
Magically
Hypnotic
Script Writing
Workshop
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REMIND PUBLISHING

WORKBOOK NAVIGATION

Magically Hypnotic Script Writing Workshop
Introduction

Are you ready to stop wasting time searching for scripts to help your clients reach their goals?

Have you been disappointed with the help you've received from the internet or A. I.?

Will your confidence improve when you can extemporaneously produce Hypnosis sessions?

Take a breath and remember when you were little and first learned to draw letters?
Recall the extra attention it took to make a circle…inside those big lines on the paper…
Then attaching a straight line to make an 'a'.
Or a longer line to make a 'd'.
What about the opposite side to make a 'b'?
There was so much to think about and remember…back then.
And now, you can write letters and words and sentences, Oh my!
Without a second thought because it's easy and natural.

This Magically Hypnotic Script Writing Workshop demonstrates how easy it is to write Hypnosis scripts for fun and profit. It will also display how you can produce scripts instantly…any place…with any issue. You may even discover a new Super Power as you learn and practice the skills of conversational Hypnosis.

This compilation gives you pages full of handouts to use as templates or creative inspiration.

Take a moment now to imagine how…you can feel confident…anytime someone asks, "Can you Hypnotize me?" Because you're learning the secret, your answer is, "Yes I can!"

Change is easy when you put your mind to it.
So, let's go!

The previous page was your first example of Hypnotic Script writing.

I teach the Meta Pattern of Change to Hypnosis and NLP students for session work.
And, in the template on the follow page, you'll notice how effective the pattern is for moving a client from a problem mindset into a solution mindset.

The Meta Pattern also lends itself well to hypnotically writing many things.

Notice how you can choose this style and apply it to writing

- **scripts**
- **speeches**
- **presentations**
- **Introductions to a workbook!**

This is one CONCEPT that can easily be applied for both client sessions and writing scripts…

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Meta Change Pattern

4-Steps to Successful Change Work

1. Associate client INTO problem state
   - "When was the last time you experienced this?" (Specific real example)
   - Look for gestures, body language
   - Listen for words and how they process their world

2. Dissociate client FROM problem state
   - "What do you want to feel instead" (Specific/positive) If they are still in the problem— If they are still in the problem you can go into the future "If you were completely over it how are you going to feel?"
   - Play a game, ask an unrelated question, get them to focus on that good feeling they want.
   - Important step to showing clients they get to choose what they're thinking.

3. Associate the client INTO a resource state
   - Suggest the client think about a time when…. They were confident, knew the answers, etc.
   - Have them really get into it…feel it, hear it, see it…embellish it to the best of their ability.
   - What made that time so powerful? How were they standing, look on their face, what inner dialogue were they hearing?

4. Move the resource to the problem state to change it.
   - Take those resources and apply them to the change the client wants to make.
   - How is the situation different when these tools are applied at the time the problem is triggered?
   - Rehearse the new feeling in as many [future] situations as necessary.

DIRTY LITTLE COMMUNICATION SECRET

Next up is a quick overview of Magic Words and Language Patterns that work exceptionally well in conversational Hypnosis.

Realize how much is included in that list:

- **Change-work**
- **Sales**
- **Parenting**
- **Teaching**
- **Preaching**
- **Coaching**
- **Persuasive communication on all levels**

Humans communicate.

About 7-percent of communication involves words. (The rest happens with gestures, posture, inflection, tone, facial expressions, etc.)
NON-VERBAL cues actually account for more communication than words.
I teach entire classes on the use of non-verbal communication to enhance suggestion success!

But, when writing – Hypnosis Scripts, email, text, social posts, etc. – Words are important!

Verbal communication is part of the landscape. It lights up neural pathways for understanding.

And, interestingly, magic words and language patterns make STRATEGIC use of those neural connections.

When you realize how easy it is to direct attention and awareness through your choice of words, you just might find yourself incorporating the magic as a natural and automatic default position for all of your communication.

Be aware of how often these FUN-damentals come up as we move through scripting.

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Top 20 Magic Change Words And Patterns

1. Easily
2. Naturally
3. Automatically

Softens whatever comes after it.

4. Aware
5. Realize(ing)
6. Experience(ing)

Whatever you tell them they will.

7. Expand(ing)
8. Beyond

Causes SCM to think of space.

9. Before
10. Begin
11. During
12. After
13. Now

Causes SCM to think of time.

14. Because—Gives a reason. The mind naturally believes everything after it.

15. But—Negates everything before it.

16. Commands—Embedded Direct Suggestion: It doesn't matter how quickly you *go into trance.*...All that matters is you begin to *relax completely now*!

17. Stop/Don't Pattern: Stop *thinking* and take *action.*
Stop talking to yourself and realize *you can easily relax.*
Don't go into trance too quickly. (They say, "watch me!")

18. The More The More Pattern: The more *insert thought* the more *insert action*.
The more you *think about getting healthy*, the more inclined you are to *use the stairs.*

19. Quotes: Attribution to anyone…. expert, mentor, client.

20. Metaphor/Stories: You can imagine your mind like a computer. The Unconscious is the Operating System. The Subconscious is the Memory Card. The Conscious is the Keyboard.
It reminds me of the story of the egg, the carrot, and the coffee beans.

WHAT TO EXPECT FROM THIS WORKBOOK

The Following pages include templates and script SAMPLES.

You are welcome to use the scripts as they are.

But ideally, you will use the CONCEPTS as inspiration to create your own magic.

There really isn't a "right" or "wrong".

Hypnosis is greatly dependent on the B. S. (Belief System) of the Hypnotist and the B. S. of the client.

Much of Hypnosis Happens way before the script is necessary.
So, by the time you get to the script, your client or listener is probably already "mesmerized" by you in one way or another.

Give them your style and your best…and often that is enough to produce amazingly magical results.

We will work our way toward updated Ericksonian-style Conversational Hypnosis. But,

We Begin with
Classical Old School Hypnosis

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BASIC "OLD SCHOOL" TEMPLATE

KAREN HAND

INDUCE TRANCE – In any way that engages the CLIENT'S B.S.

- **Progressive Muscle Relaxation**
- **Mindful Breathing Technique**
- **Moving Awareness**
- **Spigots**
- **Outside – In (Used as the induction for Wonder of You)**

DEEPEN THE TRANCE – Dissociating from the here and now

- **Count down stairs, an escalator, elevator**
- **Count UP into the sky…clouds…into a different dimension**

SUGGESTIONS – MESSAGE – STORY – METAPHOR

POST HYPNOTIC SUGGESTION(S) –

- **Don Mottin's Red, Red, Red**
- **Every day in every way you notice yourself getting better and better**
- **Specific instructions "after trance" action (Examples in Wonder of You Script)**

EMERGE – Reverse the Induction

- **Count out – count opposite of the way used for counting in…)**
- **Jason Linett's all positive emerge**

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Induce/Deepen/Emerge - SAMPLE SCRIPT

Karen Hand

(Induction)
As you make yourself comfortable…find a natural moment to close your eyes and focus on your breath.
You don't have to do anything about it…just notice it.
Maybe you'll feel the air going into your nostrils is cool, while the air exhaling from your nose is a little warmer…
Maybe you'll notice how the air fills your lungs energizing your cells with life-giving oxygen…and then the exhale.
…EVERY exhale is a cue to let go…maybe…you can relax completely now…
(Deepener)
And now, let's use the power of your mind…to imagine or even pretend for a moment that we're at the top of a gently sloping hill…and on the side of that hill is an easy staircase down with 10 steps…leading down to the safest most relaxing place you can imagine for you…begin to know that it's down there waiting for you to arrive…
Some say that safe place is on a beach…others may choose a forest…or their bed…
Imagine the safest…most relaxing place…for you….
And in just a moment…not just yet, but in a moment…we'll move down that staircase to that relaxing place.
I'll count from 10 down to 1…and with each number I count, you'll easily walk or glide or float down that magical staircase. It can be made in any way you want it….
It can be made out of diamonds…or moss…or clouds….
In just a moment…I'll begin counting and we'll move down one step with each number I count.
On the count of 1…you'll be in that safe and relaxing place.
10…gently moving one step down on the journey to that welcoming place just for you.
9…one more step down…
8…getting closer and closer…
7…easily…moving…
6…moving down…
5…half way there now…
4…getting closer…
3…almost there…
2…you can almost touch it…on the very next count…you'll BE IN THAT WONDERFUL PLACE of your imagination…
1….BE THERE NOW….
(Suggestions…technique…etc.)
Enjoy it completely.
This is your special place of safety and relaxation…
Maybe you'll see it…maybe you'll hear it…maybe you'll feel it or taste it or smell it…
And you can enhance it in any way that makes this place perfect for you…
(Post-Hypnotic Suggestion)
Touch your thumb and first finger together and anchor in your place…whenever you want to return, you can simply touch your thumb and finger together and…when you want it…you have it right there at your fingertips…you can come right back here instantly…any time you want or need it the most.
Take a moment and completely enjoy this relaxation. (Pause briefly to allow for enjoyment)
(Emerge)
Knowing that you can always come back…this is your place…it's easy now to return to your daily activities feeling refreshed, renewed, and re-energized.
In just a moment, I'll count from 1-5. On the count of 5, your eyes will open and you'll feel great and refreshed!
1 now…feeling your fingers and your toes…
2…feeling the chair pushing up into your back and your hips…
3…coming back more and more…a smile forming on your face…
4…Knowing you can return to that safe, peaceful place at any time you choose…you're ready now to stretch and yawn….
And 5…eyes open, wide awake…feeling refreshed, renewed and wonderful!

(*Look the client in the eyes as they emerge and with a smile on your face and a gentle nod of the head say something appropriate such as: , "Now that feels good, doesn't it!")*

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Progressive Muscle Relaxation (PMR) Template

Karen Hand

One way to encourage physical relaxation is to actually tense and then release large and small muscle groups. That technique can just as easily be accomplished by focusing attention on and then mentally imagining (or pretending) the small and large muscle groups are relaxing one after another.

The concept is easy to remember with this classic children's song:

DEM BONES

The toe bone's connected to the foot bone,
The foot bone's connected to the ankle bone,
The ankle bone's connected to the leg bone,
Now shake dem skeleton bones!

The leg bone's connected to the knee bone,
The knee bone's connected to the thigh bone,
The thigh bone's connected to the hip bone,
Now shake dem skeleton bones!

The hip bone's connected to the back bone
The back bone's connected to the neck bone,
The neck bone's connected to the head bone,
Now shake dem skeleton bones!

The finger bone's connected to the hand bone,
The hand bone's connected to the arm bone,
The arm bone's connected to the shoulder bone,
Now shake dem skeleton bones!

As you create inductions, it can be as simple as:
Close your eyes and relax the muscles from the top of your head…all the way down to the tips of your toes.
Or, as verbose as your client requires for maximum benefit.
Notice the tiny muscles in your scalp, let those tiny muscles all through your scalp relax and let go, as if they can relax like warm butter…melting down…flowing down…relaxing the muscles in your forehead and over into your temples…relaxing and letting go down to your eyebrows…and eyelids…relaxing those tiny muscles around the eyes…moving down to the cheek bones and into the jaw…you might even become aware of how easy it is to separate the teeth and let the jaw go loose, limp and relaxed…

You can use as many muscle groups…small and/or large…as you require to believe your client is relaxed enough for hypnosis (Your B.S. - Belief System – to be an effective communicator/influencer).
IDEALLY…be creative and use whatever is necessary until your client (Their B. S. – Belief System) is ready to move on to the next technique, suggestion, metaphor, or other lightbulb moment.

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Mindful Breathing Induction

Karen Hand

Feel free to close your eyes along the way as you begin to relax deeply…

Take in a nice deep breath…

On the next breath…pay a little extra attention to the beginning of the breath…
Notice where the breath begins…the very beginning of the breath… *(allow a breath or two)*

And, on the next breath…pay a little extra attention to the end of the breath…
notice the very end of the breath… (allow a breath or two).

And now, you can notice something really interesting…notice the middle of the breath…that place where the inhale turns around and becomes an exhale…notice the middle of the breath… (pause for awareness…a breath or two).

And now, look for that space between…
You know the start of the breath, the middle of the breath…and the end of the breath.
Notice that space between the end of one breath and the beginning of the next… (allow time for awareness…a breath or two)

That space…is a magical portal…a portal that leads inside your imagination…inside to your mind.
The next time you get to that space…move through…and notice yourself behind your closed eyes…
You're (you are) home…Where you live…inside your closed eyes…inside your mind…

(Proceed with deepener, story/metaphor/suggestion, emerge)

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Moving Awareness

(Modified from a technique by Richard Nongard)

Get comfortable, centered, and relax. *(hands on legs and feet on floor)*
Place your awareness on a spot across the room
Close your eyes and continue to focus on that spot.
Move awareness to an imaginary spot half way across the room.
Move awareness to a spot just a few inches in front of your eyes,
Move awareness to a spot a few inches BEHIND your physical eyes,

This is the place where awareness lives … where awareness is created
From that point of awareness send a wave of deep relaxing energy down through your body – head to toe

Send another wave of relaxation down across your shoulders and down your arms out to your fingertips. Your hands relaxing completely and become heavy

Send another wave of relaxation down through all the large and small muscles in your back … down your legs … legs becoming heavy and relaxed …. And all the way down to your feet … becoming so heavy it's as though they're rooted into the floor.

And you can be aware of a number of things … you can move your awareness to _____ and to _____.
(you could use anything here, sounds, or experiences that are within the potential awareness of the client)

And when you take your awareness off of one thing, you can attend more closely to another.
So, find the most comfortable place in your body … and put your attention there for a moment.
And take a moment to enjoy that comfort deeply. (PAUSE for a little while)

And you can choose what to be aware of … and you can forget about all the REST
And isn't that a nice thing to know?
So now you can become aware again of that place just a few inches behind your eyes … that place where awareness in created.
And you can move your awareness to that place just a few inches in front of your eyes now. (As you return your attention back out here)

You can move your awareness to that place just halfway across the room.
You can move your awareness back to that spot on the other side of the room where we began this process.
And you can see it even though your eyes are closed, just as you did before ….

Or you can allow your eyes to open slowly and naturally as you re-orient to the room and join me back out here.

(Some people may require a 1,2,3 count – perhaps even with a finger snap if they've become conditioned to that. Feel free to include it if it's necessary and helpful)

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SPIGOTS

(Adaptable for groups, self-hypnosis, induction, instant intervention)

Take a nice deep breath...and as you exhale slowly...close your eyes and relax your shoulders. Take another deep breath...and with this exhale...relax the rest of your body just as you did your shoulders...

Now...using your imagination...sometimes people see it...sometimes they feel it...sometimes they even pretend…so, notice now, that at the tips of each of your fingers there's a valve...more like a spigot...like a faucet.

Imagine that you're opening each little spigot, and any stress, any confusion, doubt, negativity (add suggestions for *any emotion, feeling, or craving that is specific to client)* from the top of your head all the way down to your waist is draining out those spigots. Any tension...just let it flow out from the top of your head all the way down to your waist...let it push out with each exhale.

And, you happen to notice, at the tips of each of your toes, there's another little set of spigots. And while the spigots at your fingertips continue to flow...open those spigots on your toes...and allow any additional stress, or confusion, or doubt or negativity *(plus any additional suggestions)* to flow out your toes...all of it now... *(time with the exhale)* pushing out...running out...flowing out...

And, as you notice, now, the stream lessening down to just a dripping...

Allow yourself to imagine a warm healing light from the universe shining right down onto the top of your head...shining to you...and all the way through you. Filling you up with the warm, healing light...filling the space that used to hold any doubt, confusion, negativity...pushing it all the way out.... ...shining out your fingertips, shining out your toes...until you are radiant...glowing with the warm healing light.

Enjoy that feeling for a moment and then...slowly open your eyes.

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Updated Dave Elman Induction

By Jason Linett, BCH, CI

Note that the Dave Elman Induction is a PROCESS and not a SCRIPT. Specific linguistic strategies are embedded within this text, though as you grow to understand hypnotic language more, you'll learn how to be more flexible in this process.

Please take a look at my hand and follow it up with your eyes as you take a nice deep breath in and hold it ... that's right ... and as you exhale, let your eyelids close on down.

Good... Now ... I could tell you to go ahead and relax your entire body…but
that isn't necessary.

Just go ahead and relax your eyelids. Relax those muscles around your eyes all the way down to the point where they just won't work. And when YOU know you've got them so relaxed that they just won't work, test them. Test them and satisfy yourself that they just won't work. The more you try to open, they just relax even more. Good, now stop testing, and send that awareness all the way down to the tips of your toes in a comfortable wave of relaxation. (Pause)
Good.

This is a process of following some simple instructions, your mind and body already know what to do.

In a moment, I'm going to ask you to open your eyes and close them. When you close them, notice how you can allow yourself to relax perhaps as much as ten times deeper. Let your eyes open. Now close them ... (Pause) ...
and allow yourself to relax as much as 10 times deeper.
(Pause) Good.

We'll do that a few more times. On the next one, notice how you can double the awareness of that chair supporting your body. Let your eyes open … and close them. Good, double that relaxation, so you can feel twice as relaxed, twice as comfortable, and twice as confident in your abilities.

Let's do that one more time. On the next one, notice how you can just let go. Let your eyes open, and close them all the way down. Go much deeper. Way down.

(Pause) Good. You're doing great.

Just listen to the sound of my voice, and the sound of my voice can always help you to go deeper relaxed. You'll hear other sounds in the distance, whether it's cars outside, planes overhead… None of these sounds will matter, in fact, you'll find that any sounds you hear will just help you to go go deeper relaxed.

Bring your awareness down to this arm. In a moment, I'll reach over and pick it up by the wrist. Today, just let me do all the work. Let it be loose, limp and relaxed. Let it dangle there like a wet towel. I'll then let it fall, and just let it PLOP there on the arm of the chair. Whenever we do it, let it take you much deeper. Just let that arm be heavy. (Do arm drop) Much deeper. In fact, each and every time we do that, let that take you (Do arm drop) much deeper.

Perfect. We now have all the physical relaxation we're going to need for now, so now you can begin to relax yourself mentally. It's easy.

(Pace the rhythm at which you want the client to count.)

In a moment, we'll have you begin to count backwards, out loud, slowly, from 100. Let every number you say double your mental relaxation so by the time you reach 98 or sooner, you can just relax the rest of them out of your mind, as if there's nothing more to count. Want that to happen, and you can make that happen. And when they are gone, just notice how good you feel.

Begin counting backwards, out loud, slowly, from 100 now. (Client says "100"). Good, now double that mental relaxation. (Client says "99"). That's right, getting ready to let them go…

(Client says "98"). Now, just relax the rest of them out of your mind. (Pause)
And as they're gone, just nod your head.
Good.

(Continue deepening)

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Post-Hypnotic Suggestion
Don Mottin

RED

Don uses this to emerge his clients and then gives them his RED business card.
He also knows they are likely to see a lot of red in stop signs, traffic lights and tail lights on the drive home.

For the next couple of days…longer if you like…you'll notice the color….

*****RED, RED, RED, RED, RED, RED, RED*****

YOU ARE GOING TO FIND AND DISCOVER THE COLOR RED

It's going to seem brighter, sharper, clearer, more vivid than ever before in your life, whether it be a tail light, a stop sign, a stop light, a T shirt, it could be as small and tiny as a ladies nail polish, or something as common as a car, the color

RED, RED, RED, RED, RED, RED, RED, RED

It's going be brighter, sharper, and clearer than ever before. Each time your mind encounters the color red, consciously or subconsciously, your desire, your determination and your inner drive to achieve your goal increases, becoming stronger and stronger, for longer and longer filling your life and you find that you won't even have to look for the color red, you just see it automatically.

RED, RED, RED, RED, RED, RED, RED, RED, RED, wherever you go.

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Jason Linett's - Emerge
All Positive Ego Strengthening

- **As you walk out that door today, you begin to find yourself feeling physically stronger and fitter. MORE alert, MORE wide-awake, and MORE energetic.**
- **You begin to find yourself feeling SO deeply interested in whatever you are doing, that your mind is MUCH LESS preoccupied with the challengers of yesterday, and MUCH MORE aware of your abilities today.**
- **Every day your nerves become stronger and steadier…Your mind is calmer and clearer, more composed, more peaceful and at ease.**
- **You begin to think MORE clearly, concentrate MORE easily, and your memory improves as you see things in their true perspective, without allowing them to get out of proportion.**
- **Every day you find yourself becoming emotionally much calmer, MUCH MORE peaceful and at ease.**
- **You feel a greater feelings of person well-being, a greater feeling of personal safety and security, MORE than you have felt in a long, long time.**
- **You begin to discover much more confidence in yourself, MUCH MORE confidence in your ability to do, not only what you have to do each day, but MUCH MORE confidence in your ability to do whatever you ought to be able to do, and to do it easily, optimistically, and happily.**
- **Because of this, every day you feel more and more independent, more able to stick up for yourself, <u>especially to yourself</u>, to hold your own, no matter how difficult or trying things may be.**
- **And, because all these things will begin to happen, not because I say so, not because of some wonderful words I know how to say, but simply because it's the nature of who you are. You begin to feel much happier, much more contented. Much more cheerful, much more optimistic, and it really is true, every day in every way you will do better and better.**

This is an all-positive handling of Hartland's Ego Strengthening technique modeled after an idea from Ron Eslinger. This information can be used in ANY advanced hypnotic intervention, whether it be future pacing, age regression, parts therapy, forgiveness, etc.

AND NOW, FOR SOMETHING MORE FREE-FORM

The easiest formula for scripting is: induce, deepen, give suggestions, emerge.

The Induction can be long and fancy or it can be as simple as:
"Take a breath and relax as much as you need to for this session, now."

Deepening can count down or up. Either one is better.
However, congruence may be important to the trance.
If you count down to help someone relax…count up to help them emerge and vice versa.

Hypnosis can be just as effective when you give the words and phrases a good toss to create a tempting Hypnotic Salad.

My first trainer, Dr. Patrick Porter, was heavily steeped in integrating Hypnosis and NLP. He was fond of saying, "There are only 300 Hypnotic words…mix 'em up!"

Some of his favorite phrases included:

- Going Loose, limp, completely relaxed
- The more relaxed your body becomes, the more productive you will be on emerging.
- Take a breath. Each of the resources you need will be just as readily available to as oxygen.
- After all, there is only one constant in the universe, and that is the constant of change.
- Journey back through time…
- Step into it…

His work included a lot of metaphor, story-telling and NLP concepts heavily peppered with direct and embedded suggestions.

The following Wonder of You Script is written in Dr. Patrick Porter's style. You will notice the metaphor and NLP Techniques and likely the use of three. Stringing together three suggestions, ideas or "personal trance words" is quite hypnotic.

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The Wonder of You

Karen Hand

Click here for video if you choose to follow along

(Inside – Out Induction)
Begin to *notice your surroundings (Direct Suggestion)* …everything around you.

Now, *close your eyes and notice everything in the room (D.S.)* that you can notice...sounds, smells, touch.
Narrow your focus (DS) and notice just the *things within a two-foot circle* around you. *You'll be remembering* what you saw in that circle around you, *as you're noticing what you can smell and feel*.
Now narrow your focus again and notice just the *things in immediate contact with your body*, the air, the clothes...the sounds... the surface your resting upon connecting with your body...maybe it's a chair...giving you unconditional support. (Covertly creating a safe anchor) That chair doesn't care if you (Double Bind) sink deeply down into it or float just on the surface of it. Imagine the feeling of that unconditional support.
And, as you *narrow your focus again to inside your own body*...inside your own skin...your muscles and tendons, the inner organs...the sound of the beating of your heart...your breathing...your lungs expanding and contracting...
Focus on letting go...allowing your subconscious mind time to *embrace each of the positive suggestions*.

(Additional relaxation when necessary – doubling up on inductions)
Concentrate on your breathing...notice the very beginning of the breath...and the end of the breath.
It's interesting to *notice the entire breath*...from the very beginning of the breath...to the middle...that place where it turns around and becomes an exhale...and another signal that *you can let go completely now*. (embedded command/DS)

And you can take your attention up to behind your closed eyes...your home...where you live.... inside your own imagination.

Deeper now (simple no-count deepening) ... Each time that *you accelerate your skills, abilities and resources* by going into this state we call hypnosis *your mind expands*...and *you benefit from the suggestions for your own good*. (Embedded commands)

Everyone has their own way of allowing that relaxation in the scalp to move into the facial muscles and tendons...going loose, limp, and completely relaxed. (Embedded Progressive Muscle Relaxation)

So comfortably relaxed that each time you go into this empowering, positive and dynamic state of hypnosis...*you go even deeper inside your own mind*... (no-count deepening)
More relaxed, more comfortable and with greater peace of mind and body. Peace, tranquility and self-confidence. (Use Personal Trance Words here, if available)

And all you really need to do is breathe through the process now. (process directions) The simple act of breathing alters your state of awareness so that *you easily go further inside* to that comfortable state...allowing you to (future pace success) emerge refreshed, revitalized and renewed with greater determination to enjoy and use your skills and abilities, motivation to accept yourself...and determination accelerated to appreciate the uniqueness of you.

And the more relaxed your body becomes here, the more positive, optimistic, and productive your body will be upon emerging. And the more positive and appreciative your mind will be...of the wonder of you.

And each of the resources you need upon emerging to reach your personal goals will be as readily available to you as oxygen. (Metaphor of easy success) All you have to do is breathe them into being...As you are realizing that *you are discovering the power of letting go*...letting go of old thoughts...old beliefs...old patterns that have no control over you now...in this or any other level of consciousness.

Allowing you to change 100-percent of the things *you can change* that will improve the quality of your life, the quality of all of your relationships, the quality of your thoughts...
All negative thoughts, all negative beliefs, all negative concepts will be neutralized from your mind...eliminated by your body's awareness because *you have decided today...you no longer need those old limits...you no longer need those old beliefs...*

(Post-Hypnotic Suggestion) So, every night as you drift off into a dreamy, drowsy, relaxed and comfortable state of sleep...you find yourself making a review of your day. (Embedded NLP Personal History Technique) In the review you make all the adjustments that need to be made. Adjustments that will allow you to maximize your mind, harmonize your thoughts and accept all the positive suggestions for your benefit and your personal goals.

After all, there is only one constant in the universe...and that is the constant of change. (Pre-Supposed Truism) Today, *you've decided to change* your mind and change your life. And all you really need to do is breathe. Breathing in deeply and out completely as you redirect your awareness to you. That's what this is all about. It's about improving you. Improving the quality of your life. Improving the quality of your life by improving the quality of your thoughts.

It makes me think of Michelangelo...the sculptor. When they asked him about his work, he said...it starts with the spark of an idea...where he looks deep into the marble and can see the masterpiece inside. (Metaphor)

Inside...where you are now...taking a journey to the treasure chest that is you.

Feel the relaxation response now as a flood of information (Embedded PMR) down through the scalp, facial muscles and tendons, down the neck, across the shoulders, down the arms to the tips of the fingers where you feel the pulsation of relaxation increasing...and the chest, abdomen and back relax...the hips, the thighs, knees, calves and shins...and now the bottom of the feet relax, the toes relax.

So relaxed that *you can easily now journey back through time*. (Embedded Age Regression to Early Learning Set) Back to the very beginning of time...where *you're going to realize your greatness* from the very beginning...when you learned to see through new eyes, hear through new ears and feel through the newness of your body. At the very moment of conception, you knew you were a winner...because winners learn from wherever they are...to get to wherever they're going.

So, today *you can easily accept the success and the failure of the past*. All you really need to do is journey back through time...to the earliest very pleasing, positive memory for you...and when you're at that earliest pleasing, positive memory...step into it. (Suggestion for revivifying positive learning) Imagine breathing that positive, empowering memory into your mind. Imagine to the very best of your ability that you can see thru the eyes of that event. Imagine that you can hear thru new ears...and that you can actually sense and feel the way you were sensing and feeling at the earliest memory *you choose to re-view today* that was positive and productive.

Now, (patter to give examples and allow time for the client to create their own personal examples) some have traveled all the way back to the very first step taken without holding onto a table, a sofa or a parent's hand. That very first step was something you truly desired to do...and *nothing would stop you from experiencing this moment of success*...if you fall...you just get back up and joyously continue to take more steps into your future. Because you realize the wonder of you...discovering balance...all on our own. *No one can do it for you*. (Embedded suggestion of responsibility)

Some recall the first time they picked up a spoon and fed themselves. And even when it gets a little messy (Embedded inoculation against imperfection) ... this new skill and experiencing even the tiniest taste of success brings so much joy and increases the desire to move in the direction of success with strategies that are just below the level of the conscious mind...

Whatever you desire...whatever your path...your subconscious mind knows exactly what needs to change specifically so that you can have more joy, greater happiness and greater prosperity. (Personal Trance Words when available)

So, if you don't mind...imagine bringing forward thru time each pleasing, positive and dynamic event that has ever shaped your life. (Embedded NLP Sub modality Technique) Categorize and organize them and then store them in bright living color. Make them real and vibrant in your mind. So colorful and bright that you call upon them as resources. (Post-Hypnotic/Future Pacing) Skills, abilities and resources that are so natural to you that upon emerging, your subconscious mind will

gather them so when you need the support most in your own mind it will be there 100-percent productive for you...helping you to get from where you are today to where you want to go.

Notice that *deep, deep inside you* is a small still voice of wisdom. That wisdom tells you that you have done the very best you could every step of the way...given the information you had at the time. And as you know...when you know better...you do better. (Embedded NLP Presuppositions) Today, you are being given new information, different information that is going to empower you to experience life moving freely and easily in the direction of your desired goal. Freely activating your mind. Freely activating your thoughts, freely restructuring your beliefs as you begin to understand the power you have had all the time. *Utilizing your skills in new and different ways as easily and naturally as you breathe*. (Invoking the natural feel-good chemicals released with variety)

The mind is a goal-oriented organ...and you will always get what you go looking for. (Truism) Each time you allow this state of hypnosis by taking a moment to go inside your mind *you are retraining the brain to choose the experience you want. (DS)*

Negative events are stored as black and white still images... (NLP sub modality and Re-writing personal history Technique) like the pictures in an old photo album in your mind. Store them, categorize them and organize them so far behind you...that you learn from the experience that which was most valuable to you...and then you step out of past limitations into the freedom, the power and the flexibility of the moment we call now. (Personal Trance words when available)

As *you retrain you brain*...each time you close your eyes with the intention of going into hypnosis...your mind is going to expand, your brain as well as your body is going to absorb each positive suggestion...and most importantly...your life is going to improve because you want it to. It will improve because you've decided to appreciate yourself...*make it happen upon emerging*. *(Post-Hypnotic suggestion for taking responsibility for success)*

Self-love and satisfaction will permeate every cell, system and organ...providing you peace of mind, harmony in your thoughts...health, harmony and vitality (Personal Trance Words when available. These are fine words if recording or using for a group) are your key words for today. Each beat of your heart reminds you...health, harmony and vitality.

Each night as you drift off into a deep, restful sleep...you'll be able to evaluate any stress, strain or confusion from your day...evaluate the feedback...and make all changes that you decide are necessary to reach your goals. (Post-Hypnotic action step)

As you breath in deeply...and breathe out completely...step into the resources, skills and abilities that are available to you. Realize, you have skills and abilities and resources that you haven't even considered that will be trigged by experiences you couldn't even imagine that will be part of your day to day experiences from this day forward. Creating physical changes, mental changes, creating emotional changes that for you will last a lifetime. A lifetime of physical, mental and emotional changes that will assist you in seeing, hearing and experiencing your life

the way it was genetically intended in that winning moment when you were conceived. You were conceived a winner in the very race for life itself! You were the very first of your kind and the last. There is no one uniquely like you and there will never be another. (Closing the 'born-a-winner' loop)

So today, *you are relaxing into the knowledge* that you can maximize your mind, harmonize your thoughts and empower yourself with the belief in positive change...

In a moment, my voice will pause and a perfect space is created for you to imagine how *you can easily and naturally love yourself.* Appreciate yourself.... celebrate you as you embrace the masterpiece of your uniqueness... (Closing the Michelangelo Loop)
And when my voice returns, it will double and then triple the effectiveness of your decision today...to put a little more self-love in your heart... (Use the Client's specific goal when available)
PAUSE.... *(10 seconds to a minute...there's no RULE! Allow the client time to do their own work)*

Each and every positive suggestion is now becoming permanently a part of your mind. Transforming into your beliefs and convictions so that success will follow you as surely as your shadow.
(Hypnotists pace begins to brighten slightly.) Even now as you *breathe in deeply and breathe out completely* your subconscious mind is making all the necessary changes. Changes that will be spontaneous, natural and automatic for you.

Where you are free to accept yourself...love yourself...praise yourself for winning the Award of life...realizing that every moment from this time forward that is spent on negative thoughts or negative beliefs...is a waste of your awareness. So, you easily file that in black and white...far, far behind you...
And bring your beautiful, unique winning spirit forward in bold, lively colors.
Embrace yourself...love yourself. Remember self-love is not selfish...it is love self-first.
And that has been your natural nature since that first winning spark of life. (Repeating, for integration, each of the main points of the hypnotic message)

Decide now (DS) to open your mind to the possibility that you deserve the health, happiness and vitality that life offers you. (You already know – Personal Trance Words with individual clients)

In a moment...but not just yet, (building expectation) you will open your eyes and expand your focus...opening up the possibility of living your life as you want it...because you deserve it.

Notice your breathing... (reversing the induction) and expand it out to your skin...notice what is around your body...the clothes on your skin...the surface you're resting on...the smells and sounds of the room...Back straight, head held high, and behaving as if you already have it all.

When you're ready...take a nice refreshing breath and slowly open your eyes and mind to the Amazing wonder and possibilities of you.

People have found themselves scrolling social media or binging serials for hours. No need to blame the consumer.
That's exceptional work done by the coders of the strategic algorithms or writers of cliff-hangers. When done well, they do encourage…hanging on.

That's the everyday use of Hypnotic nested loops.

You have just enough information to hold interest until you can get the rest of the story.
It's a clever technique in story-telling and in Hypnotic Scripting.

There are no "magic numbers" in this nested loop game.
But starting with the hypnotically engaging number three, you can easily create the sermon or message part of traditional Hypnosis. AND, you can create entire guided visualizations, learning processes, confidence building single sessions and several-session recorded packages, etc.

Included next, you'll find a script I actually created for this exercise.
The Let's Make a Deal Script capitalizes on the 'rule of 3' and the first "relatable idea" that came to mind about choosing gifts.
It took less than 20 minutes to type it completely. Of course, it could have been delivered in "real time" for the workshop with no "written" presentation, but you wouldn't have had it here as an example. These ideas also apply to extemporaneous presentations.

The Planet Script expands out to a place where there are no limits. Nested inside magical time and space travel, anything is possible. And the process is reversed to return.

The Control Room of the Mind opens a number of different loops with embedded suggestion. Even though the action happens in one room, there is magical book, a magical engineer, a mirror reflecting the desire, a melding with the future and a return.
It's not magic, but many clients and students say it certainly feels like magic.

It will be fun to use your imagination and create your own fantastic voyages now that you are understanding how you can make it as easy as you'd like.

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Easy Script Format

Karen Hand

Think about the **safest place** you can imagine right now…
We'll use that soon.

Once upon a time, *(story)* there was game show called "Let's Make a Deal"…players got the chance to win fabulous prizes behind a curtain…or in a box…or on a table…and they got to choose their prize. It was a game show…after all.

Here as we're sitting together *(truism)* in this group…
Let's play a **mind game**…where you get to win several prizes!

So, you're invited now to **play along**…
And, in whatever way works for you…in your mind…go to that safest place that you can imagine…
That's where we'll play the game…

There…in your safe place…create a showcase…maybe it's on a stage…or some place of honor…a special place.
And there you'll find several options…
On a table, there's an envelope…
Next is a box…I can't help but wonder what's inside…
And then, a large curtain hiding something behind it…

Realize, here in your safe place…these gifts have shown up to offer you …well..
What are you looking for …
As you reveal your prizes...your gifts…you'll find wisdom in each…
Perhaps it's a symbol…or a token…or a guide…
Go ahead now, look behind the curtain…and there in the privacy of your own mind and your safe place…behold what's there for you behind the curtain…
Find yourself receiving the gift you need here from this guide or sign or token of wisdom…

And then to the box on the table…open the gift that has been left for you in the box…. take in what is being offered to you…

And then…there's that envelope…stuffed with the final piece of wisdom from this journey in your mind…
As you enjoy the game…make of this wisdom what you will…and allow yourself to take in all the meaning offered to you here…in your safe place of giving and loving and receiving.

Take as much time as you wish here…and realize you can return to this place of love and life and wisdom whenever you decide to play in this Mind Game…in the field of your own imagination.

When you're ready today…return to the here and now feeling great …

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Personal Planet
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Settle in and make yourself comfortable…knowing any time you have an itch or a twitch or a need to adjust to make yourself comfortable, it's a perfect sign that your subconscious mind is always working for you…
You may begin to notice some of the little things your mind and body do together…as you allow yourself to relax.
You may notice your breathing…accepting it just as it is.
You may notice your shoulders relaxing…or the back of your neck letting go.
You may notice the surface you're resting upon…the connection to your back or your butt…your legs…
And you can be aware that surface is giving your body unconditional support.
That chair doesn't care if you become heavy and sink deeply down into it….
Or if you become light and float there just on the surface of it.
You continue to receive unconditional support as you relax and find yourself letting go.
You have probably already noticed that every exhale is a signal to let go…now
And the more your body relaxes, the more your mind is free to drift and wander and play in the field of imagination.

I wonder if you can imagine…or even pretend…that your mind can float above your body…floating up to the ceiling so that you can look back and see yourself sitting comfortably there in the chair…
As you float all the way up to the ceiling…looking there at yourself relaxing…resting comfortably while you journey deeper into the unlimited imagination.

In the imagination…there are no limits, because everything is possible here.

So, move on through that ceiling…and you can see the top of the building…floating farther and farther out…the streets…the city down there below…the state…the whole country as you float farther and farther away into the unlimited realms of imagination….

And as you drift further and further into the outer limits…you can now see the earth…and the moon…and you find yourself in a wonderful space…the planets, the stars…the Milky Way…

Where there are no limits…you are free…to explore and create…

And then something catches your eye…as you maneuver a little closer…something is catching your attention…
A planet…and you float closer and closer and realize that is your perfect place…<u>your</u> planet.
Go ahead and land there and begin to explore.

This is your place. There are no rules here…except the rules of your own making.
This is your planet of creation and desire.

Everything you want is here…everyone you want is here…

Spend a moment discovering and creating and noticing what is here…who is here…

There are no limits…

Be curious about what you can do here…what you can create…

There are no limits here…no restrictions…

What are the colors you choose? The air temperature? The smells? What's the terrain?...
How and where do you arrange your home?... Your life?... What do you choose to have in it?...
Who do you choose to have in it?... When there are no limits, no rules, no restrictions?

How do you look? How do you stand?... and breathe?... when you have everything the way you want it, what is the look on your face…the feeling in your body…

And now, I'll pause for a few moments to let you create freely….

This is your place to return to again and again…to make adjustments…to reach the unlimited realms of your imagination…your desires…your life!

I wonder if you'll take a snapshot of your creation…or a video…
Whatever you decide, this is your place…and yours to visit any time you want.

And we can return now because you have this place forever in your mind of creation. As we return, you can notice all the steps you take to successfully get that life organized just the way you want it. Your life. Your creation…

Coming back through the stars and the planets…the moon…the earth…back to the state and city…back to the neighborhood…and the top of the building…coming back thru the ceiling seeing yourself resting comfortably there in the chair…gently floating back into your body…
Reconnecting body and mind…
AS you realize you have exactly what you need to create the life of your dreams.

Take all the time you need, and when you're ready, your eyes will open as slowly as you realize the first smallest step you take now toward the life of your dreams.

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Control Room of the Mind

Karen Hand

Click here for a video to follow along

Utilize any induction that takes the client INSIDE the mind…

As you continue to relax and go deeper, you find yourself walking along a long curving hallway. And as you follow the hallway…all the way around the curve… you notice…way down the hallway…

There's a door marked MASTER CONTROL ROOM.

It seems to invite you inside…and you notice the security passcode pad. You're pleased to find…you know the password and you tap it in and the door instantly opens just a crack.
It's dark and you can't really see through the crack…so, you open that very heavy door…
And now, as you look inside…your eyes begin to adjust to the dimmer light inside and you notice the 5 steps leading down into the room. And you notice the room is filled with racks and racks along the walls. Racks of dials and gauges. The dials and gauges seem to go on forever…

But as you look more closely…you make out clear labels on each individual rack.
It's curious…and maybe even a little bit funny…
There are racks marked blood pressure…and body temperature…and metabolism…
There are racks for legs and arms…and they're even divided into right and left…
So many racks and dials and wheels and switches…

And as you look around in amazement, your eyes find that spot in the middle of the room where there is a desk with a huge book. There is soft light shining down on that magical book and you can just make out the title on the dusty cover…you can tell it is bound in the finest of fabric with brilliantly gold-edged pages. It's curious that it obviously hasn't been used or even opened in a very, very long time.

Curiosity encourages you to go inside now…and gently step down those 5 stairs…4 letting go of that heavy door…3 moving on inside…2 finding your eyes adjusting to the light…and 1…you are inside and now you can clearly see the book cover is embossed with the title, OWNER'S MANUAL. And you become aware your name is clearly embossed there underneath.

Maybe this is the first time you realize you are in the master control room of your mind and body.

You open the cover…and the dedication page is to you. It's a book for you and about you. And as you begin to turn the pages slowly…you notice pictures of you through your life…There…is the first day of life for you…a perfect baby…born into an earthly adventure. There are more pictures of you all along the way…each a representation of perfect health for you.

And you notice there are diagrams with each picture…each stage of life with the proper settings for all the dials and gauges throughout the whole control room.

With wonder you begin to turn the pages and realize you can find the proper setting for everything here in this manual. And as you continue to flip the pages you realize just how much control you now have for the proper settings of your entire body and operating system…

And you quickly now find our way to the page that has everything to do with your reason for finding yourself here today.

You can now (insert suggestions for change as discussed with the client).

> *There are no limits here…except the limits of your own imagination. Dials can be turned up to associate INTO an issue…and then turned down to reduce the impact. Switches can be turned off or on as necessary. If something is "too difficult", there is a handy "control room engineer" sitting over in the corner just waiting to be asked to assist. You engineer has all the tools and expertise needed for the change to be successful.*

And, now that the equipment is tuned up and changed to good working order…you notice that lovely full-length mirror over in the far corner of the control room. Go over and look at the newly refurbished you. And your image is calling you closer…it has a secret just for you. Your perfect image is reaching up to connect with you…holding out hands to touch and arms to hold…
Reach up and touch the fingers of that perfect image of you. Feel the fingers touching…the palms coming together grasping hold of that perfect you…coming together in all of the unconditional love that comes from your source. The infinite love and wisdom that comes pouring into you.
Take a moment to connect and feel it…moving through your hands and into our arms…and shoulders…in a unidirectional flow up to the top of your head and down to the tips of your toes.
And you fill up with the wonder of you…and move closer to your perfect reflection…receiving the unconditional love and motivation to move into health and comfort. And you are aware that you and your reflection have now merged together to become one.

As you step out of the mirror now into your new empowered life of health and vitality…you look again at that Owner's Manual with your name on it. And you smile as you realize now that you really did, in fact, come with an owner's manual. It has been waiting for you to open it your entire life. And now that you know the secret, you can consult your manual whenever you want or need it the most.
Understanding that proper maintenance is needed to keep your control room running at optimum efficiency. So, allow yourself to come back often so you can to make safe and moderate adjustments as necessary.
And now, as the dials and gauges have been changed at the other than conscious level…go back through that door...hit the save button there on the way out… so the changes remain positive for you.
You can begin to bring your awareness to the sensations in your body where you can already feel the corrections taking hold. Finding a balance…moving from the unconscious to the conscious level of comfort and relief.

Emerge with additional suggestions of health, relief and comfort as necessary.

YOU'VE COME A LONG WAY!

You've done a lot of reading of Hypnosis scripts.

Take a break for a few moments.

Research shows that the brain needs to recharge periodically.
And, isn't it nice to know that our brain is rechargeable!

Stand up, stretch, take walk or even just a few relaxing breaths.

Because…

One can be Hypnotized with their eyes open and wide awake, can they not!

Sooner or later, everyone finds themselves doing or thinking something that was trigged by outside sources. People tell tales of being seduced by advertising, marketing, television, movies, etc. You can be hypnotized when you least expect it…mostly because you least expect it and there's no reason to put up the guard.

After you take a break for as long as is comfortable for you…

We'll launch into the magic of:

1. Conversational Hypnosis…
2. Effective Language Patterns for persuasion
3. Quick change work
4. Freestyle Hypnosis / No Script – No Problem


Magically
Hypnotic
Script Writing
Workshop
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When you believe in Magic, then anything is possible!

Yet, you probably already know my B. S. (Belief System). I believe:

Hypnosis is not magic!
Hypnosis is not VooDoo!
Hypnosis is YouDo!

And, I can help you do it quickly and efficiently! I believe:

People already have what it takes to get what they want.
People aren't broken and they don't need fixing.
People are running their programs for the best possible reason.
People behave differently as soon as they get better information.
If something isn't working, try anything else.
The one with the most flexibility succeeds.
There is no failure…only feedback.

Those who've studied NLP will recognize the Presuppositions above.

If you believe in your clients/listeners/buyers/etc…let's move ahead to discover how easy it is to Hypnotize with a few short templates for success.

One way to get really good at conversational language is to USE IT!

Perhaps you'll pick one pattern a week to use in conversation - with clients, as suggestions, in self-hypnosis.
Or maybe you prefer to move faster and pick a pattern a day.
Or you might even do what many students tell me they do – put the Magic Words and Language Pattern cheat sheets on their phone or desk…and use it for on-the-fly scripting until the patterns become natural and automatic.

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Top 20 Magic Change Words

1. **Easily**
2. **Naturally**
3. **Automatically**

Softens whatever comes after it.

4. **Aware**
5. **Realize**(ing)
6. **Experience**(ing)
7. **Notice**(ing)

Whatever you tell them they will.

8. **Expand**(ing)
9. **Beyond**
10. **Unlimited**

Causes SCM to focus on space.

11. **Before**
12. **After**
13. **Begin**
14. **During**
15. **Now**

Causes SCM to think of time.

16. **Imagine/Create**---Sends the SCM into the (right) creative hemisphere.
17. **Don't**---The SCM says, "Watch me!" (Or misses it altogether).
18. **But**---The mind automatically negates everything before it.
19. **And**---The mind naturally includes everything after it.
20. **Because**---Gives a reason. The mind easily believes everything after it.

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Language Patterns / Embedded Commands

1. I'm wondering if...

I'm wondering if you will, right now, while you are in this workshop, *discover the unlimited use of embedded commands* because when you get home, you'll want to *use them immediately*. I'm wondering if you can *imagine being totally smoke free* and *realize the good feelings it will give you*?
***I never told you to do anything.... I'm just wondering!

2. You probably already know....

You probably already know that most people who *experience hypnosis* are helped by it. On a deep level, you probably already know how natural and useful indirect communication can be.
***The presumption is that it's true since you probably already know it anyway.

3. Can you imagine....

Can you imagine what you will do with all the money *you save by being smoke free*? Can you imagine now the power of just this one language pattern to *expand your success* after practicing it and *using it regularly*?
***You probably already know that people are more likely to do what they are familiar with and imagining something is a great way to create familiarity.

4. A person might, (person's name)----One can, (person's name)

A person might, Susan, *enjoy the thrill* (personal trance word) *of being at your ideal weight.* One can, Frank, *find some good reasons that would make being hypnotized useful.* A person might, Rita, use this time to *relax completely*. One can, Alfred, imagine the growth potential of automatically *speaking with ease in front of a group.*
***The presupposition is that it's true because "a person can/one might" and the conscious mind is much less likely to resist. Adding the person's name then makes the suggestion much more powerful and the embedded command much more personal.

5. You can _____, can you not?

You can *appreciate the benefits of regular exercise* to reach your goal, can you not? You can find lots of reasons to *shift your awareness to your breathing*, can you not? You can *begin now to smile with understanding* at the power of these language patterns, can you not?
***Can you not is a great way to end a statement. It turns the statement/embedded command into a question and makes it less threatening. And it makes it so confusing to try to disagree with.

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6. I don't know if _____

I don't know if you're going to *like this training* more than any other training you've ever experienced. I don't know if you're going to *enjoy the fun of language patterns* more than anything else. I don't know if *this experience is going to change your life.*
***Don't ask me, I don't know…. but the presupposition is that YOU DO!**

7. A person is able to _____.

A person is able to *make the kinds of changes she wants,* and *cause them to be permanent.* A person is able to *realize how disastrous it is to fail to protect his health* by *becoming smoke free*. A person is able to *understand that this word pattern is very powerful*.
***What do most people do when one comments on what other people are able to do? They usually do an internal check to see if they can do it too.**

8. Sooner or later….

Sooner or later you'll be aware *hypnosis is the easy way to get what you want*. Sooner or later everyone finds out that *experiencing hypnosis provides unlimited benefits* in the long run. Sooner or later you will *find yourself using this easy language pattern*.
***This one rolls off the tongue automatically because everything happens sooner or later.**

9. If you _____, then _____.

If you *experience hypnosis*, then you will *discover how easy it is to make the change you want.* If you *direct your attention to your breathing*, then you can *relax deeper on each exhale*.
***This statement is a cause and effect statement, and it doesn't have to make much sense. In order to verify that the then part is true, the person has to do the if part, which is what you want.**

10. Try to resist…

Try to resist knowing that pro and Olympic athletes use hypnosis to *reach their goals*. Try to resist knowing that daily, all over the world, people just like you *use hypnosis for positive change*. Try to resist believing that *you are worth the effort* to *eat premium foods* and *maintain your body*, your machine.
***Try to resist implies that you will try, but you won't be able to do it. You can use your voice inflection to strengthen this implication.**

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Language Pattern
Cheat Sheet
Karen Hand

1. You probably already know...
2. Can you imagine...
3. You can _____, can you not?
4. A person is able to _____.
5. Sooner or later...
6. Try to resist...
7. If you _____, then _____.
8. _____ said _____.
9. What happens when you _____?
10. The more _____ the more _____.

Bonus:
The more _____, the less _____.

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Example "Script" with Words and Patterns

Hyp(n)othetical weight release client

If you are stuck in a rut of yoyo dieting...then you are eating like a person who is either gaining or losing weight.

The more you continue to focus on how hard it is to reach and stay at your ideal weight, the more you find yourself stuck in that rut.

Yet, Try, now, to resist your desire to reach your healthy weight and find the hard you try, the more you are drawn to your healthy image.

A naturally thin friend of mine has an interesting perspective on food. She eats her favorite foods…first. So that, as soon as she's satisfied, she says she can easily push away anything that would go to HER waist! (STORYTELLING)

Albert Einstein said, "When you change the way you look at things, the things you look at change." (Quote)

And, you can understand how changing your thinking can help you, can you not?

After all, a person is able to use the skill of hypnosis to easily and naturally change the way they look at things.

And, sooner or later you take the path of least resistance to change that old habit of thought that will make all the difference for you.

Past clients have said before hypnosis, they didn't know how easy it is to use the power of your mind. (Quote)

You probably already know exactly how good you can look and feel at your ideal size and shape.

Go ahead, you can imagine…now all the benefits you get by using your mind to create the life you desire and deserve.

CREATING SCRIPTS AND FREESTYLE HYPNOSIS

Gather information from your client or focus on a specific area of interest.

There is no “right” way to use the patterns.
You can drop one in to standard conversation and discover how well it works.
You can use them in the order they are presented in this book to create a script.
You can mix them up and put other patter around them to extend a session.

You may even find certain patterns that roll off the tongue naturally and find yourself comfortably incorporating them into your speaking style.
When you naturally speak using Hypnotic language, then you notice how Magically Hypnotic you are automatically in all communication.

You can change or reframe minds with a strategically placed pattern.

For maximum script effectiveness, you’ll need:

- A desired outcome
- Benefits of making the change
- Limiting beliefs around the change
- Resources for making the change
- What steps can be taken to create change. – Or - what is the first smallest action step that can be taken and repeated.
- If working with a client – listen for their Personal Trance (value) Words

Of course, there is a template for gathering this information.

My brief intake involves discovering what the client wants to change utilizing the modality of Hypnosis. If it is in my wheelhouse, and if we are a good fit, the appointment is scheduled.

The **Outcome Specification Intervention** is the intake portion of the session. It serves to give me the info necessary for the work and moves the client naturally in the direction of a solution mindset. The client has THE magic answer.

Click here for a demonstration - Outcome Specification to Freestyle Script.

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Outcome Specification

1. What do you want? (Positive, controlled by client, specific sensory based, small chunk size)

   What *specifically* will (your outcome) do for you?

2. What stops you from having _____ already?

3. How will you know when you have _____? (convincing evidence)

4. Specifically, where, when, and with whom do you want _____? (Sensory based and ecological)
   How will this affect other aspects (or people) in your life?

5. What resources do you already have that will help you obtain your desired outcome?

6. What additional resources do you need to obtain it?

7. How are you going to get there?
   First/easiest step-----(Be specific and achievable)

   Is there more than one way to get there?

Personal Trance Words

What do you need in a job for it to be enjoyable?

How do you know you've done a good job?

What makes a friendship/relationship meaningful?

What's your hobby? What draws you to that hobby?

What's the most relaxing place you can think of?

GETTING LASTING POSITIVE RESULTS

When you choose to write a script, take a moment to think about the desired outcome.
Be curious about what is stopping the outcome and what can be done to achieve it.

For a client session, leave your B.S. outside.
If you tell the client what to do, realize that's advice and they can get that FREE from their mother, their best friend, a neighbor or even a stranger on the street.

As the NLP Presuppositions reveal, the clients have all the answers already.
They got themselves into this mindset without your help!
They know what NOT having the outcome is doing for them (secondary gain) AND they have what it takes to make a change.

Use the curiosity frame and help the client discover the answers that will work for them.
People can't ask for something they know NOTHING about. So, they either have inner resources from past experiences on which to draw or they know someone who has what they want and can borrow benefits through observation.

As the Hypnotist, there is no need for you to be involved in the drama. In fact, changing the problem thinking to solution thinking is the most effective way to achieving the outcome.
In conversation, you can facilitate changing the mindset. And, you get to watch as the client connects with the possibility of success.

Along the way, they will give you their value words to use throughout the process. There is no need for you to paraphrase or choose different words. Those are the words that resonate with your client. Use them!

When creating scripts for recordings or groups, use positive words and images. The message is vague to allow for easy acceptance. Use metaphors and stories to give the listener(s) verbal pictures for their meaning-making minds.

And TRUST that your client (no matter how good or bad your script is constructed) will do their own work in their mind.

For more information on using Magic Words and Language Patterns for scripts or doing FREESTYLE Hypnosis for every session, check out my books.

If you find yourself wanting a helping hand along the way, I am available for mentoring and training. Click here for details or go my website KarenHand.com

Thank you for expanding your understanding of scripted and SCRIPT-LESS Hypnosis.
The more you practice, the more natural you feel with the words and patterns.
And, sooner or later, you find yourself effortlessly communicating Hypnotically.
In fact, a person can begin to see, feel and hear the difference right away.
Plus, you get to experience the natural dopamine reward of doing something new and interesting
Go ahead, now, and imagine your exponential improvement in the days and weeks ahead.
It will be wonderful when YOU REALLY BELIEVE IN YOUR MAGIC, will it not?

The workshop replay will be sent unedited from zoom files as soon as available.

Karen Hand is a Board-Certified Hypnotist, Trainer, Mentor, International Best-Selling author, and World-Class Communicator. Karen sees clients and conducts trainings globally via ZOOM. She has received many awards including: Hypnotist of the Year, Educator of the Year, Leadership Award, IMDHA Pen & Quill Award for Literary Excellence, and the IACT Distinguished Service Award.
Karen is the author of Magic Words and Language Patterns, The Hypnotist's Essential Guide to Crafting Irresistible Suggestions, Hypnotic Workshops Like A Pro! – (Co-written with Kelley T. Woods), Trance Dance – The Hypnotic Art of Leading and Following and Hypnosis – So Easy YOU CAN DO IT with your Eyes Closed…or Wide Open.