

Stress reduction Script

Directions: When reading this script it is best if you use a voice that is quieter and slower than a normal talking voice, but you should avoid being monotone. The point of the reading is not to lull the other person to sleep, but to excite their imagination. This script does not follow normal punctuation rules. I know it will drive some of you crazy, but trust me I did it on purpose. It is part of the hypnotic material. So please don't send me a list of grammatical errors. The multiple periods are to signal areas where a pause might increase the effectiveness. There is no exact right way to use a script because everyone will respond a little differently. So have fun and try different variations as you learn what works best for you.

When you are ready... go ahead and close your eyes... now. As we begin I would like you to take a deep breath. Allowing the air to pass easily into your lungs pausing just for a moment and then allowing the air to release in an even steady flow. Every time you breath this way you are bringing in fresh air and oxygen. This will allow you to release all the tensions you have experienced through out your day. once again breathing in more fully and allowing your lungs to fully expand and then exhaling as your muscles relax ever so slightly as you release let go, and completely relax. It is important that you remain comfortable through out this process so feel free to adjust your position if you need to make your self more comfortable. Allow your full body weight to be supported so that you are free to relax deeply.

Notice that as you begin to relax your heart rate has already begun to slow down to a relaxed comfortable pace, you can feel the temperature of the air on your skin, you can feel the muscles of your chest expand and contract as you breath, and you can feel your self relax more deeply.

As you enjoy this state of relaxation I want you to understand that often times people will tighten specific muscles when they feel tension. This can become an unconscious habit that makes us feel more tense. To make sure that you are completely relaxed I would like you to first focus on the

muscles in your feet. Notice if there is any tension present in your feet and then let it escape

allow the muscles in your feet to become completely relaxed.

Once they are completely relaxed move on to your calf muscles recognizing any tension and just letting it go..... and now move up to your thighs..... into your hips..... and now feel the muscles in your back there are many different muscles that all work in unison to support your back and help you to stand upright if even one of them is tight it puts a greater strain in all the other muscles so be sure to pay close attention to your back and allow all tension to release and let go..... Now lets move onto your shoulders releasing all tension..... and then let that feeling of relaxation to flow down through your arms..... into your hands and then into your fingertips.

When you are completely relaxed in your hands focus your attention on your neck..... relax your neck completely so that your head is completely supported by the surface you are relaxing on. Allow that relaxation to move up your neck to the back of your head..... to the top of your scalp..... and then into your face allowing the muscles in your face to completely and fully relax..... notice the tiny muscles around your eyes and in your jaw allowing the last signs of tension in your body to fully and completely relax.

Right now you can hear the sound of my voice, you understand the words that I am saying, you feel the weight of your body completely supported, and you relax completely..... ready to move on the the next step.

You are already in a deep state of relaxation, and now I would like to help you enter an even deeper state of relaxation. I am going to counting backwards from ten to one. As I say each number allow yourself to drift into a deeper state of relaxation.

Ten.... Drifting as you go deeper deeper and deeper

Nine.... as you become more fully relaxed

Eight... all you muscles and tendons fully relaxing deeper deeper and deeper

Sevendown down down allowing your mind to drift knowing that your subconscious will hear every word I have to say.

Six

Five.... now feeling ten times more relaxed then before

Fourrelax relax relax

Three..... letting go

Two drifting drifting drifting

One... and now you are in a state of complete relaxation and since you followed my instructions so well all the suggestions will go deep into your unconscious. With every word I say and every breath you take you can feel yourself become more relaxed as you enjoy this state of complete and total relaxation.

Continue to breath as you just allow yourself to float and relax and go deeper and deeper into this wonderful state of relaxation. Realize that the tension you normally carry in your body keeps the oxygen your body needs from correctly traveling to all the areas of your body where it is needed.

Right now your entire body is breathing. Right now every cell and every fiber of your being is taking a deep breath in and then letting it out again. Any sound that you can hear just allows you to go deeper and deeper into a focused state of concentration. A concentration focused on the here and now, a feeling of totally serenity as you just continue to breath deeper and deeper, down, down and down further into a focused state of relaxation. As you continue to allow this state of relaxation grow. Take this time to notice the level of serenity and calmness that this state allows. Understand that this relaxation is not something that is from the outside world but it is something you have given to yourself something that you have developed from deep inside. A stillness that has started at your core. It started at your core and radiated out. It slowly turned as the calmness grew and expanded

starting at the smallest portion of you and then growing and growing growing ever calmer, and expanding outward from the deepest reaches until every single cell in your being just seemed to stand still. And peace swept over you as you breathed deeply. As you experience this depth of relaxation. A depth that you may have never reached before. Understand that it was created by you and only you can allow yourself to feel this great depth of relaxation. Now you have learned that whenever you feel as though you are to tense it is very easy for you to stop for just a moment , close your eyes take a deep breath in, hold it for just a moment, and as you breath out imagine that all that tension is being expelled along with your breath. and again you can feel that calmness expanding out from your core as it moves through your body like a wave of warmth to the tips of your fingers and your toes, As your cells just stop and breath with you and relax, relax relax.

Take one more breath deeply in and out and then as you breath in again notice that your body is telling you that it is time to move on with your day. Now that you have allowed your body to breath in deeply. Breath in a synchronized way you can feel the charge of energy that this relaxation is bringing to you. You can feel a surge of energy starting at your toes slowly progressing through your body. A surge that will power you through the rest of your day. As this surge travels from your toes up through your body I will count from 1 through 5 and when I reach the number 5 your body will be completely alive and awake as though you had just had a full nights sleep. You can feel the energy start moving into your legs now as I begin with one. This calm energy climbs ever higher and higher through your body moving up to your knees and into your thighs. Two, Climbing ever higher into your hips and starting up your torso. You can feel the energy straighten your back and strengthen your joints as the muscles in your back seem to come into a perfect alignment. Three, continuing up your back and into your shoulders now that the tension has left it is replaced by a calm strength, fluid and powerful. Four moving up the back of your neck and into your scalp. Where the strength and energy seems to almost be a chill of power. The surge continues into your face drawing your expression into one of dignified confidence and finally reaching your eyes. Five opening your eyes in a state of clarity.