

Hypnotherapy SCRIPTS 4



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Hypnotherapy Scripts Volume IV

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Foreword

Hypnotherapy has been used in dental practice since the 19th century. It was used then in the form of hypnoanalgesia during surgical dental intervention. The first tooth extraction with the use of hypnoanalgesia was performed by Jean Victor Dudet in 1830.

Since then, hypnotherapists have made powerful strides toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients, and to ease pain during procedures (Bierman, 1995). They regularly tell patients how easy recovery will be. Additionally, doctors tell patients that a procedure is common and meets with a high degree of success. Because these phrases are delivered by an authority figure, they act in exactly the same way as hypnotic suggestions, and become reality for the patient. More obvious hypnotic suggestions are also sometimes given to patients by doctors trained in hypnosis, and for over a century, dentists have used hypnosis to ease discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession scoffed at hypnotherapy, but today it is being readily embraced as a complement to long-standing medical procedures.

According to the southern Medical Journal (2004), as many as 40% of Americans use some form of complementary and alternative medicine such as hypnotherapy. At no other time has the world of

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hypnotherapy been as wide open with exciting possibilities as it is now. Because more and more people are exploring and accepting the benefits of hypnotherapy, a much greater need for qualified hypnotherapists to open practices now exists. The goal of this book is to give you, a potential or practicing hypnotherapist, a strong base for building your practice. You will be guided through a basic hypnotherapy session, and you will be given homework opportunities to use and modify your techniques so that you can help others lose weight, find love, and increase their financial success, among other issues.

For the latest information about the hypnotherapy world, visit www.americanallianceofhypnotists.org, the website of the American Alliance of Hypnotists, of which I am the founder and director. The organization started in America as a network of hypnotherapists, but it is now open to practitioners worldwide. Among other things, this site lists hypnotherapists and classes available in your local area. Become a member. It's free.

Chapter 1

What is a Script?

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Perhaps the most important part of any hypnosis experience is the script.

What is a script? A script is the meat of the hypnosis experience. It is where the therapy occurs. If you do not have a script, you are not doing hypnotherapy. You may be hypnotizing your client, but you are not helping anyone. A script is the portion of the hypnosis session during which you suggest change. It delivers the main message to the subconscious mind. The pretalk, induction and deepening were all to prepare the client for the script.

A script can be on anything: attracting romantic partners, improving efficiency for increased financial success, weight loss, memory improvement, smoking cessation, improved confidence, or whatever the client's challenge may be.

As part of a self-hypnotherapy session, a hypnotherapist could even write a script to enhance her creativity—to suggest to her subconscious mind that she is going to write more creative scripts.

The script is where you form new associations for the client. Instead of being afraid, the client will associate a pleasant feeling with talking to members of the opposite sex, eating health foods, going down an escalator, down an elevator, into a crowd of people, up on a stage, in an airplane, near a snake.

I have a prospective client who is afraid of entering parking garages. During the script, she will be given a new association for entering a parking garage, and she will no longer be afraid. Her old association, the one she has now,

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is scary for her. The script will plant positive suggestions that her body will remember in the future when she actually enters a parking garage.

If you are new to hypnotherapy, you might want to start with a script written by someone else. You can borrow one of my scripts, or a script from one of the countless books available on this topic (see chapter's end for recommended resources).

When using a script that someone else has written, make sure that you have read through it before the hypnosis session. The worst thing you can possibly do is go into a session without previously having read through the script.

You want to be familiar with the script for several reasons. First of all, you do not want to trip through words and concepts while reading the script during the session. (Because your client's eyes are covered, you can read a script during a session. You do not have to memorize it.) Second of all, you need to evaluate the script prior to reading it to your client. Each client is different, so you will need to find and eliminate those things in the script that are not going to apply to the particular client for whom the script is being used. You need to have a full understanding of the script so that you can tailor it to reach the best possible results.

Do your due diligence. Do not allow yourself any excuses. Prepare every time.

Beware of procrastinating and ending up in a situation that causes you to stumble. You can get lazy. You can get into a rut. During a live sermon, the preacher can say, "I am sorry. I made a mistake. Let me backtrack." You cannot do

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that under hypnosis. Every word you say goes into the patient's subconscious mind.

Be prepared. You are dealing with the most precious part of a human: His mind. Treat it delicately.

I do not say this to scare you. I say this to prepare you.

Be prepared.

Consider a script for weight loss that begins like this:

Now, you will imagine that you are a machine and you can put different types of batteries in your power center. You have been choosing batteries which do not last long and leave a residue. From now on, you will chose proper batteries which power you for a long time and do not leave a residue.

Let's say that you are not interested or inspired by the machine analogy used in the script. Also, your client is not interested in machines at all. Would this script be appropriate? Probably not. Would it be more powerful to use a script that related to something you and your client related to? Probably.

Although the analogies are good and potentially powerful, if they do not feel natural for you, you will not be confident when reading them. And, more importantly, if they do not feel natural for the client, another script choice would be more appropriate.

So go through any script you intend to use. Make sure there are no surprises. If someone hands you a script and says, "Here. Use this when you have someone who wants to lose weight," make sure you go through the script ahead of time.

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Do not be afraid to alter a script. Scripts are not written in stone. Make the script into something that flows freely from your mouth.

One of the books I recommend at the end of this book, *The Handbook of Hypnotic Suggestions and Metaphors* by Hammond, contains many good scripts. However, they were written by hypnotherapists with advanced educational and medical degrees, and are therefore extremely technical. Take the general idea of these scripts and rewrite them. You have got to tailor things to your own unique flavor. I cannot emphasize that enough.

The only rule for modifying scripts is this: Never insert anything that could cause harm.

We do not harm people. We help people. Say good things. Do not say frightening or harmful things. Do not excite your client. Bore him. Everything is calm. Everything is peaceful. Everything is beautiful. Everything is positive.

As long as you remember not to harm people, your script will be fine.

If you do not have a script to modify, you will have to write your own script. Let's assume that your client wants to lose weight and you do not have a script.

What should you do? Do you give up? No. You do not give up. You take heart in the fact that everything you need is already within you. You just need a little guidance.

So let's take this step-by-step.

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First of all, ask yourself what the goal is. Here, the goal is for the client to lose weight.

Before writing the script, you need to find out what a reasonable target is. Do not allow the client to expect to lose 100 pounds in six weeks. If you are not sure what is reasonable, consult a dietician or a physician. (Remember: if your client is under the care of another healthcare professional, make sure you are in agreement with the course of treatment.)

Find out how much weight the person can expect to lose, and set a reasonable target within a reasonable time frame.

Your due diligence should continue with a conversation with the client. Before you write the script, find out what the client is eating that is harmful. Ask the client: "What are the foods you are eating, and when are you eating them?" And then work this information into the script.

For example, perhaps the client says, "I am eating Snickers bars at 11 p.m. right before I go to bed. I am eating three of them a night. I cannot figure out why on earth I am gaining weight. It is just not fair."

The script is the place to alter the negative behavior that is causing the problem. Your script will want to tell this client: that he can and will change his behavior.

If the person is gaining weight, unable to talk to potential romantic partners, or scared of flying, the script is the place to insert suggestions for positive change. The script is where the healing takes place.

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If she is afraid of planes, she gets on that plane. She takes that plane ride. She gets off that plane and nothing has gone wrong. Have her imagine the whole thing. She is safe the entire time. Nothing goes wrong. Be creative. Say things like, "You can see the cockpit from where you are sitting and everything looks fine. And you know that your bags are stowed and you just feel great because everything is taken care of. It is a smooth flight. You look outside. And it is daytime and you see the sky and it is so beautiful."

If you are working on motivation, find out why the client is not motivated. Is she unmotivated because she does not think she will accomplish the desired results? If so, the script should help the client to see herself as having already accomplished the results. The client already has achieved whatever it is that is causing her to procrastinate.

If the client is afraid of snakes, have him see a snake from a distance. Tell him, "Everything is fine and now if you want to you can walk closer. Only walk as close as you feel comfortable with and no closer. And each time you hear my voice, you can allow yourself to get closer but understand that no harm will come to you."

When writing a script, I am inviting you to use your creativity. I am inviting you to reach inside and pull something out of yourself something that will be helpful. I am not going to tell you a way that is written in stone because that would limit your creativity. Beyond the sky is the limit. Go beyond. Just let it flow. Keep in mind your plan, your idea, and your motive. Your motivation is to help the person. You are trying to help the client.

Everything is positive. Everything is uplifting. We are not dwelling on the negative. We focus on the positive.

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Keep your eye on the mark and remember that you will end up at whatever point on which you have focused. Likewise, we want to keep the client's focus on the positive change from within. The client should imagine that the change has happened. We want the client to think: "I am already flying. I am not planning on it. I am getting on that plane. I am not imagining it. I am flying. I am getting as close to that snake as I feel comfortable. I am taking the steps to get to that escalator and I am on it and everything is fine."

As discussed earlier, a person's body does not know the difference between imaging something and having it actually happen. This means that the client has the advantage of knowing rationally that the situation is not occurring, but physically and emotionally the client feels he has experienced the event.

Therefore, when it comes time for the client to go down the escalator, his body will feel as though he has a positive and successful experience under his belt.

Though they are the meat of the session, scripts should not exceed 10 minutes when read slowly aloud.

The following chapters contain scripts which can be used by you in working with yourself or working with clients. I have divided them into chapters to make referencing them easier. Keep in mind that the chapter titles are only general guides and that some scripts could be used for multiple purposes. You may also feel free to modify any of my scripts to suit your particular needs. For more scripts, please visit www.SteveGJones.com where you can purchase my other scripts book, Hypnotherapy Scripts Volume I.

Chapter 2

Scripts

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Charisma

And as you relax you can see in front of you is a hallway, in your mind. And as you look down the hallway you can see a door. That door is a door to a room of your own choosing in which you will feel safe and comfortable. As you come closer to the end of the hallway, you can see the door more clearly. This door will keep out all of the negative messages, all the negative words, all the negative behaviors you have perceived from your world as a child which made you feel bad about yourself. There is no room here for such negative messages. I would like you to look at the door very carefully, even the doorknob and understand that this is a room of your own choosing in which you will feel safe and comfortable. Early positive messages and experiences enter, but all negative messages must stay outside. And now I want you to open that door and then walk in and close the door behind you and look around the room, this safe room, this safe room that you can visit anytime you choose by just closing your eyes. Look around and enjoy what you see here. I would like you now to sit or lie down some place in this safe room, wherever you will be comfortable and listen carefully to everything I say to you. There is a life energy inside of you. It is unique to you. It is your life energy, not anyone else's. It is the energy from whence you came. Life energy only has one purpose and that is to help you to reach your potential as an individual. It is protective. It is healing. And since it is healing and protective, it is therefore loving. I want you to experience that life energy of yours by feeling a light above your head. A light from which issues a warm stream of energy, a warm stream of energy and this energy surrounds you like an imaginary cocoon, soft and pliable and it lets you move around within it, yet it protects you like a cocoon. Feel that life energy also penetrating

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every cell of your body, surrounding you, penetrating every cell of your body. This is your life energy. This is the energy from which you will drive your charisma. Your charisma accomplishes two purposes. Your charisma protects you from negativity and it draws others to you, that's right. The life energy from which your charisma is derived represents your true self, your natural self, your essence. It belongs to no one but you. It is protective, it is healing, and there for loving. Within that life energy are no negative messages, it is free from negative messages. Negative messages cease to exist here. Feel the protective, positive life energy coursing through every cell of your body now, surrounding and protecting you and realize that from this energy you can draw your charisma. You can pull it out from this energy. Imagine now your charisma coming from this energy. You can make it any color you want. Give it a color. Give it a form, that's right. Realize that it can change forms. Perhaps sometimes it is a sword from which you cut right to the heart of all social matters drawing attention to yourself, attention that you deserve positive attention. Perhaps sometimes it is a shield protecting you from negative people and their words. Perhaps sometimes it is a racecar, fast, swift, it knows its destination. It knows how to get there and it acts as a vehicle to take you there. Your life energy has sometimes been expressed within you. Perhaps as a still inner voice and many of us ignore that voice when we hear our own life energy talking, words of wisdom inside us, that we don't always listen to. Those words are really there to protect us. That still inner voice is a nurturing part of you and that nurturing part is an entity, it exists because it is a kind of spokesperson. A spokesperson for that energy, for that healing powerful energy, for that essence which is you. That nurturing part of you is capable of healing both mind and body. It is capable of helping and healing those parts of you that are unhappy, that don't feel good about

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themselves. It is possible for that nurturing self to seek out other parts of you that are not happy and help them, help them become happier, help them become more worthwhile in their own eyes and most importantly, to help them feel loved from inside not the outside world. And to help this process, it is worthwhile for you to think about that nurturing part within you and perhaps to visualize that process going on. Do this as you go about your daily business. Visualize the process of that nurturing part helping out those parts of you that are not so happy inside in a way that comes naturally to you. In your minds eye and as you continue to do this, think about the nurturing part and you will stimulate that aspect of you and it will become stronger within you because in order to have charisma that you derive from your life energy, you must make sure that all part of you are happy and have been attended to. This process will become easier and easier for you. By approaching this process in this way, you make sure that the charisma you project to the outside world is an honest and is a stable, lasting energy. A very honest, stable, and lasting energy. An energy that is more than skin deep, an energy that comes from your core, from the very core of your being, from the core of who and what you are. By doing this healing process on a regular basis, you will ensure that when you project your charisma from your life energy, it is rock solid through and through and unstoppable. So as your healing progresses you will come to feel better about yourself, stronger, more self-confident, and therefore happier and when you feel happier and better about yourself, the world will respond to you in a more positive way. So imagine yourself now in a social situation in which you want to use your charisma. You imagine it taking a shape, taking a shape from your life energy, your life energy gives it a shape, that's right. Anything you choose. And now you will use that energy in the form you have chosen, see yourself using your energy,

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using your charisma which is derived from your life energy, that's right. See yourself influencing people. See yourself getting what you want. See yourself standing tall and firm, that's right. Regardless of your height, regardless of your weight, you stand tall and firm, that's right. It's as if you tower above everybody else where you are because your charisma is so powerful it allows you to do this. And day by day you will become better and better at using your charisma at choosing a shape for it, whether offensively or defensively and then putting that shape to good use and this will become easier and easier for you day by day. So I want you to practice everyday at least for the next few weeks, taking your life energy, choosing a shape for it, and then using that charisma in that shape. And with practice and diligence and belief in yourself, very soon charisma will be automatic for you. There will be no need to think about it, no need to form the shape. It will just be automatic. You will automatically have what you need offensively or defensively, or both in every situation always for the rest of your life. So congratulations on your powerful choice to tap into your life power and use your true charisma.

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Capricorn

And as you continue relaxing deeper, deeper and more deeply relaxed, you realize just how powerful you are Capricorn. You appear to be reserved and cool, but you are actually eager and passionate. And I want you to understand that it is okay to show these aspects of your personality. It 's okay to appear eager and passionate. It's okay to be in touch with your true feelings and share them with the world. You are very pragmatic. You are perhaps the most practical, even of the earth signs and that's fine, because as an earth sign you have a need to be grounded, to have a firm base from which to operate and that is fine. That is part of who you are and realize that once that firm base is established, can have fun. Many Capricorns, as the age chronologically actually seem to get younger inside, in their minds, having more and more fun as they become more and more established and that's fine, but realize that even if you are young, relatively speaking, it's okay to have more fun right now. It's okay to be spontaneous. You are intense. You are loyal and you are capable of handling pressure. You are capable of meeting deadlines. You are capable of managing a business and a career. And at the same time you are capable of being handy enough at home to be termed a domestic engineer. And these thing are okay because no matter what you do it is okay to take care of things at home. Let go of the ideas you may have heard in the past. Let go of the ideas of being grounded as being boring, let go of that. Instead, embrace the idea of taking care of your home and finances and career and on top of that add some fun. Add some spontaneity. I think you'll find that when you make time for fun, your career and your finances sky rocket because when you're relaxed and having fun, that's when your brilliant ideas will come to you. That's when your ideas for the next level will come to you, when

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you are relaxed, letting go and having fun. Capricorn, I understand that you have an intense love of knowledge and that's why on this recording I am taking extra time to educate you about yourself because you of all the signs have a deep appreciation for solid, factual knowledge. I understand that you understand the meaning of adversity because you overcome odds. You are what we might call the comeback kid, that's right. You can be knocked down, you are always up before the count of ten and that's a wonderful thing about you Capricorn, your determination. And I really want you to tap into that consistently because I know that in the past you have been perhaps prone to laziness, that's right. Maybe keeping an appearance of being busy, but really being lazy and that's okay, that's the past. I want you to see a future in which rather than leaning toward laziness, you make time for fun or you have spontaneous fun or you have spontaneous fun. So when you appear to be doing something, how about really doing it Capricorn. Who cares what the world thinks. Let's focus from now on, on what's really going on. You are either working or playing and when you are playing, its okay. I understand that you are a wonderful ally, and a formidable foe. I understand that when people take you for granted, it can be upsetting. I want you to let go for your concern of what other people think of you. I understand that in the past you have been very concerned about how you appear socially. Let's focus instead Capricorn on really getting down to business, on really focusing on what you need to do. The truth is that the more you try to control how the world sees you, the more you lose focus on what you are really supposed to be doing. So how about, rather than playing the politician, if you just do your job to the best of your ability and focus on that grand plan in the distance. And concerning that grand plan, Capricorn, how about if we speed that up a little bit, that's right. I understand that you are represented by the goat, and you like the slow

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scenic walk, but how about considering walking directly up the hill and walking directly down the hill and then walking up a mountain, that's right. It's okay to accelerate your success. Certain things, such as education, take awhile, but certain things don't have to take awhile Capricorn. Certain things get delayed because you have chosen to delay them. From now on, how about accelerating things a bit. The truth is the sooner you get to the top of that hill, the sooner you can realize that there are many mountains you want to get to the top of also. So have fun on your way up, taking stops occasionally to just play. But how about walking directly up from now on, any hill or any mountain that you set your sights on. Speaking of achievement, Capricorn, I want you to realize that there have been more boxers, more professional boxers who have been champions born under your sign than any other, that's right. It's true that you are a champion. You eventually meet your goal. Realize that right now you are a champion and it is only a matter of time before the world realizes it and you know this to be true. You know that that great, amazing idea in your mind is going to show the world that is going to cause them to stand in awe. You know it, I know it, and soon the world will know it. You are a champion. Start treating yourself like a champion. Realize that very soon the world will realize that you are a winner. Capricorn you are associated with Saturn. Saturn is respected and feared. Quite often you are respected and feared because of your knowledge, because of your drive, because of the fact that you are clearly on your way to the top. This is your natural position, moving toward the top or being on the top, so always set your sights on the top. Saturn represents power, responsibility, and eventual recognition. Realize that eventual can be sped up, can happen, build that firm foundation and just go for it. I understand Capricorn that you talk a lot. You talk about what you are going to do. You talk about your plans for the future. You

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talk about what you are going to do when other things clear up. How about if we're honest right now Capricorn and how about if we realize that you have been delaying your greatness. You have been delaying showing the great person you are to the rest of the world. Greatness is wonderful thing Capricorn but you must share it with the world in order it to reach it's fruition. So as we're honest right here, right now, let's have less talk, and more action in the future. Lets have less talk about goals and lets get busy actually working toward those goals at an accelerated pace. Remember you will stop whenever you want to to have fun and that's okay. Capricorn I realize that you have a strong need for love. Some people see you as cold, but I see deeper than that and you hopefully see yourself deeper than that. Your love for warmth, your love for a beautiful, relaxing home is all you need to draw to you the appropriate person or to keep that appropriate person in your life. So create your home to be the beautiful place you imagine it will be. Finish those projects around the home Capricorn. I know there are those projects you have started and not yet completed. That is in the past. Now is the time to complete those projects and look into new even more exciting projects, focusing on your home life and the warmth of the home will help you draw love toward you or keep that love with you. I understand that sometimes you do things for shock value, that's right. Which is somewhat out of the ordinary for you, yet for some reason you enjoy this. That is fine. If you have ever questioned that part of yourself, I want you now to accept it, that sometimes you do things for shock value and that's okay, as long as those thins are contributing somehow to the knowledge of others. Your sign deals with leadership and profession and occupation and career. You're tough and you know it. You take on burdens and that's good, but realize that it's okay to say no. sometimes too many commitments can slow you down and what we want to

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develop from now on is speed and agility so let go of those commitments which no longer serve you. Realize that it is okay to say no in the future. I realize that you are earthly and practical, yet your eyes look out to the future and toward utopia. You are extremely practical in the here and now. You make up your mind, you set your sights and it is almost impossible to stop you and this is a wonderful quality about you Capricorn. That ambition, that inward strength, that aspiration, that idea of attainment, yet it is coupled with responsibility. Embrace all of those things as your power Capricorn. Because they represent real meaning to you. I want you to caution you to not overindulge in eating or drinking. Realize that no matter how many obstacles are in your way, you can overcome these obstacles. So let go of the idea of eating and drinking excessively. You eat appropriate foods and eat appropriate amounts from now on. And if drinking has been a challenge in the past, control it in the future. It's simple Capricorn, just make up your mind to do these things. You are patient and you are persistent. You are also sensuous. I understand that you can do without food and sleep better than you can do without love and that's fine. Be who you are. Embrace that sensuous side of yourself, your love for love. And that's okay to show that side of yourself. Let go of the idea of that appearing weak when you show love. When you let go for a little while. You know that you are going somewhere. You know that time is on your side. And that you will meet your goals but once again, Capricorn, realize that time is relative and if you have a twenty year plan, why not make it ten year plan? Or a five year plan. Why not speed things up a bit. Because the truth is we are all waiting to see the full unfolding of your wonderful plan so lets see it Capricorn, lets see it soon.

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Cancer (Zodiac)

And now cancer as you continue relaxing deeper, deeper, and more deeply relaxed, you realize just how powerful you are. Your sign is associated with the moon and everyone knows that the moon is associated with romance. Your sign also associates with family, protection, and loved ones, making sure that your loved ones are able to take solid steps toward their goals. You realize that you are a wonderful, warm person with an inner rock that radiates outward. When you love, you love in a very loyal way which creates an awe of being permanent. You are very direct [pause]. You enjoy telling people where they stand [pause]. You help people feel secure, as well. And you can help them earn money and teach them plenty about themselves. You are very intuitive, one of the most intuitive signs of the zodiac. Many believe that you have psychic powers. Cancer, I want you to develop your psychic powers if you feel that you have an inclination to do so. Developing psychic powers for you would be very easy. You realize that you are sensitive and emotional. Cancer, I want you to realize that being sensitive is wonderful but you must also realize that not everyone who says things which you take offense to actually means to hurt you. Some people simply say things because that is their way. So cancer, I want you to become more comfortable with accepting people for who they are and what they say and let go of being overly sensitive. You have the ability to foresee cycles and trends, so if you are involved in any kind of marketplace, you will be able to use your powers to see what is going to happen next and you can use this to become wealthy if you choose, or help others in their path to become wealthy. You realize that you are a very intriguing and interesting sign. You are dynamic and you are important. I want you to realize Cancer that you can be possessive. You can, on the

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negative side, tend to be a little more possessive than is necessary. So perhaps over the next few weeks you can work on being less possessive. On the positive side you acquire and utilize many skills and you also acquire wealth. You have a great sense of security. Use this sense of security, Cancer, to build a very powerful financial foundation for yourself and your family. Sometimes Cancer, you tend to be moody. Perhaps you can even out these moods by being more honest with those around you, by sharing with them what you really feel and by handling things in the moment before they get out of hand. You are a very responsible person. You are aware of the past, present, and future. You are aware of the implications of your actions. This allows you to be very caring when dealing with others. Sometimes cancer you can tend to lose yourself in others. Be careful to maintain your individuality even in a relationship it is important for you to be a strong, solid individual, this way you can give to the relationship and share and still maintain your individual identity. Sometimes, Cancer, in an argument it's okay to "lose" the argument and show an appreciation for the intellectual exchange. Be aware of this when you are arguing and realize its okay to have a friendly exchange without getting emotionally attached to the argument. Cancer you are a warm and generous person. Realize that you want things on your own terms, but realize that it's okay to have give and take. It's okay to let the other person have their way sometimes. You are a wonderful, powerful, protective person willing to give almost anything for the ones you love, this is a wonderful quality about you, but be sure to maintain your individuality. I want you to relax now and realize you are a wonderful person. If you need to make any changes in the way you are doing things, you will be able to make those changes easily, almost effortlessly and you will become the person you want to become.

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Bulimia

And as you continue to relax, you feel so at peace with yourself, so completely at peace with yourself. And you realize now how powerful you are and that you can let go of binge eating and when you do eat, you feel completely in control, completely in control. You realize that your self-worth comes from your integrity. Your self-worth comes from the inside from what is in your heart, your integrity. And you realize now that you have an amazing amount of integrity and therefore an amazing amount of self-worth. And you realize what a wonderful person you are. What a wonderful, relaxed person you are. You continue to relax as you now imagine seeing yourself as the beautiful person you are. Seeing yourself as though in a mirror, seeing your physical body and the person inside. Realizing that both are beautiful, both are worthy of love and you are able to talk about your feelings freely, letting go of self-doubt, letting go of any anger, relaxing more and more, day by day. And you realize that all of your actions happen with consideration of the consequences, therefore you take appropriate actions in your life and you are very responsible. You handle your life in a very responsible way. Most importantly, you are kind to yourself. You are kind to yourself. You are kind to yourself.

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Breast Enlargement

And as you relax deeper, deeper and more deeply relaxed, you realize just how powerful you are, just how in charge you are of your life. Your mind is very powerful; your mind is in charge of every activity in which you engage. Your mind is also in charge of all the physiological processes in your body. I'd like you now for a moment to just relax and focus on your breasts. Just relax and drift and continue breathing easily and focus on your breasts. And since your mind is in charge of all of the physiological processes of your body, you realize that your mind is in charge of your breasts as well. And you realize that your breasts are made up of cells, mostly fat cells, this is what breasts are mostly made of. And as you relax you focus some energy on your breasts. Imagine, if you will, that you are still on that beach and a ray from the sun is now beaming down on your breasts, warming them, relaxing them, causing the cells in your breasts to enlarge. And as you increase the blood flow to your breasts and as you increase the size of your breasts by increasing the size and numbers of cells in your breasts, you relax and you realize now that this is normal. Your ability to control your body is normal. You can decide when to walk. You can decide when to sit. You can decide when to stand. You can also decide when your breasts will increase in size. It is improving over and over again that the mind is in charge of everything. Your mind is in charge of what you do, what you think of course, and what your body does and because your mind has this capacity to be in charge of all these things, your mind is very easily able to be in charge of the size of your breasts. So now you focus that energy coming from the sun, that sun that you imagine being overhead, that warm, relaxing sun. You focus the energy of that sun on your breasts. And you feel a warmth there, a warmth radiating out from your breasts and this is very relaxing as you actually feel them

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increasing in size. And over the next few days and few months you will feel your breasts continuing to increase in size. And this is normal because just as you were in charge of where you walk, when you stand, when you sit, you are also in charge of every physiological process in your body. You are in charge of your breasts and how large they are. So now I would like you to imagine in your mind, your ideal size of your breasts. And realize that over the next few days, few weeks, few months, your breasts will increase to that size, to that ideal size because as you relax you really tune in to your subconscious power, to affect the physiological processes for your body. You really tune into your power to increase your breast size. And that feels so good. That power, that ability, knowing that you have it, knowing that you've always had it and now focusing that warm powerful energy from the sun onto your breasts, allowing them, every time you listen to this recording, to increase in size until they reach that ideal size which you want them to be. So relax now and realize that everything is going to be just fine because you are in charge of the size of your breasts and you choose what size they will be and that feels wonderful.

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Coping with Divorce (Child)

And as you continue to relax, you realize just how strong you are. You are a very mentally strong and emotionally strong person. And you realize that day by day you are becoming more and more happy with your life. You realize that certain things happen in your life and that is okay. You realize that you are wonderful person and other people take certain actions because that is what they want to do. You are still a wonderful person and you always be a wonderful and strong person. And I want you now to realize that your mother and father have made a decision, a decision that is right for the moment, a decision that is fine, a decision that you will be very comfortable with. They have decided that they no longer desire to remain married and that is fine, that is fine. You are very comfortable with that decision. You realize that your self worth comes from inside you and that you are a very powerful person inside. You are emotionally strong. You are mentally strong, that's right. And you continue to enjoy life and have fun and you realize that your parents love you very much and they have made a decision that is okay and you can be comfortable with that decision and honor that decision and you also honor yourself by treating yourself like a wonderful person because you are a wonderful person and you always treat yourself with respect and you always treat others with respect. You always treat your parents with respect because you a very respectful person and that feels wonderful. So relax now and realize that your life is just fine and it will continue to get better and better and more interesting and more fun and more exciting as you follow your dreams and live your life to the fullest. So relax now and realize that everything is just fine.

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Discover Your Passion

And as you continue relaxing deeper, deeper, and more deeply relaxed, I would like you now to imagine yourself sitting in a room in your mind and in front of you, you see several television screens. And these screens are showing you doing something different, that's right. They are showing you doing different jobs or being in different professions or simply doing different things. There are five screens showing you doing five different things. Now we want to discover which one of these is showing you doing what you are most passionate about. So as I continue speaking now, one of the screens goes blank. This is the screen which shows you doing something which you are least interested in doing out of the five things. So now one of the screens goes blank because you weren't really that interested in doing that thing at least not compared to the other four things. So now all you see are four screens, the other screen just goes away and you see yourself doing something different in each of the screens. And as you see yourself in those screens, really pay attention to what you are doing on each screen. You are doing something in each of them and as I continue talking now, another one of the screens goes blank because that screen was showing you doing something which was not as exciting for you as what the other screens were now showing. So now the fourth screen has gone blank and now disappears completely and you only see yourself in three screens and in each of those screens you are doing something whether it is a job, profession, or just something. Now, as I mentioned you want to decide which one of those things you are most passionate about and I am here to help you by eliminating screens that don't belong. That is my role. Your role is to make the ultimate decision, which of these things are you most passionate about? So in a moment one of the three screens will become very large and

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actually push the other two screens out of your sight. That screen will be the thing about which you are most passionate. I am going to count down from three to one and when I reach the number one, one of the screens will become large and the two others will be pushed out of your sight. 3...2...1. And now you see in front of you your passion. And you will remember this. You will remember your passion. I want you to imagine yourself six months from now having pursued this passion, having taken the steps necessary to develop this profession. Whether it is a job, a profession, or something you want to do, six months from now. Now I would like you to look back to the present from six months in the future. Notice all the simple and easy steps which were necessary to get you from where you are now to six months in the future when you are enjoying that passion, when you have developed that passion. See all the steps easily, laid out in front of you. And now as you come back to the present, you realize that you will take those steps to fulfill your passion. You will do this easily. And you will enjoy doing it because that thing that you saw, whatever it may be, is your passion and you will pursue your passion. It will almost seem effortless because you enjoy it. So relax now and realize that everything is going to be just fine.

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Discover the Power of Water

And as you continue relaxing deeper and deeper and more deeply relaxed, I would like you to imagine your body to be a glass cylinder. Imagine yourself standing upright. Your body is a glass cylinder. And now you imagine that in through the top of your head there is clean, clear, cleansing, soothing water pouring in, into the glass cylinder which is your body, in through the top of your head and as it does powerful water begins to fill your body just like a glass. Filling your body from the bottom up, so as the water pours in through your head it goes all the way down to your feet, warming your feet, relaxing your feet, soothing your feet. And the warm, healing, cleansing water begins to move up now, up your legs, up to your knees, relaxing you as it goes up your body, moving up to your thighs now, relaxing your thighs completely. Feel the water warming your legs now. As they warm, they are healing, allowing your body to release toxins. Now the water moves up to your pelvic area and to your abdominal area. Relaxing and soothing all of the muscles and all of the organs of your body as it rises slowly. Moving up now to your chest area, relaxing, cleansing, healing all of the organs in your chest area. Now feel it pour down to your arms and starting with your finger tips, the warm, soothing water moves up to your hands and your wrists, your forearms, your elbows, all the way up your arms, all the way up to your shoulders. Now your entire body is full all the way up to your neck and it feels so good and relaxing and the healing, cleansing, relaxing water moves up to your face relaxing your mouth, your cheeks, your nose, your ears, your eyes, your eyebrows, your forehead all the way up and now your body is completely full of the relaxing clear water. So relax now as the clean, clear water begins to warm slightly and as it does, it activates all of the cells in your body, cleansing them, healing them. Think of water

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as a perfect antioxidant because it is now cleansing all of the cells in your body. Feel your body come into harmony now with itself and with its surroundings as you enjoy the power of water. Water warms a little more now and you relax even more deeply. Feel every cell in your body being energized and cleansed and healed and if there is any challenge in any part of your body, feel that part being healed now, cleansed, purified. Feel the cells of that part of your body releasing any toxins where they will properly dealt with by your body and eliminated by your body, that's right. Feel this process happening now. The water is working extra hard to relax your body and cleanse it, that's right. Cleansing your body naturally, feel this process continuing long after this hypnosis session is over cleansing, healing, repairing, and restoring your body. I want you now to imagine at the bottom of each of your feet the liquid is now draining out of your body and you can think of this process as an oil change of a vehicle. The oil goes into the engine, lubricates the engine, cleans the engine and then it need to be changed. You are releasing the water now, notice it's a little dirty. It has picked up a few toxins from your body and it is now releasing them out through the bottom of your feet so that the next time you perform this process, your body will already have been cleaned. And each time you repeat this process your body becomes cleaner and cleaner, more and more free of toxins. You begin to realize how powerful water is. Your body is almost empty now of the water which has turned a slight brown color. It is a little dirty, that is normal and natural because it has cleansed your body. All the toxins are leaving your body now and now as the last few drops drain out, your body fills itself with natural energy. You can imagine this to be any color you want. Feel your body filling itself from every cell of your body with natural, vital energy allowing you to enjoy the power of water. You realize how powerful water is. You make sure that when

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you are thirsty, you drink water, it is the best liquid for your body. You drink eight glasses of water a day. You make sure that when you are thirsty, you drink water. Water is the most natural drink and it is the healthiest drink for your body. You enjoy drinking water because it makes you healthy and it has a powerful affect on you. You are developing healthy habits, eating things which are healthy for you, avoiding things which are unhealthy. Choosing exercise on a regular basis, keeping your mind healthy as well with positive thoughts, powerful, productive ideas, taking care of your spiritual health. If you have a faith, you find yourself more interested in that faith because you take care of your spiritual health. Mind, body, and soul, in perfect harmony, in perfect balance, perfect balance, the way you were designed to operate. So relax and realize that everything is going to be just fine because day by day you are becoming more and more healthy. The natural state of your body is a healthy state. Your body is now instructed to be in perfect, perfect health. So relax, relax, relax.

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Discover the Peaceful Outdoors

And as you continue relaxing deeper, deeper, and more deeply relaxed you realize that you want to be more in tune with the outdoors. Soon, you will realize that nature welcomes everybody and you will come to enjoy the peaceful outdoors. You become very interested in the world outside your home. Perhaps you do a little research and find out what parks are in your area or maybe you find some nature trails. You become interested in seeking peacefulness of the outdoors. Now imagine that you have found a very peaceful place in your town. Perhaps you are surrounded by trees as far as you can see. Or maybe you are in a wide open field. Perhaps you are on a river or on a lake or on a mountain. Whatever place you would like to imagine, go ahead and imagine it now. What do you see around you? Try to capture the images of the different plants you see around you. Perhaps you see different animals. Really take in your surroundings. What does the sky look like? What is the color the sky and are there clouds out? What sounds do you hear? Perhaps you hear the sound of wind whistling through bushes or trees. Perhaps you hear sounds coming from different birds and other animals. Do you hear a body of water nearby? Or maybe it is completely still in your outdoor world with no sounds at all. Now take a moment to breathe in and out. As you relax inhaling in and exhaling out, notice the smells around you. What do you smell? Perhaps you smell the soil or the bark of a tree or a nearby campfire. Take a deep breath in and as you relax, absorb the smell of nature. Now take a moment and notice how being outdoors makes you feel. Perhaps it is warm where you are and the sun is shining. Or maybe it is cold and you are walking through snow. Whatever nature makes you feel, realize this and turn it up. Outdoors makes you feel relaxed and peaceful. It is a way for you to escape from everyday life. You can

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create whatever world you would like to be in while you are outside. You deserve peace and quiet and the peaceful outdoors gives you that. Each time you go out into nature, you appreciate it and you realize how great the outdoors makes you feel. Imagine yourself taking a casual walk on a nature trail in your area. You allow your senses to open and absorb all that you are experiencing. Your eyes see everything more clearly and in vivid colors. Your sense of hearing is heightened and you are able to hear all animals and insects. You breathe in your surroundings and as you do, you feel a sense of calmness rush through your body. You have a new found appreciation for the outdoors. You breathe in and out again, deeply, you enjoy the smell of the outdoors; this calms you. You feel so relaxed and peaceful while outdoors. Now I want you to imagine that you brought a blanket with you and you come to a particular area that you enjoy. Imagine getting out that blanket, unfolding it, and laying it down on the ground. You sit on this blanket and you use this time to reflect on yourself and the outdoors. Perhaps you are sitting with your legs folded, in the lotus position. Perhaps you close your eyes. As you close your eyes, you take a moment to enjoy the peacefulness of the outdoors [pause]. You begin to realize how soothing and enjoyable nature is. You are sitting up tall and you focus on relaxing your entire body. You relax your entire body. Focus on your head. Ease the muscles in your temples. That's right, your head feels good. Now open your mouth just a little and relax your jaw. Let all tension disappear. Roll your neck to both sides and let all the muscles in your neck and upper body relax. Work your way down through your arms. Let your shoulders, arms and hands go limp by your side. Focus on your lower back and stomach area. Feel as each inch relaxes. You feel good. Your upper body is at ease. Now focus down to your hips and buttocks; all tension is released. Go further now. To your thighs; let them relax

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and go limp. You are very relaxed on the blanket surrounded by the outdoors. Now focus further down on your body to your knees, calves, and shins. Let them relax. You move your ankles slightly so that there is no tension in them. That's right, feel all tension leave your legs. That feels good. Relax the arch of your foot and wiggle your toes. Your entire body now is relaxed. You are now more relaxed than you have ever felt before. You sit on the blanket, your body completely at ease. You feel the warm air rush over you. Go ahead and open your eyes. Look at all the beautiful things nature has to offer. You are completely at peace with yourself and with nature and that feels wonderful.

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Diabetes

And as you continue relaxing deeper, deeper, and more deeply relaxed, you realize just how powerful you are. Powerful to have the control in your life that you do. You realize that you are in charge of the many parts of your body, keeping them functioning properly. You realize that you are interested in living the healthiest life you can. You work with your healthcare providers to reduce the occurrence of any complications. You do this by controlling your level of blood glucose. Relaxing and controlling your blood pressure, and receiving preventative care in a timely manner by being very in tune with your healthcare provider and their plan for you. So let's focus now on relaxing you so that you can control your blood pressure. I want you now to take a deep breath through your nose and hold it, open your mouth slightly and exhale slowly. And as you do, let go of any stress or tension. And again a deep breath in through your nose and hold it, open your mouth slightly and exhale very slowly, good. Feel yourself relaxing. It feels as if you can actually control your blood pressure and you can, you can reduce it now simply by thinking about reducing it, reducing it to a normal level, a normal healthy level. I want you now to make a fist with your right and this is your relaxation hand from now on. Anytime you feel stress in your life you simply make a fist in your right and you think the word relax and that relaxes you just like you are relaxed now. You can open that fist and continue relaxing and just like you would if you used this technique in your normal everyday life. Remember, anytime you feel stress all you have to do is make a fist with your right hand and think the word relax and that will remind you of how relaxed you are right now and will immediately lower your blood pressure and relax you. So relax now even more deeply. You realize that you are very interested in educating yourself about control of

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cholesterol and blood lipids. You realize that this will reduce cardiovascular complications by up to 50% so you are very interested in controlling your cholesterol and blood lipids, for example LDL, HDL, and triglycerides. You are very in tune with your healthcare professional. You pay attention to your body. Anything out of the ordinary, you immediately report to your healthcare professional. You are also in tune with particular parts of your body, your eyes, your feet, that's right. Anything you notice out of the ordinary in these areas you immediately report to your healthcare professional and this allows you to maintain normal functioning eyes and feet. You are so relaxed. Every part of your body is relaxed now and you realize what a wonderful and calm and relaxed person you are. You realize that you are more interested than ever before in taking outstanding care of yourself so that you can extend your life as long as possible and have a wonderful, highly productive, exciting life. So relax even more deeply now. Relax even more deeply because you realize that everything is going to be fine because you are taking the time in your daily life to educate yourself about the proper care of your body. So that you can properly control diabetes, that's right. So relax and realize that everything is fine because you are more motivated now than ever before to do everything possible to take care of your body and to stay in tune with your body and to report anything out of the ordinary to your healthcare professional and to work with your healthcare professional to maintain your health on a very high level. So relax, relax, and realize that everything is going to be just fine because you are committed, committed to yourself, committed to taking care of yourself, eating right, exercising and doing what your healthcare professional tells you to do. So relax and realize that everything is going to be just fine.

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Dealing with Terminal Illness

And as you continue to relax and unwind and let go, I'd like you to imagine that your body is a glass jar, that's right. Just imagine that your body is a glass jar and in through the top of the jar feel a warm, soothing, healing fluid flow down, down, down. Bring this fluid in through the top of your head allowing it to feel your body, that's right. Feel the level of the warm, soothing, relaxing, healing, cleansing fluid slowly rise. And as it does, you relax more and more, realizing just how relaxed you are becoming now. And this warm, relaxing, healing, cleansing fluid now fills your entire body. And I would like you now to imagine that this fluid absorbs from every cell of your body, any negativity, any disease, absorbing from every cell of your body, any negativity, any disease. And because this fluid is very powerful, it is able to do this very easily. Now I would like you to imagine the fluid slowly leaving your body, draining through your feet, out through your body slowly. And as it drains, notice how much more relaxed you are. Notice how much more at peace you are, that's right and how harmonious it feels to be you. And day by day you will allow yourself to release more and more negativity, leaving your body healthy and refreshed. Also as you relax and listen to this recording you will become more and more skilled at allowing that fluid to take away any pain from your body and leave you feeling relaxed and peaceful. And day by day you will become more and more skilled at relieving yourself of pain, simply by thinking the word, relax. And this word will allow your body to be free of pain and it will also help you immediately remove from your body any negativity. And your outlook on life is improving day by day because you now realize just how powerful your mind is and that is in charge of your entire body and that your mind is now programmed to allow your body to heal and feel good and relax and be strong.

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Dealing with Menopause

And as you continue to relax you realize just how beautiful you are. You are a very beautiful lady. You have blossomed into a very, very wonderful being and you are able to pass through the stages of life easily and in a very relaxed way. As you now look forward to that time in your life, that time where you have passed the child bearing years, that's right. And see yourself moving into that phase of your life in a very relaxed and powerful way. You realize now that you are a wonderful, beautiful woman and you are always relaxed in every phase of your life. You are very comfortable being you. You are very comfortable with your body and you realize that day by day the physiological functions on your body are becoming more and more relaxed allowing you to have a very stable temperature, allowing your moods to be very stable, allowing your hormone regulation in your body to be as it should be, normal and in balance, very much in balance, complete balance, harmonious balance. Your mind is clear. Your body is relaxed. You are happy and so proud of yourself in a positive way. Proud that you have reached this stage of your life where you deserve respect and you will respect yourself. Respect yourself as the beautiful being you are and you're relaxed. You relax more and more day by day, feeling very comfortable with yourself, very relaxed and peaceful, very happy to be at this stage of your life. So relax now, relax and drift and realize just how beautiful you are.

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Dating Confidence

And as you continue to relaxing deeper, deeper and more deeply relaxed, you realize just what an amazing person you are. You are a very powerful, wonderful, beautiful, amazing person. And as you relax thinking about these facts, I would like you now to imagine yourself approaching someone who you're interested in dating, that's right. Notice how calm and confident you are and no matter what you follow through, you approach that person. I am giving you a direct command to approach that person. And as you approach them you smile, you are relaxed, your body is relaxed, you are relaxed. Everything about you, the way you look, the way you act, the way you think, all of it is relaxed, that's right. When you think of dating you think of relaxing. And as you approach this person, you begin talking with them easily and effortlessly. You have prepared something to say. Perhaps, you compliment part of their clothing or something about their appearance. And perhaps you ask for their phone number. You are relaxed, relaxed and at ease. Relaxed and at ease at all times. And they respond positively because they sense your confidence and now I would like you to imagine yourself out on a date with that person, that's right. Notice how relaxed you are, so relaxed, so confident. You are certain that everything is going to be just fine. You are calm and relaxed, calm and relaxed the entire date. I'd like you now to think of a time in your life when you were very confident and sure of yourself, that's right. Think about that time now. Imagine yourself there and this could be anything you want it to be. Perhaps you helped someone and you felt good and confident about yourself. Perhaps you graduated or received some sort of honor. Think now of sometime in your life when you felt good and confident and powerful. Make that picture even brighter in your mind now, even brighter. And are there any smells, any odors associated

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with that event? Remember them now to make this picture even more clearer. What sounds are associated with it? Remember them all now as if you are there involving all of your senses of the memory, make this very clear. Most importantly I want you to remember the good feeling, the good feeling you had, that's right. And now turn that feeling up a few notches, feel even better, even more confident and powerful, because this is how you will feel every time you approach a dating interest and every time you are on a date and every time you talk to a dating interest whether by email or telephone or in person, no matter how you communicate with that person, you communicate with strength. So breathe in deeply now remembering this event during which you felt confident, the event you are recalling, the event you are seeing and reliving. I want you now to make an OK sign with your right hand touching the tip of your thumb to the tip of your index finger, an OK symbol. And every time you need or want confidence in a dating situation, you will simply make the OK symbol, touching the tip of your thumb on your right hand to the tip of your index finger on your right hand. And this will immediately help you recall that time that you were very confident, that time you are recalling now. So relax, remember your secret weapon, the simple OK sign and that allows you to get in touch with that power, that confidence, that strength, that charisma that you had during that time when you are now remembering. So now see yourself going through the rest of your date relaxed and calm, having a good time, sharing your wonderful unique sense of humor, so relaxed, so at ease. You are truly confident at all times in any dating situation.

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Creative Visualization

And as you continue relaxing deeper, deeper, and more deeply relaxed, I would like you to imagine yourself now looking at a blank canvas. And this is the blank canvas of your mind. Notice it is infinite, infinite in all directions, infinite. And when you imagine something on this canvas, it is in bright and vivid and powerful colors. Colors so bright, so powerful, so vivid, they seem to have a sound associated with them. And you can adjust the colors. You can adjust the brightness of the colors to make them less bright or even more bright. You can adjust the colors themselves, even create more colors because there are infinite colors to choose from. You are in charge here. You are the artist in your mind. When you visualize something you let go of limits. Breathe in deeply now and as you do, breathe in creativity, that's right and hold it and open your mouth slightly and exhale slowly now and as you exhale let go of any of self doubt, let it go. And as you breathe in deeply again, breathe in that power to create in your mind anything you want, hold it. Hold that energy and as you exhale slowly now, let go of what other people think about, let it go. Why would that concern you? Let it go. Let go of other peoples opinions. And as you continue breathing now, I want you to feel more confident in yourself, in your power to visualize anything you want to visualize. You are a very creative person and you are becoming more and more powerful everyday. You can visualize your future for example, a wonderful, powerful future. You can visualize, perhaps, something you want to paint, or sculpt, perhaps a musical piece you would like to write, whatever it is for you, you can visualize it. And when we visualize creatively, we let go of limitations, we let them go, we let them go. And we see infinite creative possibilities. Infinite creative possibilities. Because you are a very creative person and you are very visual. When we combine these two powers,

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we achieve what you are, a person who is creative and visual. And so creative visualization for you is infinite, infinite. This means that you can see anything that you want to see in your mind. Imagine something now in your mind. It can be anything you want. It can be the future, it can be a painting, it can be a child, it can be a chair, anything you want to see, imagine it now. That's your visual side. And now I invite you to be creative. Imagine something happening to that object or that event, that's right. Use your creativity, create something powerfully positive right now that you can visualize happening to that object or that event, that's right. Add some detail now, perhaps some more color, that's right. Why limit yourself, add some sound. What do you smell? We're working on your visualization, but also keep those other skills up, those other powerful, creative skills. The way you can create a certain scent in your mind or a certain sound, that's right. These things will only enhance your experience. What is your feeling? What feeling do you get now from that object or event? Feel it, intensify it. Now let's focus on the visualization aspect of this exercise. See that object on a microscopic level, that object or event. What would that look like? What would that look like? See the atoms or molecules of that object or event. Allow yourself to be fascinated by this site. Now I invite you to zoom out, zoom out and view this object or event from another galaxy as if you were looking at it through a very powerful telescope. What does it look like from far away? What new lessons can you learn from this object or event from far away? You can see all the objects and all of the events around it now because you have zoomed out, way, way out. And so you get new distinctions, new insights about this object or event. And now you zoom back in so you are there with it. What have you learned about seeing it in its most minute detail microscopically and from far, far away? What can you now add to it that it didn't have before?

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What new color? What new sound? Perhaps it needs to be adjusted visually some way. Adjust it now visually. Make it look different to you now, that's right. You are a very creative and powerful person. And as you continue to relax, realize that your creativity is improving day by day. Your mind is opening, letting go of limits, that's right. And your power to visualize is improving day by day, adding new colorings, new textures, new subtleties to your power of visualization. So just relax now and realize just how creative you are and just how powerfully visual your imagination is.

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Coping with Divorce (Adult)

And as you relax more and more you realize just how powerful you are. Your mind is very powerful and you are able to easily control your emotions. And you deal with any emotions immediately and efficiently and maturely, that's right. You deal with any emotions easily and effortlessly and naturally, that's right. And any outside stress that comes at you, bounces off and away from you, bounces off and away. And feel now any inside stress draining out of your body, through the bottom of your feet, that's right. Feel that stress just draining away, that's right. And you realize now that you are going through a process which many people have gone through various stages of the divorce process. You realize that you will sail through this process easily because you are calm and relaxed and you deal with your emotions in a very efficient and mature way. And if there are any children involved, you realize that you will be able to give them the appropriate amount of love during this process, that's right. And even after the process, that's right because you are now entering a new phase of your life, a new phase where you take direct control of your life and your able to help others. You have decided to enter a new phase of your life. You have accepted this change and you realize that all change is positive, that's right, because it all has to do with your point of view and your point of view is positive because you allow your point of view to be positive. You are very kind to yourself, always. You treat yourself with respect, that's right. And you are able to interact with the person you are divorcing in a very mature and respectful manner and this allows them to interact with you in the same way, creating a flow of energy in your life. Allowing you to easily, smoothly, quickly, and efficiently transition into the next phase of your life. So during and after the divorce process, you will be very relaxed, very calm and you will embrace

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the change, the positive change that is happening in your life and you will see new opportunities that are more exciting than the old ones, that's right. Look now to the future and realize all the exciting opportunities for you. And if there are any children involved, realize the exciting opportunities that also await them. Entering this new phase of your life is very exciting and rewarding and you embrace change because you are a positive, optimistic person. So relax now and realize that everything is going to be just fine.

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Control Spending

And as you continue to relax and drift and unwind, you begin to see yourself as the beautiful, wonderful, amazing person that you are. You are worthy of so many things. You are worthy of abundance. You are worthy of money. And you will find that from now on, you desire to save money to add to your abundance. You desire to pay your debt down. You imagine any debt that you may have now, that's right. If you have debt in your life, you imagine that debt now and you may imagine it in any form you choose. And now you imagine it going down, down, down, shrinking and then it disappears and you will allow this process to happen in your life. If you have debt, you allow it to go down, down, down and then you allow it to disappear and you do this by gaining control of your spending, that's right. You find yourself budgeting your spending so that any debt you may have can go down, down, down and now I would like you to imagine the money you have in your life, that's right. Perhaps you have a home that you own. Perhaps money in savings. Perhaps money in checking. Anything that you own, just imagine those things now. And imagine them increasing in size, that's right. You are allowing your worth to increase. You are allowing the money that you have to increase, that's right. Imagine those things that you have increasing. Allowing this to happen and you realize this happens by spending less money, that's right so there is more money available for those things you have, more money in the bank, more money available to invest in your home, more money available for you to have. It's okay for you to have money. It's okay for you to have value. It's okay to spend less. It's okay to control your spending. It's okay because you value yourself and now see yourself clearly, that's right. Imagine yourself surrounded by all those things, all those things in your life, all those things you have. You are

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abundant. You are abundant. You have so many riches in your life and this makes you feel so comfortable, that's right. You have what you need. You have yourself and you have those things in your life which make you comfortable, which allow your life to work and because you have this deep feeling of comfort in yourself, you now realize that you can spend less. You can easily control your spending. You will easily control your spending. You will budget your spending and that feels fine. It feels okay to give to yourself, to allow yourself to have money. You allow yourself to have money. And you see that money increasing, that's right. You invest in yourself.

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Control IBS

And as you continue relaxing deeper, deeper, and more deeply relaxed, you realize just how calm you are inside. Calm inside. And all of the organs in your body are calm and relaxed, calm and relaxed. Your digestive system is calm and relaxed just like it is at all times, calm and relaxed. Always, calm and relaxed. And if at any time you need to relax your digestive system even more, you can simply think of the words calm and relaxed and instantly your digestive system relaxed completely, relaxes completely because you are a very calm and relaxed person. And day by day your digestive system is relaxing more and more in every situation in every situation your digestive system is relaxing more and more, day by day. And very soon indeed, you will find that you are more in control of every aspect of your life because you have taken full control of the physiological processes in your body and this allows you to feel so good at all times. And because you feel so good about taking complete control of the physiological processes in your body and this allows you to feel so good at all times. And because you feel so good about taking complete control of the physiological processes in your body, this allows you to feel more confident, more powerful, more relaxed in every situation in your life. And from now on when you eat food, it passes easily and efficiently through your body. Easily and efficiently, allowing you to be completely relaxed the entire time, that's right. Your digestive system works perfectly. You are relaxed while eating and digesting food because you are relaxed in every situation. Whether eating, digesting, or simply being, your body is relaxed at all times. So relax now and drift a little deeper and realize that everything is going to be just fine.

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Control Alcohol

You are relaxed now and because you are so relaxed, you begin to feel free from all tension, anxiety, and fear. You now realize that you are more confident and sure of yourself because you have taken the enormous first step toward helping yourself. You begin to feel the strength from within, motivating you to overcome any and every obstacle that may stand in the way of your happiness. You will find that from this moment on, you are developing more self control. You will now face every situation in a calm, relaxed state of mind. Your thinking is clear and sharp at all times. You begin to feel that your self respect and confidence are expanding more and more each and every day, in every way. You now realize that in the past, alcohol was an escape and a weakness that you are replacing with confidence, strength, and self control. Alcohol was an escape and a weakness that you are replacing with confidence, strength, and self control. You are becoming a happy person now with a positive attitude towards life. You are succeeding now and you have all the abilities for success. You no longer desire alcohol.

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Concentration and Focus

And because you are relaxed now you can begin to realize just how focused you are. You are a very focused person, you concentrate. When you have an idea or project that you want to focus on, you are able to focus and concentrate easily. You are able to focus and concentrate easily. You are a very focused person and you are relaxed, you are calm, you are peaceful. You are able work on any project you choose and focus on that project and focus on that project. You are able to block out other things and just focus on that project. Focus on that idea. Focus on that concept or that subject. You are able to focus on anything you want to focus on. Day by day your powers of concentration and focus are increasing more and more. You are becoming very focused, very focused, very concentrated. You are able to concentrate on anything you choose to concentrate on. And as you relax, you now imagine something you want to focus on, it can be anything at all. Imagine yourself there in the moment, focused, relaxed, concentrating, blocking out any unnecessary situations, blocking out any unnecessary ideas, just focusing and concentrating on what you are doing, that's right. Imagine yourself there, so very focused, that's right. See yourself, see how calm you are and relaxed, how determined, that's right. And this is how you will be from now on when you choose to focus. You simply say the word focused. You simply say the word focused and immediately you are focused entirely. Focused on what you choose to be focused on. You are able to concentrate. Concentrate for long periods of time. Blocking out all unnecessary information and concentrating. So relax now and realize just how powerful your ability to focus is now.

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Co-Dependence

And as you continue relaxing deeper, deeper, and more deeply relaxed, I would like you now to imagine yourself speaking to someone, anyone you choose. And as you see yourself speaking to them, see yourself confident, very confident. You are certain of your abilities, certain of your appeal, certain of yourself and so your conversation flows easily. Words flow easily. And as you continue talking with them, you realize just how powerful you are. I would like you now to imagine a spotlight shining down from above, shining only on you as you continue talking with that person. And as you continue interacting with them, you are only concerned with yourself. Their reactions to what you are saying become less and less important. And as the light gets brighter now it becomes very difficult to see them, although you are still talking to them. You can no longer see their reactions. You can no longer hear their reactions, but you continue talking. And this focus on yourself is going to become stronger and stronger for you everyday. So that you begin to listen to yourself for reactions to what you are saying rather than another person. You are very focused on making yourself happy, very focused on listening to yourself, doing what you want to do in the way that you want to do it. And the other person, no matter who it is who you may happen to be talking to or interacting with becomes less and less important. And your thoughts and your feelings and the way you react to your own feelings becomes more and more important to you rather than focusing on other people's reactions, you focus more attention on your reactions and how you feel about what you are doing, how you feel about what you think, how you feel about who you are. And this allows you to move forward in your life with your plans. You are still able to have conversations with other people, productive, meaningful conversations.

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However, you are free to express yourself, free to express your feelings without concern for their reactions and this honest approach to life is going to allow you to move forward with your plans and your ideas, allowing you to be independent. If you are now in a relationship or if you choose in the future to be in a relationship, this new idea of independence will work easily within the framework of a relationship because you will express yourself and then the other person will express themselves. You talk and expect to be listened to and when they talk, you listen to them. This is a normal interaction, allowing both people to be validated when it is their turn to express themselves. And no matter what you always offer yourself self-validation. In other words, you always believe in yourself. You always believe in what you say, in what you are doing, in what you are planning. And this is independent of anyone else's reactions. So you are able to make decisions that affect you, on your own. You are able to make plans for your life, on your own. Listening to reactions and being swayed by reactions of other people becomes less important to you. You always listen when someone is talking to you. But their ideas about how you feel and about what you do are far less important than your own ideas about what you do and how you do it and how you really feel about yourself and your life. And your approach to living allows you to be independent, yet you are still able to work in a relationship or on a team, easily, offering your point of view and standing behind your point of view, easily, confidently. So now as you continue watching yourself interacting with this person, you see a flow of conversation which is normal, easy, and natural. And all of your interactions are like this, easy, normal, and natural. And after each conversation you have, for the rest of your life, you will have the firm understanding that you expressed yourself and no matter what, you stood behind yourself, believed in yourself and what you are saying. So

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relax now and realize that everything is going to be just fine.

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Claustrophobia

And now as you continue to relax and unwind, you feel more and more comfortable. You realize that you are becoming a more relaxed and comfortable person in every situation in your life. I'd like you now to imagine yourself in a movie theater, a very large movie theater. There's plenty of room in this theater, the room can be as large as you would like it to be, that's right. And as you relax, you realize just how relaxed you are in every situation. And as you sit in this very large, comfortable theater, you are watching a movie and this movie is starring you. You see yourself on the screen. You see yourself walking into a room and smiling, you are relaxed. This is a very small room that you have walked into, but you are sitting in the theater watching the movie, watching yourself walking into the small room and smiling and as you continue watching the movie, you are safe and protected. And now you see yourself getting on to an elevator and as the doors close, you see yourself smiling and relaxing and you continue watching this movie, seeing yourself in various scenes. Scenes in which you are in a very small space, yet you are completely relaxed and at ease. And if you feel comfortable as you watch this movie, you can imagine that you are in the movie, that's right. Rather than being in the theater watching the movie, you can imagine that you are experiencing the events while you are in the movie. And if at any time, you choose you can leave the movie and continue to watch it from the safety of your chair in the large theater. Day by day, as you listen to this recording, you become more and more comfortable being in the movie, the movie that stars you. And in that movie, you will allow yourself to experience how peaceful it can be to be in small spaces, that's right, because you realize that you are always safe and protected. Very soon indeed, in your waking life, you will be very comfortable being in small

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spaces because you are a relaxed person and you will have practiced being in small spaces. You will have practiced this in your mind. Showing yourself that it is okay and safe to be in small spaces. So relax now, relax comfortably and realize just how powerful your mind is and just how confident you are when you are in a small space. So relax now and allow yourself to drift, that's right. Just relaxing more and more...

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Choosing Your Battles Wisely

And as you continue to relax deeper, deeper and more deeply relaxed, you begin to realize just how much control you have, that's right. You have control over your actions and your reactions in any given situation. You realize that you can easily choose to react in a positive and peaceful way. I want you now to think about an argument you had with someone. It can be any argument and it can be an argument with any person, that's right. Go ahead and picture it right now. Recall the reason why you were arguing. Think about the different things that you could have said in order to handle it in a more peaceful way. Picture yourself with complete confidence and composure discussing things now instead of arguing. You begin to realize that you are much more effective and respected when you approach difficult situations in a calm and composed manner. You realize that by reacting in a positive and peaceful way, you become empowered and respected. You enjoy these feelings of empowerment and respect. Negative reactions no longer empower you. You think of more effective ways of dealing with challenging situations. You always make sure that you think before you act. You take considerable amount of thought in order to discuss rationally with other people. When other people do not like your opinions, you are okay with that. You realize that by discussing your opinions with people, others are more willing to discuss their opinions, helping you both to reach a compromise. You are able to accomplish more by taking this approach. You also realize that some battles are more important to you than others. Go ahead and think of an argument you had with someone, which at the time was very important to you, but now thinking about it, it wasn't that big a deal. Go ahead and picture this in your mind right. Think of the different things you could have said. You could have said more positive things, or perhaps

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you realize you didn't need to say anything at all, that's right. Instead of battling everyone and everything you don't agree with, you are able to pick out the important ones and approach these battles in a calm, collected, and positive way. When you come to a situation that you feel is important to you, you are able to understand and develop more effective ways of solving the problem, that's right. Before approaching a situation, positive ways of handling the situation run through your head and you are able to easily and effortlessly handle the situation. You realize that some people react to your peaceful confrontations better now. Others approach you in a more open-minded manner because they know you are going to react positively. It is easier to discuss things with people because now you both are more willing to come to an agreement. You also realize that others aren't quite as evolved as you are and that's okay. You remain patient, understanding, and positive while talking with these people. You always keep an open mind. You are able to see that others have differing opinions and that's okay. You also realize that as you take a more open-minded and laid back approach, things don't bother you as much. Picking fights over small things just isn't worth it to you anymore. You are a confident and positive person. As you make these changes in your life, by choosing your battles wisely and confronting battles in a positive way, you realize that your life is more peaceful. That's right; you are leading a more peaceful life. You have control over your actions and your reactions. You can now clearly see what is important to you and what is worth going after and what is not important to you. You are empowered by your positive reactions. You feel strong, positive, and confident. Others see this change in you and this makes you glad. You have the ability to choose your battles and you always make your point in a positive and respectful way. And as you continue to drift and relax, you realize that everything is going to be just fine.

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Cholesterol

And as you continue relaxing deeper, deeper, and more deeply relaxed, you realize just how interested you are in lowering your cholesterol naturally. You have taken up an interest in educating yourself about cholesterol and how to lower it. You have developed a strong interest in learning about good and bad cholesterol and what you can do to lower your cholesterol levels. So whether you have been diagnosed with high cholesterol or not, you realize that it is important to control your cholesterol so that it is always within acceptable limits. So you find that you're interested in learning about minerals that promote cholesterol health, minerals such as like selenium, copper, zinc, chromium, calcium. You are interested in vitamins, vitamins which help you control your cholesterol such as niacin, vitamin C, vitamin E, beta-carotene and other vitamins which help you control your cholesterol. You find yourself doing research, primarily on the internet, about ways to control your cholesterol naturally and this helps you form the cohesive body of knowledge and helps you become more calm because knowledge is power and once you are educated about cholesterol and how to control your cholesterol health, you are able to be calm. So you learn about things such as garlic, green tea, spirulina, and ginseng. You learn about many, many natural ways to lower your cholesterol. You're so relaxed at all times because you are so very knowledgeable about cholesterol and how to lower it and your body is now being given a command to lower the bad cholesterol in it. Your body must obey this command because it is coming from your subconscious mind which controls your entire body. You find an interest in letting go of smoking, that's right. Whether you do or don't smoke, you find that you have no interest in it. You find that you are letting it go. You find that you have an interest in meditation, that's right and

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stress management techniques. You find that you are very interested in increasing your knowledge about cholesterol so that you can be very relaxed at all times, armed at all times with the knowledge that you need to be successful at lowering your bad cholesterol. Eating a proper diet, staying away from fatty foods, eating a diet rich in vitamins, minerals and omega 3 fatty acids. You choose foods that are good for you, good for you. Because you have chosen a cholesterol lowering lifestyle. You exercise regularly. You find an exercising routine you enjoy and you stick to it. Whether it's cycling, playing basketball, running, whatever it is you find it and stick to it. You make the necessary changes in your lifestyle. As I mentioned, if you smoke you let go of smoking, let it go. And you take up an interest in yoga, perhaps an interest in meditation. You learn how to breathe deeply in every moment of your life, giving your body the air it needs to do its job. By making these changes in your life, and the way you think about your possibilities, you will be able to lower your cholesterol slowly, gradually, naturally. You make a plan to see your physician and have your cholesterol checked. Now is a good time to do so, so schedule that when you wake up. You make note of your HDL, LDL, triglyceride, and total cholesterol levels so you can track how much you've improved when you make these lifestyle changes, that's right. And you never hesitate to enlist the help of your family and friends by discussing your goals with them and your plans with them and building a strong support base so that they can encourage you to lower your cholesterol. Congratulations on taking a very powerful step and beginning to think like a healthy person, beginning to research healthy foods and recipes, seeing your doctor, getting to exercise, letting go of unhealthy habits, that's right. Congratulations on taking those steps, educating yourself, and following through, following through, beginning your exercise program moderately and building

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it up, begin moderately and build up to where you are comfortable, that's right. Always consult a physician before beginning anything. Taking your vitamins and enjoying taking them and reassessing your workout schedule as needed, drinking plenty of water, relaxing, relaxing, always relaxing. Realizing that everything is going to be just fine.

Chocolate Addiction

And as you continue relaxing deeper, deeper, and more deeply relaxed, you realize that you do not like chocolate anymore. I want you to imagine now, chocolate in front of you and all its various forms and all the forms you previously liked. See it on the table in front of you. Perhaps it is ice cream or chocolate bars, however it appears in your mind, let it appear now, chocolate in its various forms. I want you to see it as being disgusting, thoroughly disgusting because the truth is chocolate is disgusting. See it putrid and rotting with flies all around it on that table now, chocolate. Even the word chocolate now means disgust to you. When you hear the word chocolate you start to think of disgusting things like that chocolate on the table, that filth, covered with flies. You are no longer interested in chocolate. Chocolate is disgusting, everyone knows that, everyone understands that. Chocolate is disgusting and if they don't, you are certain to tell them just how you feel about chocolate. Chocolate is disgusting, it is dirty, filthy, vile, gross. It is not something that should be eaten, it's more like plastic. Rotting, disgusting, it tastes like plastic, rotting disgusting plastic. Chocolate is gross. Chocolate is disgusting. Now, as you look at the chocolate in the various forms on that table, I want you to make it even more disgusting. What could make it even more gross and disgusting? That's right. Do that to it, that thing which you were thinking which would make it even more disgusting to you, do it to it now. Chocolate, how awful,

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how putrid, how gross, how disgusting, how vile, how repulsive. You no longer are interested in chocolate. The very smell of it makes you want to put it down, throw it away, cast it far from you. Chocolate smells bad. Chocolate smells gross. Chocolate smells disgusting. It is easy for you to say no to chocolate. It is despicable. Imagine yourself now trying to eat chocolate and as you raise it to your mouth, you have to remember how disgusting it is and you have to put it down and walk away from it because it is absolutely repulsive. It is upsetting to even look at so look away. There is no need to look at chocolate, so ugly and gross. Look away, that's right. You have now joined the many people that understand that chocolate should be avoided. Chocolate is not food. It looks and feels and tastes like plastic. Except it has a disgusting behavior about it which makes it far worse than plastic. Chocolate is thoroughly disgusting. Push that table full of chocolate away from you now, walk away from it. You are free from the grossness, from the disgustingness that is chocolate. You are free from it so walk away from the table full of chocolate you have just pushed over. Walk away, never to return to chocolate.

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Appendix

I have over two decades of experience in hypnosis. I have a Bachelor of Science degree from the University of Florida, an M.Ed. from Armstrong Atlantic State University, and I am working on a doctorate degree at Georgia Southern University. I am a certified clinical hypnotherapist, a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists, president of the American Alliance of Hypnotists, and director of the Steve G. Jones School of Hypnotherapy. I am also on the board of directors of the American Lung Association in Los Angeles. I currently live in Savannah, Georgia, but I see clients and teach classes worldwide.

My client base consists largely of people who need to lose weight or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income, singles searching for love, insomniacs desiring proper sleep, and smokers wanting to change their habits, to name just a few topics.

It is my hope that this book will create a cadre of hypnotherapists who feel a strong commitment toward practicing with integrity, thus altering negative perceptions about hypnotherapy, while allowing people to make positive changes. To this end, I am providing you with the tools to change people's habits and perceptions, and to help them overcome fears. I know that you can help your patients find love, make a fortune, and reach their optimum level of physical fitness through hypnotherapy.

For more information about me and about hypnotherapy, I invite you to visit my website, www.stevegjones.com. There, you will find a collection of hypnotherapy CDs, mp3s, and audio books. Among the

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recorded sessions, you will find over 120 titles including Weight Loss, Unlimited Motivation, and Unlimited Confidence.

You also will find a link to my e-mail address, Steve@SteveGJones.com. I am available to answer your questions or address your concerns, and I wish you all the luck and prosperity the world has to offer.

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Resources

Steve G. Jones, M.Ed., Clinical Hypnotherapist

(The official website of Steve G. Jones)

<http://www.stevegjones.com>

American Alliance of Hypnotists

(Membership is free in this worldwide online directory)

<http://www.hypnotistsalliance.com>

Classes on Hypnotherapy

(Become a certified clinical hypnotherapist online in eight weeks)

<http://americanallianceofhypnotists.org/classes.htm>

Hypnotherapy pre-recorded sessions

(Over 250 specific topics such as weight loss on CD and mp3)

<http://www.stevegjones.com/products.htm>

Hypnotherapy Scripts

(Mostly written by MD's and Ph.D.'s)

Hammond, D. Corydon. *Handbook of Hypnotic Suggestions and Metaphors*. 1990. New York: W. W. Norton and Company. (A Norton Professional Book from the American Society of Clinical Hypnosis.)

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Books by Steve G. Jones, M.Ed.

Available at <http://www.stevejones.com/books.htm>
and select bookstores worldwide.

- Basic Hypnotherapy for Professionals
- Advanced Hypnotherapy for Professionals
- Hypnotherapy Inductions and Deepenings Volume I
- Hypnotherapy Inductions and Deepenings Volume II
- Hypnotherapy Scripts Volume I
- Hypnotherapy Scripts Volume II
- Hypnotic Techniques for Dating Success
- Business guide for Hypnotherapists (Office set-up, websites, forms, advertising online, search engine optimization, creating and selling hypnotherapy CD's and mp3's)
- Hypnotic Sales Mastery Techniques
- Hypnosis for Laymen
- Past Life Regression Hypnotherapy
- Hypnotherapy Case Studies

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