slow down and become even more relaxed.*

*Knowing that there is nothing that you need to do now and nowhere else you need to be, you feel relief that right now you can let go. We hold ourselves so tightly so much of the time, but now you can give yourself permission to completely let go, to have no cares, to be lazy even and there is no judgement here.*

*You are noticing that your breathing is becoming slower and steadier as you relax more and more... slower and steadier... breathing so steadily and evenly... just as though you were pretending to be sound asleep... breathing so evenly, so steadily... you wouldn't even disturb a feather placed immediately in front of you... breathing so easily and slowly, so gently, that you wouldn't disturb even the lightest feather placed right in front of you....*

*Moving your attention up to your face and feeling the face soften and let go of any tension that has been held there. Feeling a softening spread across your face, almost like a wave, as the muscles of the head, the jaw, the cheeks...relax...relaxing the nose, the lips and the muscles around the lips...relaxing, softening, the chin, soft and relaxed. You feel all the tension in the face has melted away.*

*Breathing is ever so subtle and soft now, almost imperceptible. And I wonder if you can now manage to relax even more... even though you may already be as relaxed as it is possible for most people to ever be... just finding the last tiny traces of tension in your body and simply letting them go... with each easy, gentle, breath you breathe... allowing every muscle ... every cell of your entire body... to be as beautifully relaxed as anyone could ever wish to be ...”*

[Continue to deepener, release, etc]

## Progressive Muscle Relaxation Induction 3 - Variation

(by Katreena Erin, ex-student, included by kind permission)

*“Ok, if you just make yourself comfortable, and when you're comfortable you can close your eyes. The more comfortable you are, the more benefit for you.*

*So I just want you to relax your whole body. So you can focus on your toes, you can focus on each individual toe relaxing one by one ... the little toes ... the next toe, the middle toe, the next toe ... the big toe. Just relaxing all your toes.*

*So I just want you to focus on your toes, and if you focus on each individual toe relaxing one by one ... there's no rush, just one by one relaxing your toes - the little toes ... the next toes, the middle toes, the next toes ... the big toes. Just relaxing all your toes, one by one.*

*Now I want to focus on relaxing the soles of your feet - slowly letting the relaxation spread - all along the arches of your feet, everything just relaxing. Now bring your attention to the tops of your feet and imagine everything just relaxing ....*

*You might notice little twitches, and that's ok...just observe all the tiny internal feelings of your body responding to the relaxation. Now I want you to imagine your legs relaxing. Your ankles, all the front of your legs, the back of your legs, just relaxing and letting go- allowing any tension to melt away.*

*Your shins, your knees - the fronts and backs, your calves....just letting go, relaxing. You can imagine it like a warm wave, slowly spreading through your body. Your thighs, the front and backs. You may feel like your legs have become heavy and are taking care of themselves right now....and that's ok. Imagine they can take care of themselves right now.*

*Imagine your pelvic region, your hips ... just relaxing.....everything just.....relaxing and letting go. Your stomach, right the way up through your core, just like a warm wave of relaxation.*

*Your heart, your chest, your throat...any tension, just...draining away and evaporating.*

*Breathing out any tension and relaxing deeper and deeper. Imagine your back relaxing now...your lower back, all the muscles along the length of your spine - all the*

*way up to the top of your neck, vertebrae by vertebrae. Just relax the chin down so there isn't any pressure at the back of your neck there. That's good. And just allowing yourself to relax deeper and deeper.*

*You may have thoughts come and go. And that's ok. Allow them to come, and allow them to go. You can acknowledge them, but there is no need to attach to them. Just let them come and then let them go. !*

*Now allow your shoulders to loosen...dropping down and letting any tension drain away.*

*The tops of your arms, all the way down...to your elbows, your forearms - the outsides and insides, just relaxing and becoming heavier. You can see that warm wave just traveling through them, relaxing them. The tops of your hands, the palms of your hands, and each individual finger. The little fingers, the ring fingers, the middle fingers, the index fingers and the thumbs. One by one relaxing.*

*Now your arms might feel like they are heavy now too - taking care of themselves. And that's ok....just allow them to relax deeper and deeper.*

*Now come back to the back of your neck, and imagine the back of your neck, all the way to the top your head relaxing. The top of your head, your forehead, your eyebrows, your eyes....your nose, your mouth, your jaw. Just part your teeth slightly and allow a little smile to form....just relaxing all the muscles in your face. Imagine all the muscles around your eyeballs relaxing....any tension just being released”.*

Continue with deepener and release ...

## Simple Staircase Deepener

*“In a moment I'm going to help you relax you more deeply. In a moment I'm going to begin counting backwards from 10 to 1, and then zero.*

*The moment I say the number 10, you will, in your mind's eye, begin to feel, sense, picture or imagine yourself standing at the top of a beautiful marble staircase consisting of 10 wide steps, with a long sweeping bannister also made of marble.*

*The moment I say the number 9, and each additional number, you will take one step down onto the next step but paying attention to which foot you step forward with each time. Each step you take relaxing you more and more completely.*

*At the base of the stairs is [a happy and peaceful place for you, where you feel safe and comfortable and relaxed].*

*The moment I say the number zero you will leave the stairs behind and step into that [happy place].*

*So...*

*Number 10, at the top of those stairs. Ten...*

*Nine, taking one step down paying attention to which foot you step forward with as you do.*

*Eight, taking another step down, relaxing as you do.*

*Seven....*

*Six...*

*Five...halfway down, now relaxing even more as you pay attention to your next step*

*Four...*

*Three...*

*Two...on the next number take a nice deep breath...*

*One...as you exhale now, begin to leave the stairs behind now...*

*Zero...leave the stairs behind and step into your [happy place where you feel safe and secure and warm comfortable and free etc.]”*

## Simple Release

*“In a few moments, it will be time for you to return to your normal everyday awareness. Keep your eyes closed until I say so, but in a moment I am going to count from one to three and, as I do, ask you take 3 slightly deeper breaths ...*

*... when you are ready, take the first deeper breath now ...*

*... Number 1 ... that’s good ... and as you breathe out become more aware of your body once again now.*

*Good ...*

*Now, number 2, take the second deeper breath... (wait) ... and this time as you breathe out, still keeping your eyes closed, just begin to be more aware of your current surroundings ...*

*That’s Good,*

*Now take the 3rd deep breath and this time as you breathe out, let your eyes open and come all the way back to this place, this time, this room this moment more fully, feeling calm, refreshed and ready to get on with the rest of the day ...”*

### **PRACTICAL TIP**

*Studies have shown that we are often most suggestible in the moments just before we return to normal awareness.*

*On a count to three, or three breaths type release, therefore, on the second breath I will often repeat any new ideas, suggestions or mantras that we have been creating.*

*See “Release With Suggestions”*

## Release With Suggestions

*In a few moments, it will be time for you to return to your normal everyday awareness. Keep your eyes closed until I say so, but in a moment I am going to count from one to to three and, as I do, ask you take 3 slightly deeper breaths ...*

*Number 1 ... keep your eyes closed for a few moments longer, and as you take a nice big deep breath in ... and out ... allow your body to begin to return to it's normal everyday awareness now ...*

*Number 2 ... take another deep breath in now ... and as you breathe out, becoming more aware if your current surroundings ... every day more and more you can begin to remember that you are very capable, you can do this and it is OK for you to feel more and more at peace with yourself, and with life now.*

*Number 3 ... when you are ready, take another nice big deep breath, ad as you breathe out, let your eyes open, and return to your normal, everyday awareness.*

# Reflective Practice Journal (New Version)

Date	Who I Practiced With	What We Did	3 Positive Comments Or Things I Learned	2 Things I Need To Learn More About	1 Thing I Would Do Differently