



*The Little Book of*  
Hypnosis Scripts

By Gemma Bailey  
Ian Davies &  
Julie John



*In loving memory of Jenny & Cluck.*

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## About the Authors

### Gemma Bailey



Gemma Bailey is best known as a therapist who uses NLP and hypnotherapy with a specialism in working with children and young people. When taken ill with appendicitis, she used her time whilst off sick to study hypnotherapy and then enrolled on a course in Inverness, Scotland that provided NLP and hypnotherapy training.

After giving notice at the day nursery where she worked as a manager, she set up her first business offering one to one therapy to adults using NLP and hypnotherapy. She then retrained in NLP with Inner Compass and then again with Richard Bandler.

Gemma then set up People Building, an NLP and Hypnotherapy company that provides training, articles, podcasts, audios and hypnosis scripts after she completed her NLP trainers training and composed her accredited NLP Practitioner, Master Practitioner and Hypnotherapy Diploma.

The People Building Podcast was published on iTunes for 5 years, achieving more than 1,000,000 downloads during the time the show was made. It also remained in the top 10 of the alternative health download chart on iTunes during its 5 year reign. Gemma now hosts 'The Not NLP Podcast' which is published on YouTube and popular podcasting platforms such as iTunes and Stitcher.

This is not Gemma's first book! Creating Trance and Hypnosis Scripts (John Hunt publishing) was first published in 2009 and contains hypnosis scripts written by Gemma Bailey and tips on how to write your own scripts. The book is a resource for accomplished and new hypnotherapists and is available in paperback in English speaking countries and in paper and hardback in Russia!

Gemma set up Superheroes (a mental health not-for-profit organisation) in 2016 to help those who cannot afford other services.

## **Ian Davies**



Ian Davies is an Aylesbury based therapist who uses NLP and hypnotherapy with his clients to help them to overcome their mental and emotional challenges. Ian trained under People Building and completed his NLP Practitioner training in 2017, his hypnotherapy diploma in 2019 and his NLP Master Practitioner training in 2020. Ian is a member of Superheroes and helps to provide free and low cost mental health support to children, young people and adults in his local community in Aylesbury, Buckinghamshire.

## **Julie John**



Julie John is a Bracknell based therapist who specialises in bereavement and loss. She uses NLP and hypnotherapy with her clients to help with the challenges that they are facing day to day. Julie trained under People Building and completed her NLP Practitioner training and hypnotherapy diploma in 2019 and her Master Practitioner training in 2020. Julie is a member of Superheroes and helps to provide free and low cost mental health support to children, young people and adults in her local community in Bracknell, Berkshire.

## Foreword

All proceeds from the sale of this book will be donated to Superheroes, a not-for-profit company that specialises in mental health support.

Mental health is also sometimes referred to as 'emotional health' or 'well-being' and it's just as important as being physically healthy.

Most people will experience a time when they feel worried or emotionally low. These feelings can leave of their own accord but sometimes they develop into more serious problems. This can happen to anyone.

We all have our own unique history and experiences in life. This means we all react differently to challenging situations. One person might pick themselves up quickly after a setback, whereas another person might be significantly affected by it for very a long time.

Just like physical health, mental health changes based on the various different situations and stressors that life places upon us.

Many people still feel uncomfortable about opening up about mental or emotional problems they are experiencing. This can cause the problems to fester and grow and may cause them to overreact or act out of character - even towards low level situations or minor triggers.

Mental health problems are now the leading cause of sickness absence in the workplace. It is estimated that 1 in 6 adults in the past week experienced a common mental health problem.

In the newly released 2017 figures, 1 in 9 children aged 5-15 had a mental health disorder (either emotional, behavioural, hyperactive, or other). Disorders are more common among children living in lower income households and children whose parents were in receipt of low-income benefits. Disorders were also more likely among children who had experienced challenging life situations, such as their parents separating or having financial difficulties.

Superheroes is a not for profit company that offers mental and emotional support to children and adults via 1:1 coaching sessions and workshops. We work specifically with those who would not otherwise be able to access such support due to low income.

*To make a donation to Superheroes, go to [PayPal.me/Superheroes](https://www.paypal.me/superheroes).*

*- Thank you!*

**Gemma Bailey**  
**Director of Superheroes**



# SUPERHEROES



# **Inductions**



# Progressive Relaxation

Just close your eyes and listen to my voice. Sense your breathing and let it go. Feel yourself relaxing, begin to let stress and tension melt away. Feel those muscles loosen and let yourself drift deeper. Let your shoulders sink down into the chair as you are relaxing. Let go of the tension in your neck, shoulders and upper back and feel a warmth floating over you.

Then as you do this, notice how your thoughts are becoming quiet and still. Allow yourself to drift deeper and accept the pleasure you find. Feel the benefits of your body becoming totally relaxed. Your hands are still and comfortable as the warm relaxation rises through your arms to your shoulders. Allow yourself to drift, unwind and loosen going deeper, shutting off all the thoughts in your mind.

As your breathing slows, feel the tension release from your chest and back. Your legs are relaxing and releasing any stress or negativity out through the soles of your feet. As you drift deeper and deeper you let go of all stress and let your mind feel the freedom of complete relaxation.

Know that you can return to this peaceful state at anytime you want to need to be comfortably relaxed. As you feel that stress float away. Allow your body to drift deeper and feel safe and comforted by the experience and everything you can and will learn as a result of being here.

By Gemma Bailey,  
Ian Davies &  
Julie John

# Swinging Watch

I want you to fix your eyes upon the swinging watch which will cause you to engage in a rhythm of relaxing. With each sway of the watch you'll become more and more relaxed, moving deeper toward full relaxation. Try to keep focused on the watch, even though you'll feel your eyes blinking and wanting to close.

Don't close your eyes yet! I want you to slowly shut them at the point that you are ready to fully embrace the level of relaxation required, to consider the message of positive change I have to give you. With each sway you can feel that relaxation coming closer and you can feel everything else apart from relaxation fading away.

Your blinking is slowing, taking longer as you try to focus on the sway of the watch. Perhaps the sway to the left reminds you of how comfortably sleepy you feel, whilst the sway to the right helps you welcome that willing sense of peace and security.

As your eyes close (or perhaps you wish to close them now)... you can feel the warmth. Comfort, safety and relaxation cocoons your mind. And although you cannot see the sway of the watch, you can still feel it in your mind as a rhythm which brings calm and peace to your thoughts.

A shining, swaying, glistening golden watch, almost leaving a vapour trail of soft light as it continues swaying in your mind.

By Gemma Bailey,  
Ian Davies &  
Julie John

## Arm Levitation & Drop

That hand comfortably resting on your lap, already feels as if it wants to float away.

As your arm starts to move gently upwards, floating away, softly close your eyes and allow the arm to move slowly upwards as it feels it must. As it moves it begins to feel lighter and lighter and move more quickly upwards. That lightness is causing your entire body to relax and feel free. It's as if that lightness in your gently lifting arm, is also a state of mind.

As your arm floats higher and higher you can feel comfort and relaxation seeping through your body and your veins. It is as if the lighter your arm feels, the higher it lifts. All the tension from the rest of your body evaporates.

And now to begin the process of very deep relaxation, I want you to allow that arm to stop and consider just how deeply into trance you will be as your arm begins a hypnotic journey down towards your lap once again.

As you feel the weight of your arm increasing you are unable to ignore it travelling downwards and taking you deeper and deeper to the ultimate relaxation. The further your arm moves down, the further you slip into a calm and safe and comfortable place. And the further you safely slip, the better you feel.

Enjoying those gentle, undeniable hypnotic sensations. Recognise when your mind accepts the overwhelming anticipation of the deepest of relaxation and let your arm drift to its ultimate destination.

Now your mind and your body can feel free, peaceful and calm as you allow both, that arm and every part of your body to feel relaxed and supported and right where it should be.

By Gemma Bailey,  
Ian Davies &  
Julie John

# Count Down

In a moment I am going to ask you to see certain numbers in your mind and each number will cause you to relax even more than the last.

10; become aware of your breathing and sense it's slowing as you begin to drift. 9; Feel a warmth encompassing your body as you drift lower. Your thoughts are slowing and distancing as in your mind, you enjoy and welcome the deeper relaxation of 8. As you hear each number, be aware that relaxation and comfort take you further as you fall deeper into tranquility.

As you drift into the next level of 7, you feel safe and happy to keep drifting. And I don't know if you will experience a bright, pink, sparkling, crystal or a carved wooden shape or a laser from the sky to represent number 6, but what I do know, is that you can completely involve yourself in the safety and calm that it offers you. As you sense yourself going deeper you barely notice the painting of a number 5.

And you will just float gently and calmly down into the warm haze and peace that is number 4.

Three your mind from unwanted thoughts and wonder if you even acknowledged that a number passed you by. Your muscles have loosened now and you have to let go of all tension.

You are ready to embrace absolute relaxation at two. Feel yourself at one with the calm, still, positivity of total relaxation and your mind is ready and open to listening and learning at zero.

By Gemma Bailey,  
Ian Davies &  
Julie John

# Ticking Clock

It is time to relax and unwind. It is time to take notice of your breathing slowing to the rhythm of the clock. Each tic and tock takes you down to a level of deeper relaxation. You can allow each moment to remind you to enjoy the time you have dedicated to calm and comfort.

As you imagine your peaceful place, notice that each tic, tock takes you deeper and deeper. Time seems to slow down and your thoughts slow down with it. Has it been just a few seconds since you increased a sense of comfort and calm or was it more than a minute ago that I reminded you to let go and unwind?

The key to this time passing you by is lost, as you drift with all the time in the world and you come to realise that time doesn't matter at all. You feel safe and free in your relaxation. You have relaxed in the past and you will relax in the future, but what I want you to notice right now, is just what you can do to be fully comfortable at this time.

You barely now hear the tic or the elusive tock of time slipping away. You have all the time in the world to enjoy the sensation of peace. Sometimes you are here, hearing the sound of time travelling by you, but at other times, time stands still as your mind is elsewhere and your body is somewhere far away relaxing.

Your mind prepares, as it relaxes, to take the learning and the teaching it will soon be time to receive; and you can feel good and proud that you have taken the time to enjoy this experience.

With each tic and tock continuing to offer more peace and more calm to every cell in your body.

By Gemma Bailey,  
Ian Davies &  
Julie John

# Auditory Induction

Wriggle down in your chair, that's it. Listen quietly as you take a big breath in, hear the breath escape quietly from your lungs as you let it go.

Feel your shoulders and neck loosen - perhaps your shoulders will crack as you release that tension like a whisper escaping your body. Let that tension drift away. Feel that relaxation spreading quietly through your body.

Recognising the tension in your chest. You can't hear it or see it but it is there. Just let it go deeper and deeper. You can feel your worries leaving with a whimper as they go. That's it, relax. The relaxation quietly spreads to your stomach. Just ignore the tension as it readies itself to quietly drift away. That's it, let it go. Allow it to leave without a sound, drifting away.

This relaxation continues its silent journey towards your pelvis and upper legs without a sound. Your tensions fall away into the silence that carries them away noiselessly.

Feel the little tension that remains, in your legs, calves and feet. Recognise it for what it is. A noiseless, silent thing with no purpose. Feel it leaving through your toes. Drifting away without a whimper. The relaxation coursing through you like a comforting whisper, deeper and deeper. The excitement of deeper relaxation leaves you in a place ready to hear what I say. Ready to hear the learning.

As you examine this total quiet relaxation, enjoy the muscles lengthening, your fibres silently smoothing. As you drift away deeper and deeper, feeling the silent embrace, you listen. Can you hear the sound of silence, your mind open for learning, listening to the words I am speaking to you softly. Total relaxation as you ignore everything around you apart from the gentle whisper of my voice.

By Ian Davies

# **Auditory Digital Induction**

Close your eyes and we will start the relaxation process. Picture yourself as you are, sitting in the comfortable chair and see all the tension points highlighted with a red light. As you begin to relax, we are going to work our way through them one by one, relaxing each one as we go.

So, relax the muscles around your eyes and feel the tension drift away, and feel the muscles around your nose and mouth relax and notice how the more relaxed they become, the highlight around them changes from red....to an orange glow, then a muted yellow and finally a warm restful white as they then become even more deeply relaxed.

Now move that warm white relaxation down into your neck, feel the tension drift away into that comfortable, calming, warm, white.

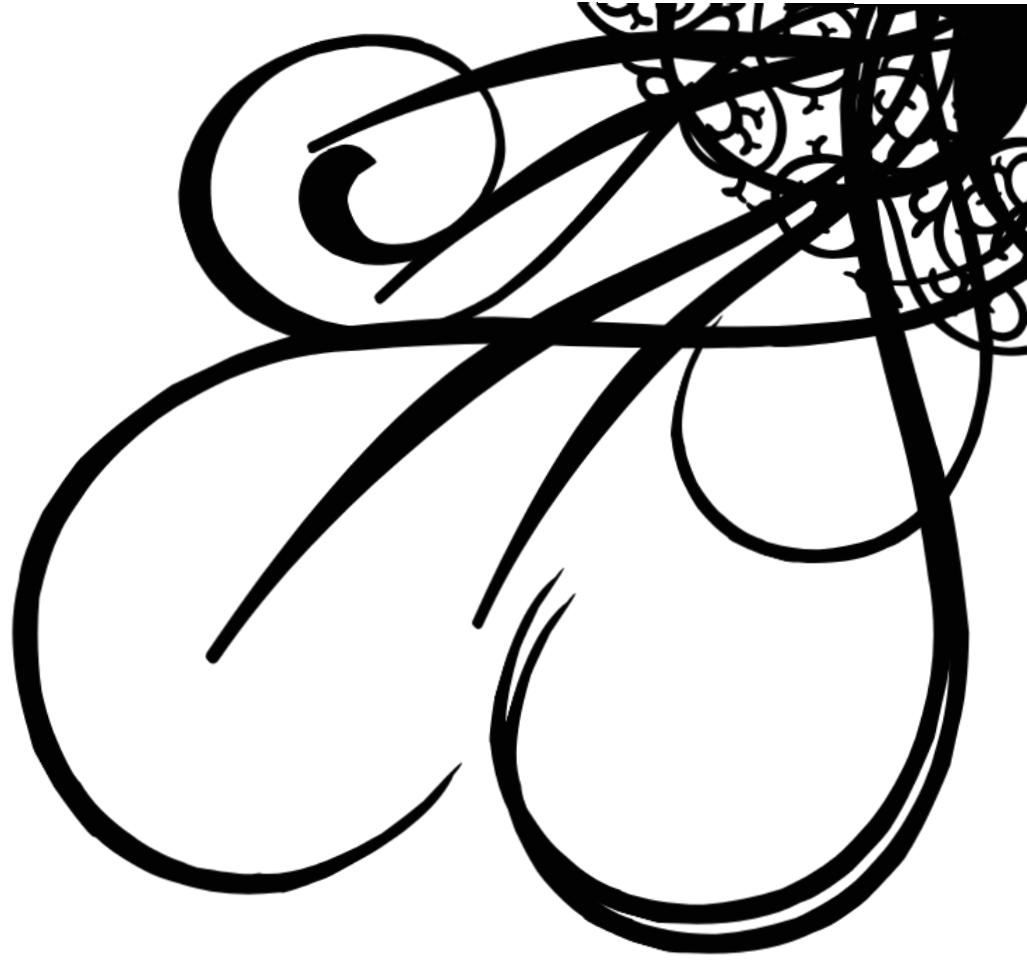
Now, into your shoulders, feel that relaxing glow, moving slowly deeper into your arms, down into your hands. Now it spreads into your back, drifting deeper into comfort and surrounding you in warm, white, restful calmness.

Your legs are relaxing down as it moves into your feet and all the tension is released. Working its way out through your feet until you are sensing that feeling of total relaxation.

Let your mind drift and tell yourself you have nothing to think about as your thoughts float away into a fraction of a second and you realise you are comfortable, warm and completely and totally relaxed.

Now let yourself drift deeper and deeper into that calm comfortable place. Just floating in peace and tranquility.

By Julie John



**Deepeners**



# Magical Music Garden

You are in a special place that is slowly revealing itself, coming into focus and coming to life. You hear the gentle hum of bumble bees as they go about their duties, uninterested in you. The soft rustling of a hedgehog making his way off for a long, restful sleep.

As you step closer to this magical place, leaves brush your cheek and fall deeper and deeper, playfully to the ground. The pretty song of a friendly robin who is welcoming you into this lush garden. In the centre of the garden is an ornate fountain with shiny, golden coins on the bottom from centuries of granted wishes.

The fairies dance joyfully with the droplets of water which twinkle and sparkle in the glorious sunshine.

Hanging between two ancient oaks you spot a comfortable looking swing. You walk across, further and further feeling the soft, bouncy moss beneath your feet toward the swing. Catching the sent of roses and honeysuckle that adorn a secure, decorative wall which houses an arched gateway leading down and down to a secret garden.

Eventually you reach the swing and take a seat, relaxing more as you sway forwards and backwards, forwards and backwards. Thinking about just how relaxed you feel, taking a moment to notice the temperature on your skin the warmth of the sun on your neck, back and shoulders, the breeze cooling your face.

After a few moments (or perhaps it was longer) of feeling the pleasure and comfort of the swing, you're drawn toward the arched gateway that leads to the secret garden. The heavy gate creaks open, leading to a spiralled, marble staircase down to the most tranquil and beautiful place.

With each step you take, you relax more and more and notice the sound of a magic harp. Drawing nearer to the tranquil, secret garden, every step appears to illuminate, surround you in a glowing peace which your body absorbs. You can feel that warm healing light in your body as I talk to you now - cant you? As you turn the corner you are in an orchard of golden apples and you realise that the magical music is coming from their very core.

By Gemma Bailey,  
Ian Davies &  
Julie John

# The Candle

As you bask in that safe deep, comfortable glow of peace and relaxation you notice that the glow is not just a feeling but that you can see a deep orange glow in front of you.

At first, it may appear as just a glow, but as you start to focus on it, you can see that it is a candle. A thick round candle in the deepest shade of blue you have ever seen and catching in the light is a twinkling of gold flakes, like stars glistening in the midnight summer sky with a beautiful deep orange flame that dances in the gentle breeze from your breath, slowly and rhythmically with the rise and fall of your chest as you relax even more.

You find your eyes drawn to the flame like a moth and as you watch the candle burning lower and lower and the shiny melted wax filling the well where the flame licks the air with ever changing shades of orange until the candle sinks lower still and the melted wax spills over the edge of the well and cascades down, down in shining glittery rivulets to the bottom of the candle and comes to rest in the copper tray it stands on, reflecting the light out into the air around you, and as it flows down, it releases that comforting smell of warm wax into the surrounding glow and that relaxes you even more.

You are mesmerised by the enchanting flame with its hypnotic dance as once again the new well starts to fill, deeper and deeper until once again the candle burns lower and lower still until the next cascade overflows and finds its way down as you sink ever deeper into peaceful comfort, encompassing the previous hills and mounds formed in the copper tray.

You are entranced, watching the flow and settle of the wax, until the candle has burned so low that there is nowhere for the starry molten wax to go. The flame dances, flickers, lowers, grows smaller and gently dissolves itself into the warm ripples of its fluid universe.

By Julie John

# The Lift

Now, you are in that warm, comfortable, deep place of relaxation you will feel a gentle mist which swirls slowly around you and it whispers to you how good it would be to sink even deeper. It whispers to you to follow it to a place of even more peace and serenity and you want to experience this wonder.

You follow the mist and it leads you to a lift that is made of glass. You step in and notice that you can see the most amazing, wonderful view which stretches for miles. It looks amazing: rolling hills, mountains, forests and fields, and you know that if you could just descend into that place it would be calm, safe and filled with deep, lasting contentment.

You press the down button and the lift starts to move smoothly between floors almost effortlessly gliding down and as it moves, you feel yourself going deeper and deeper into trance comfortably and in time with the almost imperceptibly quiet hum and gentle 'shhhh' as it passes the floor 6, then 5 and comes to a gentle stop at 4 and the doors glide open for you to step out.

You look at the exit and it appears to be a gentle glowing tunnel leading to a landscape of rolling fields and deep, deep valleys and you pause to breathe in the clean, fresh scent of grass and meadow flowers and feel at peace with yourself.

Then you turn back into the lift and press the button again and you feel the list move downwards once more. Taking you deeper and deeper, the gentle 'shhh' as it passes floor 3 and the delicate hum and a very subtle rocking as it takes you lower and lower, the whispered 'shhh' of floor 2 and the hypnotic rock lowers you safely down past floor 1 and comes to rest at ground level which you notice is not the final stop. There is one more level to which you can be taken and you choose to go.

As the lift carries you lower and lower again you feel an all encompassing sense of peace, calmness and an inner stillness which feels so good. The lift settles for the last time and as you step out into the warm bright sunshine you know that this is the place you need to be right now and now you have found it, you know that you can return to it and linger here for as long as it takes to listen and learn.

By Julie John

# The Cloud

That's great, close your eyes. You have been given a great gift. A cloud of your very own to travel to a place of unrivalled relaxation. You have no need to do anything. Your mind will control your cloud for you on a tour of increasingly relaxing locations. You are quite safe as your cloud cocoons you in its voluminous folds wrapping you in soft, cosy warmth leaving you space to see. You wriggle slightly for maximum comfort as it is your very own comfortable bed as you set off gently to your first location.

It is a beach bathed in the sunshine and topped with a blue sky, the sounds of children playing, gurgling laughter floats over to you. You can see the rhythmic waves gently lapping the sandy shore. The seagulls calling each other as they swoop for a stray morsel on the beach. The dog barking and attempting to catch them, the peace happiness and tranquility of the scene guides you downward to a deeper relaxation.

Your cloud gently shifts to a scene of a glorious African oasis. Date trees sway in the breeze, camels gently paw at the ground as they wait for their owners to awaken from their nearby slumber, you hear the occasional snore of their dark skinned, white robed men. An eagle floats high in the sky looking vainly for prey, calling to its mate to join him. The peacefulness of this scene resonates throughout your body as your cloud cocoon continues to drift taking you even further onwards to even greater peacefulness and relaxation.

By Ian Davies

# The Escalator

You find yourself on the top step of a large escalator. You take hold of the handrail and notice the coolness upon your hand, the slight movement of the metal stairs beneath your feet, taking you on your downward travel at a comfortable pace. Smoothly going deeper and deeper.

You notice the smiles on the faces of the people on the opposite escalator, coming up from a very happy, relaxing place. The place that you are travelling to now.

The pictures on the walls are of fabulous things. A daisy so striking and detailed you can smell it's scent faintly and you breathe in the detail so fine you can see every petal as you travel deeper and deeper.

The air brushes your face and picks faintly at your clothing as you continue your downward journey to a calmer relaxation.

You glimpse a framed photograph of a beautiful sunset exquisite in its clarity. You can imagine the warmth of the sun as you travel downwards to another lower level. You can hear the sea ebbing and flowing gently on the beach jostling small seashells and washing foam over your feet in another picture. The gulls swoop, swallows fill the sky darting here and there looking for food.

You cast your gaze over a stunning picture of a waterfall with water pouring downward always downward. The wildlife relaxing and basking in the sunshine. The nearby trees all bowing downward in an attempt to drink from the tranquil water that lays at the bottom of the fall. You can sense your movement downward to the happy relaxing place that awaits and feel yourself reach another level of deeper relaxation.

By Ian Davies

## Milton Model Deepener

That's how you can measure your deep relaxation. It is a place for new understanding. I know you like this place and can feel it's warm embrace.

A fellow dog walker once told me that it is quite alright to feel totally relaxed like someone they knew they felt so very relaxed when they did it, can't they?

When you do this, you can listen to me or not at all. You know you are really doing ultimate relaxation. Feel the gentle heave of your chest, means you are relaxing.

The sound of my voice like a cool summer breeze as you walk along the beach. Your dog confused about which to go. Isn't it? Your feet talk to the sand as they squish forward taking you deeper and deeper. You do know how relaxing?

You do know how this walk will improve. How you feel about exercise. Everyone does it. Don't they?

It is easy. The warm, smiling, sun shines down on you. It's warmth aiding your relaxation. Can you feel it? You do, don't you?

The burbling surf entices your toes to move quietly closer. You remember that, walking deeper and deeper. In a while your hands may reach out and touch it. Slowly you realise that this is what everyone does to achieve. Some people become so relaxed or perhaps you will not until later.

I know you can only hear my voice. It penetrates your unconscious mind and resonates with you almost vibrating. That's how most people measure it. Because there is no one that cannot do this. With silent ease that's the only way you can go deeper and deeper, isn't it?

By Ian Davies



**Suggestions**

# Smoking Cessation

You have taken a step to free yourself from the binds that tied you into the disgusting habit of smoking. Now you can relax more and drift deeper into the knowledge that you are doing something special for yourself and be proud.

You have not just waved goodbye to that stick of death, that coffin nail of dependency, you have saved a life and that's a big deal, isn't it?

You have saved a very important life, a meaningful life, a life that is loved. You have just saved your own life, think about that for a moment or two.

Now as you are there, listening to my voice or maybe not, it doesn't matter either way; your unconscious hears my words as you drift deeper and changes are being made.

You will feel safe and secure in this place right here, right now, where you will find yourself free from that repulsive smell of smoke that surrounded you and draped you like a cloak of filth, that oozed from your very pores and proclaimed that you were a smoker.

Now you will no longer carry that shield of shame, emblazoned with the crest of weak will and declaring that you were addicted to risking your life several times a day. Imagine that and ask yourself what sort of a moron plays Russian Roulette with their heart several times a day, every day of their life? You wouldn't do that if that cigarette was a dangerous weapon. Would you think it was that much of a risk? That cigarette is just the same as a dangerous weapon. It's not the friend you thought it was and you see that clearly now. The friendship was fake, wasn't it? It never saved you from anything ever. It never calmed you or relaxed you. You did that yourself, it never cleared your thoughts to make you feel happy. You did that all by yourself. It just claimed the glory from you. Tricked you, lied to you, betrayed you and all the while all it did was poison you, slowly, relentlessly. It didn't care, it couldn't care. It doesn't have feelings so wouldn't be able to give a damn if you died of cancer. You have denied yourself and denied cancer for so long. How have you gotten away with that? Can you imagine how that would make you feel? I know that you can. How would you feel sitting with your loved ones, having to tell them, having to admit that your own actions have lead you here. Saying goodbye to them. Or worse, what if that dangerous weapon turned on you and suddenly you were gone - a heart attack - imagine that scene. Your love ones crying, walking down a corridor in the hospital, escorted by the police to the morgue, standing, waiting for the curtains to be open, your family sees you laying there and having to say "Yes, that's the person we love." Not even being able to say goodbye. Imagine what that would do to them.

I'm going to sit here quietly for 2 minutes while you observe yourself and remember all of the foolish excuses you have given yourself and the reasons you now understand were foolish and I will spend that 2 minutes silence in remembrance of all those who gave their lives to the devotion of smoking.

If you ever smoke again, your unconscious will remind you in an instantly recognisable way of your commitment to yourself and those you love to being a non-smoker.

I have here an ashtray full of stinking, dirty, repulsive cigarette butts, grey, old, rotting away. I'm going to hold it close to you. When I tell you, I want you to take a deep breath in and smell that disgusting stench of that old ashtray. Now deep breath in, feel that smell filling your nostrils and



notice how sick it makes you feel. Now I'm going to add to that ash tray some fatty, sticky, pale deposits from your arteries and I'm stirring it in with those old cigarette butts, clumping together now, as I stir. Now, inhale nice and deeply and notice how that smells. You must be feeling really bad now.

Now I'm going to empty all of the filth into a glass and I'm going to put into the glass with it some thick, slimy, phlegm from a really deep smokers cough and give that a stir. Imagine what that looks like in the glass, and inhale it now. Smell that combination of fetid ingredients and notice how sick that makes you feel.

If you ever smoke again, you will instantly suffer from a cough and your unconscious will remind you in an instantly recognisable way of your commitment to yourself and your loved ones to being a non-smoker.

And now you can be proud of yourself because you are a non-smoker. It will come easily to you and you will enjoy the healthy alternatives you will find to fill those spaces where you used to smoke and you will find them easy and it will be easy for you, won't it?

You will find that being in the company of others who are smokers will only make you feel pity for them for their foolish ways.

You are a non-smoker, you will remain a non-smoker and it will feel right, healthy, natural and easy.

You are free, happy and proud to be a clean, fresh and lifelong non-smoker.

By Julie John

## Metaphor for Confidence

When talking to a new client, you need to be sure that they are not a fake, like rhubarb and custard cake. To bake such a cake we would need to be well prepared in the same way.

They might just be a monster of the deep. A Loch Ness in disguise. Before calling them from the countryside you should be well prepared and have studied the framework. Ensure you have note paper and a pen with which to record, even in a fun way.

If they have recently taken a mushroom balti you may do well to check how much room you have. If you are to put them in a frame of your making. It may be much better and the words come more easily because once you are flowing nothing will be able to hold you back like a high tide.

Do not speak down to her like you would an intellectual pauper. But instead stop deep down inside yourself for the very best words to use.

Have no fear of your ability you are more than capable of going your own boat now. Just march directly to your destination with confidence. Knowing that your first step is about to be taken successfully.

By Ian Davies

# Metaphor For Taking Exams

Someone was making a lot of noise, everyone could hear it, couldn't you?

It was creating a different kind of mind to the one that he was used to. The experiments would not work if they toys couldn't hear your voice. He stayed calm. The world wouldn't end if it took a little longer for the disc to be positioned correctly in the picture.

I directed the toys again, putting them in order. Big tank first, robot next and Humpty at the top. Humpty was always at the top because even if he fell, the kings men would put him back together again, wouldn't they? So saving a lot of casualties.

It was a blue print for success, repeated over and over and it never failed, did it? In no time at all the picture was complete, and in plenty of time for the great unveiling. Which as you know will be a great success.

By Julie John

## Public Speaking Suggestions

Now, while you are in that deeply relaxed, safe place, I am going to give your subconscious mind some suggestions that will help you to find ways of making you the best public speaker you can be.

You will enjoy the process of speaking in front of people and you will find that it comes easily and naturally to you.

Can you imagine now that standing before your audience, knowing that you are well prepared and that you will not sweat, you will not stutter, you will not stumble over your words. Picture yourself there, calm and happy, making your speech in a clear, steady delivery with your audience enthralled and entertained by what you say to them.

There was once a time in the past when you chose to be tense and nervous, but that time has now gone so you can't even remember that time anymore, can you?

From now on, when you prepare to make a speech, you will remember to breathe slowly and calmly, to notice that you are fully in control of yourself and that you know what you need to say, and you will say it beautifully.

Listen; you can already hear the applause from the audience and you will hear it again, whenever you think about speaking in front of other people and it will remind you that you can do it easily and naturally.

By Julie John

## Weight Loss Suggestions

As you sit there, relaxing, feeling heavy in the chair, I wonder if you can picture yourself at your ideal weight.

How does it feel to be trim and toned, healthy and happy? Could you care about yourself enough to take care of yourself properly, can't you? Can you take responsibility for your body and your life, would be more fun, easier, if you do some exercise, only put healthy food into your body and stop snacking.

As you do those things, make those changes and see the difference it makes. Feel the difference it makes and notice that others notice, compliment you and congratulate you, you will enjoy the process of becoming healthier, fitter, more active, having a spring in your step.

You can choose to lose weight or just keep waiting to choose to lose weight, either today or tomorrow or right now. It's time to respect your body, care for it, nourish it healthily, feed the need to be fit and healthy, to look the way you want to look, happy to be that new you.

It's easy to do nothing, but buy healthy food, make the right choices for your body, walk whenever you can and watch the changes happen. You want to do this and you can do this, starting right now.

By Julie John

# Pain Relief Script

Now think of your hip (*or other area*).

Consider the pain that has been there a long time. The pain is old, and it is time it went away. It has had its time in your body and can be replaced by a new feeling. A feeling of ease and comfort. Allow this old pain to begin to evaporate, disappear. That's right.

Allow the pain to melt away and feel the relief of it. The feeling of joy that comes from not experiencing that pain any more. The joy of being able to walk pain free with ease and comfort. The only feeling to remain is that of ease and comfort. Stretch your leg (*or other area*), feel the ease with which this can be done, can't it? Flex the muscles in your right leg (*or other area*) and enjoy their strength returning as they relax into the ease and comfort with which they can move.

In time, all your muscles in your right leg (*or other area*) will feel the same joy of ease and comfort. They will be able to carry your body on long walks with your dog along the beach. They will not complain as they do not feel pain, just ease and comfort. This will not stop them telling you if another, different problem should crop up, but this is unlikely and they will work perfectly well carrying you forth along the beach.

Consider for a moment your hip (*or other area*). Wave goodbye to the pain there and enjoy the feeling of ease and comfort. Your back muscles strengthen and feel the same feelings of ease and comfort. Your body is ready to carry you on to new destinations new experiences, long beach walks and happy times with your dog.

By Ian Davies

[www.PeopleBuilding.co.uk](http://www.PeopleBuilding.co.uk)

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# PeopleBuilding

This little book of hypnosis scripts was born out of the People Building Hypnotherapy Diploma (Trance Forming Minds) which is delivered by Senior Hypnotherapist and NLP trainer, Gemma Bailey, author of "Creating Trance & Hypnosis Scripts."

During the 15 days of live training, delegates hone their skills by utilising various hypnotic phenomenon and linguistic strategies. They learn how to use their voice to deliver sessions in a way that will create the maximum hypnotic impact.

The newly trained hypnotherapists are able to join the GHR - the General Hypnotherapy Register for the UK.

All proceeds raised from the sale of this book were donated to Superheroes Ltd.

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