

Closed Door Hypnosis Files- Additional Bonus Scripts

Some of these scripts we have created ourselves, while others we have borrowed from other Hypnotists or colleagues.

Counting Down Method of Hypnosis

"As you sit there comfortably, sinking down into that chair and beginning to relax the body, you can just turn your attention to your breathing. Taking a good, deep breath in and holding it now... and allowing your eyelids to fall gently shut as you let go of that breath. As you notice your breathing relaxing... finding a more soothing rhythm, you can just allow the rest of the body to relax, all those muscles becoming completely limp and slack, just like a rag doll.

And as you enjoy the feeling of that relaxation spreading through the body, turning your attention to the eyes... Knowing that for the time being you can relax those eyes so wonderfully deeply that so long as they remain relaxed they won't want to open. Those eyelids so tired and heavy that they just won't lift at all... just like they're becoming tightly glued together, if you can imagine that... in fact, the more you try to see if you can open them, they more tightly glued together they become...

Now try and see if you can open those heavy eyelids just a bit... *[pause]* That's good... just relax now you don't need to struggle anymore to open them...

As you let go... just allowing that wonderful sense of deep relaxation to spread from your eyes down through the rest of your body. And as you experience those subtle feelings of deep physical relaxation, deepening, and deepening... so your mind is relaxing, unwinding, enjoying a pleasant hypnotic trance.

In a moment, to begin really deepening that trance, we can gently open and close those eyes... as I count to three you will open your eyes for a moment feeling a wave of deep relaxation enveloping your body and your mind as you do so... beginning now: one, two three, lifting those heavy eyelids... and three, two, one... letting them fall shut once again, relaxing twice as deeply, ten times as deeply...

[Repeat several times with interspersed suggestions of trance deepening and relaxation.]

Now that the body's so deeply, so profoundly relaxed, you can allow the mind to enjoy an even deeper level of trance... In a moment begin counting down from 100, counting out loud, repeating the words "deeper and deeper" after each number. Each time you say the number, each time you say the words "deeper and deeper" your mind becoming twice as deeply relaxed, ten times as deeply

Closed Door Hypnosis Files- Additional Bonus Scripts

relaxed, sinking down into a wonderfully deep trance... As you do this you'll find that voice, those numbers, relaxing so deeply that you quickly lose the numbers... lose the ability and the desire to keep on counting down... Beginning now, "one hundred... deeper and deeper..." that's it, relaxing that voice, twice as deeply, ten times as deeply, losing those numbers... forgetting... leaving them behind... voice becoming weaker... fainter...

[Intersperse suggestions of deepening until subject stops counting.]

Letting the numbers fade away... leaving them behind... your mind silent, calm, tranquil... enjoying the deepest level of trance... Losing those numbers... you just don't need to do anything else for the time being except sit silently, relax, and enjoy that fascinating sensation of deep trance, deep, deep trance... "

The Power Method

"I am lying down, eyes closed, relaxed...My arms and legs are flexible...I am quite relaxed... Nothing can distract me... I am quite calm... I let myself be drawn along. I am breathing slowly, regularly... I am feeling quite well... A pleasant peacefulness envelops my body"

" I will take a deep breath and while exhaling will exhale all tension, stress and negativity in my life. It will go away and I will feel refreshed and energized.

" My entire facial area is relaxing down. My eyelids are heavy... Heavier and heavier... My eyes are hermetically closed... I can no longer open them... I no longer want to... My neck muscles are now relaxing down, I feel a comfort and relaxation throughout my head and neck.... Now I am concentrating on my torso, including my chest, back, stomach and all of my internal organs. These areas are now relaxing down.. ... My entire torso is relaxed... Feels heavy as if being drawn downward.... My arms are growing heavy... They are drawn downward... This heaviness prevades my arms more and more... More and more... Now, my arms are as heavy as lead. I am concentrating on my legs... I am quite calm... I clearly feel them growing heavy... More and more.... Now, my legs are quite heavy. As heavy as lead. I let myself sink more and more into this wonderful feeling of relaxation and heaviness... I am more and more relaxed... More and more relaxed"

"With each exhale my body goes deeper and deeper into this state of relaxation and heaviness. I will now teach my body to relax down even more....

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I will countdown from 3-1 and I will get more relaxed with each count... I will go deeper with each count.

3.....I am going ten times deeper than the moment before;
2..... I am going twenty times deeper than the moment before;
1..... I am going one hundred times deeper than the moment before.

"Nothing can distract me... I hear only my voice... I feel myself sinking still more, more and more deeply into this feeling of peace... I feel quite well... I am sinking deeper and deeper... More and more."

"Every cell, in every part of my body, has now risen to a higher state of power... Is glowing like a high-energy dynamo... Is giving off magnetism and energy that turns others irresistibly towards me... That pulls what I want and what I need out of my surroundings.

"My body is now surrounded by this invisible field of physical magnetism and energy... It never tires... It never dims... It is always there to protect me... To draw to me what I want... I have the self-confidence I have always dreamed of... I can now make my dreams become my realities...

** Please note that this script is for Self-Hypnosis, but can be modified for use as an induction for another person with you as the Controller*

Dave Elman Rapid Induction Technique

(Adapted by Donald Robertson, 2000)

This method of inducing hypnotic trance was developed by the famous American hypnotist Dave Elman. It has gained popularity with hypnotherapists because of its ability to create deep trances extremely quickly and reliably. The method generally consists of the following stages, interspersed with direct suggestions of physical relaxation:

1. Deep breath and eye closure.
2. Deep relaxation of eye muscles.
3. Eye catalepsy (suggestion that subject unable to open eyes).
4. Challenge to open eyes (catalepsy test).
5. Fractionation by repeated eye closure.
6. Losing the numbers, mental relaxation and test for amnesia.

Elman Induction Script (Adapted)

As you sit there comfortably, sinking down into that chair and beginning to relax the body, you can just turn your attention to your breathing. Taking a good, deep breath in and holding it now... and allowing your eyelids to fall gently shut as you let go of that breath. As you notice your breathing relaxing... finding a more soothing rhythm, you can just allow the rest of the body to relax, all those muscles becoming completely limp and slack, just like a rag doll.

And as you enjoy the feeling of that relaxation spreading through the body, turning your attention to the eyes. Knowing that for the time being you can relax those eyes so wonderfully deeply that so long as they remain relaxed they won't want to open. Those eyelids so tired and heavy that they just won't lift at all... just like they're becoming tightly glued together, if you can imagine that... in fact, the more you try to see if you can open them, they more tightly glued together they become...

Now try and see if you can open those heavy eyelids just a bit... *[pause]* That's good... just relax now you don't need to struggle anymore to open them...

As you let go... just allowing that wonderful sense of deep relaxation to spread from your eyes down through the rest of your body. And as you experience those subtle feelings of deep physical relaxation, deepening, and deepening... so your mind is relaxing, unwinding, enjoying a pleasant hypnotic trance.

In a moment, to begin really deepening that trance, we can gently open and close those eyes... as I count to three you will open your eyes for a moment feeling a wave of deep relaxation enveloping your body and your mind as you do so... beginning now: one, two three, lifting those heavy eyelids... and three, two, one... letting them fall shut once again, relaxing twice as deeply, ten times as deeply...

[Repeat several times with interspersed suggestions of trance deepening and relaxation.]

Now that the body's so deeply, so profoundly relaxed, you can allow the mind to enjoy an even deeper level of trance... In a moment begin counting down from 100, counting out loud, repeating the words "deeper and deeper" after each number. Each time you say the number, each time you say the words "deeper and deeper" your mind becoming twice as deeply relaxed, ten times as deeply relaxed, sinking down into a wonderfully deep trance... As you do this you'll find that voice, those numbers, relaxing so deeply that you quickly lose the

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numbers... lose the ability and the desire to keep on counting down... Beginning now, "one hundred... deeper and deeper..." that's it, relaxing that voice, twice as deeply, ten times as deeply, losing those numbers... forgetting... leaving them behind... voice becoming weaker... fainter...

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