

Complete 1st visit script: NO TOUCH Protocol

Would you like to do hypnosis with me?

Roberta's No-Touch Instant Induction

(Explain and demonstrate what you want it to look like)

I'd like you to put your arm straight out in front of you like this....

When I say the word sleep, it will drop like a wet bag of sand into your lap like this...

And you will easily enter a relaxing state of hypnosis

Close your eyes and take a slow belly breath in... And exhale.... Another breath in...And exhale. **Sleep!** (With hand clap) Loose limp and relaxed. As I count from 5 to 1, it's as if each number doubles your mental and physical relaxation... 5.....4.....3.....2.....1..... relax....

OR

Rapid Induction

(Don't use this first paragraph in italics if you already did the Instant Induction above.)

Close your eyes. Now, take in a nice deep breath, and slowly let it out. Another deep breath in, and exhale. Sleep! Loose limp and relaxed. As I count from 5 to 1, it's as if each number doubles your mental and physical relaxation 5.....4.....3.....2.....1..... relax....

Now, take your attention to your eyelids. Notice how completely loose, limp and relaxed they are. No tension at all. And now go deeper relaxed.

Now take the feeling of relaxation that you are allowing in your eyelids to the top of your head. Imagine or pretend that relaxation is the most beautiful color you've ever seen. ... Now gently send that feeling, that color of relaxation down across your entire body from the top of your head to the bottom of your feet like a gentle wave of relaxation ... Relaxing every cell, every fiber, every muscle.... Your body softening into the chair like a stick of butter you've left out on the counter overnight.

Now take that beautiful healing color of relaxation back to the top of your head and let it flow down your entire body. Imagine, pretend it is like a big sea sponge, soaking up all the tension, the stress, the worries of your day, any discomfort or negativity, replacing it with pure relaxation ...calm... comfort... control. Imagine yourself walking it to your kitchen sink, wringing it out and watching all of that negativity and tension swirl down the drain, leaving you completely.... Relaxed.

Scan your body for any sign of stress or tension or discomfort. If, perhaps you find a little, send that beautiful healing color to absorb it like that sea sponge, filling that space with pure calm and comfortGood. Now take that feeling of relaxation to the top of your head Good, now this time, feel that healing color of relaxation wash over you like a soothing gentle shower, rinsing your body completely of any negative feeling as if you could go ten times deeper.... Now even deeper still ... Good. ...

Post-Hypnotic Suggestion for Re-Induction of Hypnosis

The next time you want to do hypnosis with me, all I will have to do is clap and say the word "sleep" and you will instantly return to this level of hypnosis or deeper. If that is alright with you, gently nod your head.

Eye Catalepsy Convincer

Good, now once again take your attention to your eyelids and notice again how much more relaxed they are now. Imagine them so relaxed that they are too relaxed to open. When you have chosen to relax them so much that they don't want to open, you'll find that they won't open. When you have imagined that they are so relaxed that they won't open, go ahead and give them a try. Good. Now stop trying and go deeper relaxed.

Three Abilities Deepener

There are three abilities that you have that we will work on every time we do hypnosis together.

First, I can talk and you can simply follow instructions, and by doing that you are already creating a nice level of hypnotic relaxation. The sound of my every word takes you deeper and deeper into hypnosis.

Second, you can think about things that I suggest to you. For example, I'd like you to now think about the perfectly formed leaf from a tree, let it be green like spring time, and with a single drop of moisture upon it like a warm and gentle rain had passed by.

Third, we can focus on feelings. For example, even though you might not have been thinking about it a moment ago, merely because I suggest it and for no other reason, your mind becomes aware of the feeling of the shoe upon your left foot. Perhaps it is the weight, or the fit of the shoe....How it presses against your toes....And as that awareness fades you go deeper....

And now, your attention goes to the feeling of your sleeves touching your arms.... The feel of the fabric.... How it touches your skin.....And you go deeper.

And now, your attention goes to the feeling of the chair pushing up into your back, which reminds you that you are safe, secure, all grown up here in my office and continually relaxing with every natural breath that you exhale.

Eye Fractionation

In a moment I am going to count from 1 to 3 and at the count of three, but not before, you'll open your eyes. I'll say the word sleep, and you'll close your eyes, and double your mental and physical relaxation. Ok. 1, 2, 3. Sleep.

Now go deeper still. Because it's the nature of human beings to get better with practice, we'll do this again a few more times. I'll count from 1 to 3 and at the count of 3, but not before, You'll open your eyes. I'll say the word sleep and you will close your eyes, allowing your mind and body to double your relaxation.

123 123 123 123 12.....3

Excellent work.

Arm Catalepsy Convincer

Let's call on the power of your imagination one more time. Raise your right arm in front of you and imagine it stiff and rigid like a bar of steel! Lock it straight at your elbow, lock it at your wrist and lock it at your shoulder. That's right, stiff and rigid like a bar of steel! Like nothing could move it. Perfect! SO STRONG now! (pause)

(Client), NOW it falls straight down. Down! Loose and limp, your arm completely relaxed.

(Client,) This is the power of your imagination. You and I both know that was just an arm, but because you imagined it to be like a steel bar, it was. Imagine using *this* power to reach your goals....

Segue to DS

Because you have allowed yourself to experience this beautiful, deep state of hypnosis, you find.....
(something about goals, relaxation, confidence, etc)

Attach Feeling to Breath (if taught client how to breathe) or teach Part 1 of Self Hypnosis

(Have client breathe in the way you instructed twice) Scan your body. Notice how focused you are... Relaxed... calm and in control. The more you practice the quicker this feeling comes, and the longer it lasts. (Repeat)

You are allowing all of these positive ideas and things you have learned to go very deep inside your SC mind. (pause)

Post-Hypnotic Suggestion for Re-Induction of Hypnosis

The next time you want to do hypnosis with me, all I will have to do is clap and say the word "sleep" and you will instantly return to this level of hypnosis or deeper.

Post Hypnotic Suggestion for Convincer Using Red

Over the next couple of days, longer if you like, the color red will have special meaning to you. The color red, red, red, will seem, sharper or clearer to you. Be it a tail light, a stop light, the color of sign or clothing, it will just seem to catch your eye.

That's right, over the next few days the color red, red, red, will be of special significance to you. It could be as small as a lady's finger nail polish, or as large as a bill board. The color red will just seem to catch your eye.

Every time that you see the color red, (add whatever you want to reinforce here -) it will reinforce every positive thing we have done here today. The color red will increase your confidence that you will succeed.

Post Hypnotic Suggestion for Time Distortion

Even though we only had time for a few minute* of hypnosis today, you are going to be amazed at how effective it was for you. That's right, even though we only spent a few minute* doing hypnosis today, you are going to be surprised and amazed at how well you have done today.

Emerge

In a moment, I am going to count from one to three. When I get to three, but not before, I would like you to open your eyes and emerge from hypnosis.

One... Settling back inside yourself, sound of mind and body, your subconscious mind taking all of these suggestions in exactly the way you need them. Feeling the positive shift deep inside.

Two... Now, and over the next couple of days, longer if you like, some or all of this calm will remain. The color red, red, red, red will remind you..... Seeing the color red makes you feel more confident than ever before, because you have accepted all of these powerful hypnotic suggestions. Even though we spent a few minute doing hypnosis today, you will find that you feel wonderful and refreshed with all the energy you need for the rest of the day.

Three... Opening your eyes, feeling totally alert, refreshed, and rejuvenated. And, you do feel good, don't you?

Post Hypnosis Interview

How many minute* do you think we spent doing hypnosis today?

How was that for you?

What was it like when you couldn't open your eyes?

What was it like when you couldn't lower your arm?

What was your leaf like?

Could you feel the ...shoe on your foot (whatever you suggested to them)

Did you notice how focused you were on the sound of my voice - how good it feels to be so focused and in control

Anything else? The next session will be even more powerful.