

Self-Hypnosis Instructions

Start by getting comfortable and finding a spot to focus on. Then diffuse your focus and relax your vision. Close your eyes and see “10” over your eyelids, and watch it fade right out of your mind as you imagine a wave of relaxation moving from the top of your head to the tips of your toes. Let it settle in with your breathing.

You will then open your eyes and close them as you see “9” over your eyelids, watch it fade right out of your mind and add another wave of relaxation down your body.

Open and close, see “8” over your eyelids, and feel another layer of relaxation deepening this state of comfort. Allow every muscle to get even more relaxed as you continue counting down to “1”, opening and closing your eyes in between each count.

Now imagine a movie screen in your mind. This is your template upon which you can add or delete different scenes depending on what you would like to work on. You can make a movie where you see yourself being or reacting exactly the way you want to, and if needed, give yourself at any age what you need to feel calm, peaceful, confident, safe, secure and happy.

When it looks really good and compelling, you can float into that movie and into the you that has already started to change. Feel how good it feels to be doing what you want to be doing and feeling how you want to be feeling.

When you feel calm and complete, float back into your body, shake it off, and smile. You might do this quick and easy exercise daily, changing the movies to reflect all the different ways you want to change.

Reference: Integrative Hypnosis, 2007; Tiers, Melissa