

Simple Scripts

INSTRUCTIONS

Induce hypnosis using your preferred induction, including deepener, and then proceed with the following script.

THE 100% CONFIDENCE SCRIPT

“For a few moments now, I am going to talk to you about confidence.

Now, when most people think of confidence, what they are actually talking about is the ability to predict an outcome.

They are talking about how certain they feel that something will happen, and if they feel very certain, they will feel very confident. But if for any reason they begin to feel uncertain, or unable to predict the outcome, then their confidence will decrease and they will instead begin to feel anxious and concerned.

Now, with all the variables and possibilities in life, it is virtually impossible to guarantee or predict outcomes, especially where interaction with others is concerned, so it is actually very difficult to be confident in the old, traditional way of thinking.

Also, so many people suffer low confidence because they are trying to predict or deal with the unknown, much of which is imagined. If they KNEW the outcome, they could deal with it, but it is the not knowing that causes them the anxiety.

But there is a new and different way of approaching this and I believe that now is the time for you to really understand this and incorporate it into your life, now you are finally ready.

You see there is something that you can be 100% confident in, all the time, and that is the fact that you will do your best.

Whatever the situation, you can be 100% confident that you will do your best, completely irrespective of the outcome, and that is ok.

So from this moment forward, I want you to consider that you are ready to begin accepting the idea that you no longer need to predict outcomes, or try and feel

confident about anything based on an outcome, and instead you can begin right now, to base your confidence on the fact that you will do your best, see what happens, and that is enough.

Sometimes the outcome will be good, sometimes it won't and that is OK, because whatever the outcome, whatever happens, you can be 100% confident that you will then do your best to deal with it.

You can now be someone who allows the unknown to be unknown and feel OK with that, knowing that you can be 100% confident you will do your best, and that is enough, and then whatever happens, you can be 100% confident that you will do your best to deal with it.

As you allow yourself to think in this new way, you can feel your confidence levels increasing daily, as you are now confident in something that you can be confident in and that feels good.

So, from now onwards, wherever you are and whoever you are with, you can begin to replace the old way with the new and feel better and better each day that you do that.

You can now feel 100% confident that you will do your best and that is enough. And whatever the outcome, you can be 100% confident that you will do your best to deal with that, and that is OK.

Just relax a while longer now, while these ideas sink in even more and my voice.

Even when this session is over, my voice will go with you, being there with you, for you, supporting you, reminding you that you can relax even more now and feel even more confident each day, as you apply these new ideas, even more each day.

Rest quietly for a few moments now, and when you are ready, slowly and gently count from 1 to 3 in your own mind, and when you get to the number 3 take a nice deep breath and as you breathe out, open your eyes and come all the way back to your normal awareness.”

THE ANXIETY RELEASE SCRIPT

“While you're relaxing there, so easy and calm inside yourself.. I wonder if you can imagine how wonderful it would be to be this relaxed whenever you want to be... I wonder if you can create an image of you right at this very moment, perhaps doing something that used to worry you, but looking so calm and so easy... looking as if you are just enjoying the whole process of simply being alive... just knowing that whatever causes those feelings of worry are just a passing thing... just a passing thing that soon will seem to be of no importance at all... because it belongs to yesterday... or last week... or perhaps last year...

And a lot of the time you can recognize that there never was a need for any worry at all... and you might not even be able to remember most of what you were worrying about a while ago... and if you can, it's probably because what you are worrying about hasn't happened yet...

And I want you to think about something that is worrying you now... creating stress in your mind... and while you're thinking of that thing, I want you to see how good you are at remembering something that hasn't happened yet... remembering what it felt like when that thing you were worrying about had actually happened, even though it hasn't happened yet...

But remembering that it felt good when you remembered that it had happened and you didn't need to worry about it anymore... but you're probably thinking now about something that has happened, something that you were worried about until it happened... and now it has happened, you can find no need to worry about it all...

Worrying about things is simply a way of thinking about things... something that your subconscious learnt how to do a long time ago... it learnt how to automatically think about the awful things that might happen... to think about the things we really hope will not happen... so we start thinking about what we would do if those awful things did happen...

And worrying even more when we think that we won't know what to do if those awful things happen... and yet all those things are based simply upon fear... rather than a belief that it will happen...

Because if we truly believe that something will happen, we can always decide what action we will take... we will always make a decision... but when it's only a fear that something will happen, it means that we're not at all sure it will...

So it's not a surprise that we worry about what we will do... because in order to think what we would do, we have to think about the very thing that we do not want to happen... and we really do not want to think about that... so we worry, in case it happens... and that powerful subconscious of yours can do that automatically...

But now you are going to learn a very clever and very special trick... you are going to learn how to teach your subconscious mind to think in a different way... and to start with I want you to think of that thing you thought of a few moments ago... a thing that you are worrying about, maybe feeling stressed about... and notice how it feels as you think about it...

[Pause]

And now I want you to vividly feel sense picture or imagine... just as vividly as you can... what you actually want to happen... and, of course, I can't know what it is you're thinking about, but I do know that whatever it is you can think of it in two ways... the worst way and the best way... and when you think of it in the worst way, all you can do is worry or stress about it...

But if you think of it in the best way, you are thinking of what you actually want to happen... you are thinking of a positive solution... and then you can think about how you might be able to move towards that positive solution... how to make that thing turn out exactly that way you want it to...

And notice how different that thing feels this time, as you think about what you actually want to happen... so that you've actually changed the way you feel just by thinking a thought... and it's an interesting thing that as you teach your subconscious mind how to think about things in that best way, you are more likely to find a way of making a positive change to the things you worry about...

If you think about what you actually want to happen, rather than what you fear will happen... you can teach your subconscious mind to look for answers... so that it's completely true that if you think about what you actually want to happen the thing that you fear will be less likely to happen...

Of course, it's true that sometimes, we have no control over a thing that's going to happen... but even then, we can think of it in two ways... the worst way and the best way... and the best way is to just know that whatever happens, it is simply a part of life that you will find the best way to deal with...

A part of life that will before long become a thing of the past... as everything does... and it is a fact that whether we worry about a thing or whether we do not worry about a thing... when that thing happens it immediately becomes a thing of the past... just as you arriving here today is now a thing of the past...and it might even be that you worried about that... yet all is well... and all remains well...

And from now on you're going to discover that it becomes easier and easier for you to think about what you actually want to happen instead of what you fear might happen... and as you teach that subconscious mind to think of what you want to happen, it will begin to find solutions to problems, turning a setback to an advantage, more often than not...

At the beginning of this session I asked you to imagine how wonderful it would be to be this relaxed whenever you want to be... and as you imagine that now... a special part of you, in the depths of your subconscious mind... the special part of you that knows just what to do and just how to do it... is even now beginning to stir and become more active... and that activity will steadily increase with each and every passing day... until you automatically choose the best way of thinking... every time... automatically find the answers to problems... every time...

And now it's time for me to bring this session to an end ...” [Use any release from trance you choose]