[*Pretalk include--How do you feel about escalators?.... We are going to use “Special Place” as a touchstone.] ……..(Words in italics are optional.)*
Ready to do hypnosis?
We are going to go to a special place, real or an image in your mind….your special place…Take a moment to think of your special place… it can be any place you wish, the seashore, a mountain, the woods,…. a lakeside, wherever you wish….
Find a comfortable position. Remember you can adjust your position. All hypnosis is self-hypnosis . You are in charge and will not go anywhere you do not wish to go.

*[We are going to call upon your Spirit Guide, your personal Angel and God to be with you and guide you today.]* Take a deep breath and let it out. …Breathe in and breathe out.  Think of tensing your whole body like a statue…. Now relax your entire body…Think of breathing in the positive…. and breathing out the negative with every breath you take…. A White Light *[from God]* protects you … surrounds you……like a gossamer blanket ..a protective white light…just know it can be there …. …Breathing in the positive….. breathing out the negative…..when you are comfortable close your eyes. …Focus your closed eyes on the bridge of your nose… that point between your eyes…Breathing in the positive…. breathing out the negative ….letting all the stresses and strains of life fall away from you… with every breath you take…relaxing …releasing…breathing in…breathing out…feel the rhythm of your breathing…breathing slowly…almost the breathing of sleep…. breathing in …..and breathing out…letting go of all the negativities of life …letting them just drop away. *…*

….Any outside noises are the noises of everyday life and help you relax more....You feel  calm....You feel so relieved....You know you are protected…Your body is getting so relaxed…so relaxed… your legs are relaxed…your legs are so comfortable…. so relaxed… your arms are beginning to feel  heavy… so comfortable….so heavy….so relaxed….so heavy…relaxation settles over you…arms so heavy,…so heavy… you can barely lift your arms…they are so relaxed…so heavy…your body is soooo relaxed…..so relieved…..so relaxed…. . If you feel a tingling or warmth that is fine…….Your eyelids are so comfortable….so relaxed…. so relaxed…they are beginning to feel heavy…so heavy ….. so relaxed…. breathing in…….breathing out…Your eyes are so heavy… so heavy… you feel so at ease….. so relaxed… so relaxed… your mouth is relaxed… your tongue is  relaxed… so comfortable…so relaxed…. your teeth part a little… and your jaw is soooo relaxed…letting the tension go…so relaxed …Your neck is relaxed… your face is relaxed…so comfortable …so relaxed…your entire body is relaxed. …You feel calm…….breathing in….…breathing out…

You are doing a great job…. Just so comfortable….breathing in…..breathing out…. drifting down…so relaxed…drifting down…..remember you regulate your body…. Your breathing is quiet and easy…All the systems in your body are moving to their optimum….the mental part of your body that regulates the physiological part of your body heals,… relaxes and works better than ever before…all your worries and cares drop away…so comfortable, so at ease…

 [ **?Another deepener]**

Think of a lobby with wide windows… and light streaming in ….ahead is an escalator going down with a comfortable safe handhold and an easy descent  …In a moment you will step onto the escalator….Take the first step … down the escalator ….and let yourself drift… down…down to a perfect relaxation level for you… down the escalator…7, 6,down the escalator….5, drifting down,… 4, so comfortable…. 3 down…down….down deeper…

2, drifting down…1, down ….the perfect relaxation level for you…so peaceful, so relaxed,…….Now step into the hallway…going down the hallway…

You are coming to a doorway that leads to your special place…..in a moment you are going to open the door....and your special place will be just beyond the door....

step thru the door to your special place ...sense what is around you....feel the calmness....notice the wonder of your place … you find a place to sit............you feel happy to be in your special place …....you feel connected, a part of this marvelous place...you know you are able to relax here…...to breath in the feeling of calm and amazement of being in your wondrous place...you feel such peace....you feel secure and self-assured, …what a soothing place,……. You feel positive , so confident,…  so at ease, nothing can harm you here... you feel upbeat, self sufficient, fearless...What a great feeling....sure of yourself, brave...able to do anything you wish to do... You are expectant….ready to meet all challenges of this day and days to come....you are a worthy, confident person..... You are worthwhile....*(a child of God....connected to God, a spark of God.....)*... You feel strong, able to draw upon the knowledge and talent of the universe to do everything you need to do...You are positive and secure in your abilities........Your trust in yourself is growing by leaps and bounds....revel in this feeling… new activities and lessons are easier and easier... You keep the positive and let the rest drop off and away from you so easily.... you feel like Joan of Arc’s [*King Arthur*’s] armor is upon you …protecting you....You feel so ready for all experiences ….ready to move forward on your life’s journey....lionhearted....full of energy...knowing your spirit is ready for all situations....*(You know you have your support system around you, you have your guide, your totem.......a protective angel...you can ask for more angels to surround you and God is with you… allow only positive energy around you)*...you feel taller ….more courageous...ready to face the world...

**(Rx)**

You possess all you need to continue life’s journey...…You are sure of yourself and know you can easily draw upon the knowledge you need to face any circumstance of this life.......You are excited about the next steps you will take... Keep this confidence with you always...Notice the feeling of confidence….Keep it with you…draw upon this feeling each day….When you want this feeling, all you need to do is think of your special place…You can go back to this place and fill up on the positive energy and confidence whenever you wish... Keep your special place in mind and step into it at anytime... We are going to leave this quiet ,… tranquil, …serene place in a moment *….[ You thank your Heavenly support beings…]*

You are going to keep this wonderful feeling and this knowledge that you are ready for anything...You are going to feel relaxed and healed and supremely confident today and in the days to come...Knowing you are confident…Feeling better than you have felt in a long, long time…..
1, Subconscious receding… 2,Conscious coming to the foreground, feeling marvelous...

3. Fully and totally awake and alert ready to drive or do anything you need to do.

*(Post talk-- Discuss the trigger “Special Place” . They can say “Special Place”  or think it to bring back the feeling of Self Confidence.)*

 **Self Confidence Behavior Modification**

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