

HYPNOSIS SCRIPT

**A COMPREHENSIVE COLLECTION OF CLINICAL HYPNOTHERAPY SCRIPTS FOR
THERAPISTS, CLINICIANS, AND HEALING PROFESSIONALS**

Professional Scripts for Anxiety Relief, Overcoming Habits, Deep Sleep,
and Mindset Transformation

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HYPNOSIS SCRIPT

by Jaime Wishstone

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INTRODUCTION

This book began as a working folder. For years I kept my scripts in a battered ring binder beside my chair, marked up in pencil between clients, each one revised after every session that taught me something. What you are holding is that binder, cleaned up, tested, and organised for someone else's practice as much as my own.

Every script here follows the same clinical architecture, and it does so deliberately. There is a progressive relaxation induction that moves through the body without rushing it. There is a deepening sequence built on a single sustained image, because a mind that is asked to picture one place well goes deeper than a mind handed five. There is a block of targeted therapeutic suggestion, written in the specific language of that presenting issue. And there is a clear, grounded reawakening that returns the listener fully to the room, alert and oriented.

The exception is the small number of scripts intended for bedtime use, where sleep itself is the outcome. Those end where they should end: with the listener asleep. Everything else, including the therapeutic work on insomnia and shift-work adjustment, brings the listener back up before closing, because that work takes effect later, in their own bed, on their own time.

The topics were chosen for frequency, not novelty. Chronic stress, insomnia, smoking, nail biting, evening eating, performance nerves, low self-worth, tension headaches, disrupted body clocks. These are the concerns that fill an appointment book. Ten scripts, grouped into four themes, each one distinct enough to justify its own place rather than being a paraphrase of its neighbour.

Read each script aloud before you use it. Time yourself. Mark your own pauses, and cut anything that does not sound like you, because a script delivered in a borrowed voice never lands as well as one you have made your own. Substitute imagery freely if a client tells you that water unsettles them or that they have never liked the woods. The structure is what matters; the scenery is negotiable.

Where a script touches physical symptoms, pain, medication or a diagnosed condition, you will find a line reminding the listener that this work supports medical care and does not replace it. Please leave those lines in. They protect the client, they protect you, and they set an honest frame for what hypnosis can and cannot do.

This collection is written for hypnotherapists, counsellors and other healing professionals with training in the trance relationship, and for experienced self-hypnosis practitioners recording for their own use. Use these pages as a foundation and build on them. That is exactly what happened to the binder they came from.

STRESS & NERVOUS SYSTEM REGULATION

Hypnosis Script for

CHRONIC STRESS RECOVERY

[Induction Phase]

Take a long... slow... deep breath in... and as you let it go... allow your eyes to gently close...

Feel the weight of your body resting... supported by the surface beneath you... safe and secure...

With each breath out... you can let your shoulders drop... just a fraction of an inch...

There is nothing you need to solve right now... nothing you need to fix or figure out...

For these next few minutes... your only job is to simply be here... breathing... slowing down...

[Deepening Phase]

As I count down from five to one... feel yourself sinking deeper... into a comfortable state of ease...

Five... letting go of the tension in your jaw... letting your facial muscles soften...

Four... drifting down... as the gentle waves of relaxation spread through your chest and arms...

Three... deeper still... your nervous system begins to reset... finding its natural balance...

Two... letting go of all effort... resting in this quiet space of safety...

One... deeply relaxed... deeply at peace... ready to let go of the need to protect...

[Guided Imagery for Chronic Stress Recovery]

Listen closely... hear the soft... rhythmic bubbling of water trickling over smooth stones...

This gentle, liquid sound fills your awareness... soothing your mind before you see anything at all...

Now, let the scene widen... and see a peaceful, slow-moving river flowing gently before you...

The water is crystal clear... moving at a steady... lazy pace... reflecting the warm sunlight...

You sit safely on the grassy bank... watching the water carry away small twigs and leaves...

This river has no rush... no urgency... it simply moves because it is natural to flow...

Beside you on the grass lies a heavy shield... a symbol of your constant vigilance and protection...

You realize you can place it down... right here on the ground... it will be there if you ever need it...

But right now... in this safe place... you choose to set it down... and let your hands rest empty...

[Positive Suggestions for Chronic Stress Recovery]

Your body is learning a beautiful new truth... vigilance is a tool... not a permanent state of being...

Just as you set down that heavy shield... you can set down the urge to stay on high alert...

You can choose to pick up your focus when needed... and safely set it down when the task is done...

Your sympathetic nervous system... the fight-or-flight response... can now step back and rest...

The parasympathetic response... your body's natural state of healing and calm... takes over now...

Every cell in your body remembers how to rest... how to repair... how to digest and renew...

You are safe in this moment... and it is safe to let your guard completely down...

[Affirmations for Chronic Stress Recovery]

Let these gentle truths find a home deep within your quiet mind as you repeat them silently...

"I am safe to set down my guard and rest..."

"My body knows how to heal and return to balance..."

"Vigilance is a choice, and right now I choose peace..."

"I release the need to carry the weight of the world..."

"With every breath, my nervous system grows calmer and stronger..."

[Integration and Empowerment]

As these suggestions settle deep into your subconscious mind... they create a lasting pathway to peace...

In the days ahead... you will find yourself recognizing when you are holding tension... and easily letting it go...

You will remember the sound of the slow-moving river... and instantly feel your body soften...

You are the master of your own peace... choosing when to act... and when to rest...

This deep inner quiet stays with you... even when you return to your waking life...

[Reawakening Phase]

Now, it is time to gently bring your awareness back to the present room...

One... feeling a light, refreshing energy beginning to flow through your body...

Two... bringing movement back into your fingers and your toes...

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Three... taking a deep, revitalizing breath... filling your lungs with clear energy...

Four... feeling completely awake, refreshed, and aligned with your body's natural state of peace...

Five... gently opening your eyes... fully present... fully restored... and beautifully calm...

Hypnosis Script for

EASING TENSION HEADACHES

[Induction Phase]

Settle into a comfortable, supported position... and allow your eyes to gently close... letting go of the day...

Bring your full awareness to the natural flow of your breath... feeling the belly rise and gently fall...

With each slow exhale... let your shoulders drop down... releasing the heavy weight they carry...

Notice any tightness in your temples or scalp... and simply observe it... without any need to fight it...

Allowing your face to soften... breathing in cool, calm air... and breathing out warm, stale tension...

You are entering a safe space... a private sanctuary where your comfort is the only priority...

[Deepening Phase]

Going deeper now... letting every tiny muscle across your scalp begin to relax and let go...

Feel a wave of soothing relaxation flowing down your forehead... smoothing out any worry lines...

Unclench your jaw completely... letting your teeth part slightly... allowing your tongue to rest loosely...

The muscles at the base of your skull and neck begin to soften... like warm wax...

Every gentle breath you take takes you twice as deep... into a state of profound, peaceful comfort...

Drifting down... deeper and deeper down... into a quiet, peaceful space of deep physical and mental rest...

[Guided Imagery for Easing Tension Headaches]

Feel the cool, solid dampness of smooth, flat stone beneath your bare feet... anchoring you to the earth...

The grounding surface supports your weight completely... offering a safe, steady path for you to walk...

As you step forward, the air around you becomes pleasantly cool... clean and deeply refreshing to breathe...

You are standing inside a quiet, protective cave... sheltered from the bright lights and noise of the world...

Just ahead, a soft, soothing pool of blue light glows gently upon the stone floor...

Step slowly into this pool of cool light... feeling its refreshing temperature rise through your feet...

The gentle, blue illumination wraps around your head... like a cool, damp compress of pure comfort...

It dissolves the tight bands of pressure... leaving your scalp feeling spacious, relaxed, and wonderfully light...

[Positive Suggestions for Easing Tension Headaches]

You now recognize head tension not as an enemy... but as a helpful, quiet signal from your body...

It is a signal to pause... to take a deep breath... and to deliberately soften your entire physical being...

The moment you feel this signal... you instantly release the habitual clench in your scalp and forehead...

Your jaw immediately relaxes... your neck muscles become soft and fluid... and your breathing slows right down...

The old, tight pressure is replaced by a cool, flowing sensation... like fresh water washing over stone...

You have the power to regulate your nervous system... choosing calm over tension... softness over resistance...

Every day, your body learns to let go more quickly... staying easeful, comfortable, and deeply relaxed...

[Affirmations for Easing Tension Headaches]

Let these supportive truths sink deep into your subconscious mind, becoming your automatic response to any tension...

"I release the tension in my scalp, allowing cool relief to spread throughout my head..."

"My jaw is loose, my neck is completely soft, and I am at absolute ease..."

"I welcome physical signals as a prompt to breathe, soften, and care for myself..."

"I have the power to soothe my nervous system and dissolve all tight pressure..."

"Every slow breath I take brings cool, comforting relaxation to my mind and head..."

[Integration and Empowerment]

All of these suggestions are now locked deep within your mind... operating automatically to keep you comfortable...

You are building a new habit of physical ease... a natural ability to melt away tension instantly...

Your scalp, jaw, and neck remember how to remain soft... even during busy or stressful moments...

With every passing day... you feel more in control of your comfort and overall well-being...

Trust in your body's wisdom... and its beautiful ability to return to a state of perfect balance...

[Reawakening Phase]

This practice supports your physical well-being but does not replace professional medical care, so please consult a doctor for any new or

changing symptoms.

As we prepare to return to full waking awareness... carry this cool comfort with you...

One... beginning to feel the surface beneath your body... bringing gentle movement back to your fingers...

Two... feeling a wonderful, calm energy rising up... refreshing your mind and clearing your thoughts...

Three... taking in a deep, energizing breath of cool air... feeling completely restored and light...

Four... your head, neck, and shoulders feeling wonderfully light, relaxed, and free of tension...

Five... eyes opening... fully awake... refreshed, relaxed, and ready for the rest of your beautiful day...

Hypnosis Script for

CALM BEFORE PUBLIC SPEAKING

[Induction Phase]

Take a deep, slow breath in... and let it go completely... allowing your shoulders to drop and your body to settle...

Feel the support of the surface beneath you... letting your weight sink down... safe... supported... and completely present in this quiet moment...

With every single exhale... release the tension of the day... letting your jaw soften... and your eyes gently close to the world...

There is absolutely nothing else you need to do right now... nowhere else you need to go... just here... breathing in peace...

Your breath is a steady, gentle anchor... slowing down with each cycle... as you begin to drift inward into comfort...

[Deepening Phase]

Going deeper now... into a wonderful state of quiet comfort... where your busy mind becomes still... and your body completely relaxes...

Imagine a soft wave of relaxation flowing down from the top of your head... over your face... relaxing your jaw... and soothing your neck...

It moves gently into your chest... easing your heart... sending a comforting warmth down into your hands... making them heavy and warm...

Deeper and deeper down... like stepping down a safe, carpeted staircase... with every sound around you only deepening your profound peace...

You are perfectly safe... resting in this calm, quiet center... where your nervous system is finding its natural, balanced rhythm...

[Guided Imagery for Calm Before Public Speaking]

A soft, dusty amber light filters down from high above... casting a gentle, warm glow onto a polished wooden floor...

Looking up... you see this single beam of light cutting through a vast, quiet darkness... illuminating tiny, floating specks of gold...

As your eyes adjust to the darkness beyond... you realize you are standing on the stage of an empty, magnificent theatre...

Row upon row of empty, velvet-cushioned seats curve gently before you... silent... peaceful... holding a sacred space of absolute stillness...

The air here is cool and clean... tasting of quiet anticipation... but there is no pressure... only a vast, supportive silence...

Stand directly in that warm spotlight... feel its heat gently warming your shoulders... your arms... and flowing down into your hands...

Your feet are rooted firmly to the solid wood... feeling the absolute stability of the stage supporting you from below...

[Positive Suggestions for Calm Before Public Speaking]

As you stand here... feel the flutter of excitement in your chest... and know this is simply pure, usable energy...

This is not fear... it is your body's natural, brilliant readiness... converting adrenaline into a focused, steady, and magnetic presence...

Notice your breath remains deep and low... filling your lower belly with a steady, calming rhythm that grounds you...

A comforting warmth floods your hands and fingers... they are relaxed... warm... and expressive... ready to connect with others...

Your throat is completely open, soft, and free... your voice is clear... strong... and fully available to you at any volume...

When you speak... the words flow effortlessly and naturally... carried on a steady stream of deep, inner confidence...

You are the messenger... and your message is a helpful gift that you offer to the room with absolute ease...

[Affirmations for Calm Before Public Speaking]

Let these powerful truths settle deep into your subconscious mind, repeating them silently to yourself with conviction:

"My breath is steady, my mind is clear, and I am ready."

"I welcome this energy and channel it into perfect focus."

"My voice is strong, warm, and easily heard by all."

"I am grounded, prepared, and safe in my own skin."

"I speak with ease, clarity, and genuine connection with others."

[Integration and Empowerment]

Take a deep, integrating breath... sealing these feelings of readiness and calm deep within your muscle memory and mind...

Every time you touch your thumb and forefinger together... this absolute state of calm readiness will instantly return to you...

Your nervous system remembers exactly how to be still... how to breathe deeply... and how to shine in front of others...

You are fully equipped... and you are more than ready to step into your light and share your voice...

[Reawakening Phase]

Now... it is time to bring this quiet confidence back with you into your waking world... preparing to open your eyes...

One... feeling the physical sensation of the room around you... grounded and secure...

Two... wiggling your fingers and toes as fresh energy and warmth fill your entire body...

Three... taking a deep, cleansing breath of clear air... feeling revitalized and focused...

Four... feeling incredibly clear, calm, and completely prepared to speak...

Five... eyes open... fully awake... refreshed... and ready to shine your light...

SLEEP & RESTORATION

Hypnosis Script for

TREATING CHRONIC INSOMNIA

[Induction Phase]

Let your eyes close gently... and allow your body to begin the transition from doing... to simply being...

Feel the weight of your head against the pillow... letting go of any need to hold yourself up...

Take a slow, deep breath in... and as you exhale, let a wave of soft relaxation flow down to your toes...

There is nothing you need to accomplish right now... no problems to solve... no schedule to keep...

With every breath out, the room around you becomes quieter... and your mind becomes a little more still...

[Deepening Phase]

As you rest here, notice how your breathing settles into its own natural, effortless rhythm... slow and steady...

With every gentle exhalation, you are stepping down a pathway of deeper comfort... down into quiet sanctuary...

Imagine a soft, warm blanket of peace gently settling over your shoulders... smoothing away the tension of the day...

Your mind begins to drift... letting go of thoughts like autumn leaves floating down a slow-moving river...

Deepening now... feeling twice as relaxed as you were just a moment ago... perfectly supported... perfectly safe...

[Guided Imagery for Treating Chronic Insomnia]

A cool, gentle breeze brushes against the skin of your face... refreshing and perfectly mild...

This soothing air leads your awareness outward... revealing that you are sitting comfortably on a soft, grassy bank beside a vast, still lake...

The surface of the water is as smooth as glass... reflecting the quiet, velvety twilight sky above...

In the distance, gentle ripples rise and dissolve entirely on their own... without any effort from the deep, quiet water...

You realize the lake does not try to be calm... it simply rests, and stillness finds it naturally...

Let yourself rest here by the shore... watching the soft colors fade into night... letting go of all effort...

[Positive Suggestions for Treating Chronic Insomnia]

For a long time, your bed may have felt like a place of effort... a place of trying so hard to sleep...

But sleep is not a goal to be chased... it is a natural state that arrives when you stop chasing it...

You can release the struggle now... letting go of the need to make sleep happen...

Your bed is returning to its true nature... a simple haven of rest... a place of comfort...

When you stop trying, you create the space for sleep to find you... easily... naturally... without effort...

You are safe to just lie here and enjoy the comfort... knowing that resting is always enough...

[Affirmations for Treating Chronic Insomnia]

Let these gentle truths echo softly within your quiet mind, planting seeds of effortless rest:

"I release the need to try, and let sleep find me naturally."

"My bed is a safe haven of effortless comfort and rest."

"I trust my body's natural wisdom to rest when it is ready."

"I let go of the day, allowing peace to fill my mind."

"Rest is enough, and sleep will come in its own perfect time."

[Integration and Empowerment]

These suggestions are now taking deep root in your subconscious mind...
reshaping your relationship with the night...

Every time you lie down, you will remember that sleep is an effortless invitation... not a chore to perform...

You can trust the natural rhythm of your body... allowing yourself to simply float into slumber when ready...

Feel the deep relief of knowing you no longer have to try... you are free to just be...

[Reawakening Phase]

Please remember that this practice supports but does not replace medical care, and any new or changing symptoms should always be checked by a doctor.

Now, prepare to bring this peaceful, effortless state back with you into your waking life...

One... slowly bringing your awareness back to the physical room around you...

Two... feeling a light, refreshing energy beginning to stir in your fingers and toes...

Three... taking a gentle, deep breath, feeling clear and wonderfully relaxed...

Four... letting your mind feel bright, refreshed, and completely at peace...

Five... eyes opening gently, fully present, alert, and carrying this deep calm forward with you.

Hypnosis Script for

BEDTIME WIND-DOWN

[Induction Phase]

Let your eyes gently close now... feeling the weight of the day beginning to lift from your shoulders...

Take a deep... slow breath in... and as you let it go... feel your body sinking slightly deeper into the mattress...

There is nothing more you need to do tonight... no problems to solve... no plans to make...

With every breath out... let your mind release its hold on the active hours... allowing a soft stillness to take its place...

Your breathing is finding its own natural... effortless rhythm... slow... steady... and completely at peace...

Feel the bed supporting you completely... holding your weight... allowing you to let go of all physical effort...

[Deepening Phase]

I am going to count down from ten to one... and with each number... you will sink twice as deep into comfort...

Ten... nine... feeling a wave of relaxation flowing down through your head... your neck... and your shoulders...

Eight... seven... six... your chest and abdomen soften... releasing any tightness... letting go completely...

Five... four... the heavy... soothing warmth spreads down your legs... all the way to your toes...

Three... two... so close to pure rest... your mind quiet... your body beautifully heavy...

One... completely relaxed... suspended in a peaceful space of quiet safety... where only comfort remains...

Feel yourself floating down... drifting further away from the waking world... into a deep... silent sanctuary...

[Guided Imagery for Bedtime Wind-Down]

Focus your inner gaze on a single... tiny orange ember... glowing softly on a bed of pale grey ash...

As you watch this gentle light... you hear the soft... rhythmic crackle of seasoned wood burning slowly...

Now... look wider and see the great stone hearth... hand-carved and sturdy... cradling a gentle... warming fire...

You are resting on a plush... comfortable armchair inside a quiet stone cottage... wrapped in a thick... woolen blanket...

Outside... a soft rain pats against the windowpane... but inside... you are completely warm... safe... and protected...

The dancing flames cast long... sleepy shadows across the timber walls... inviting you to let go of the waking world...

Smell the rich... clean scent of cedarwood and pine... bringing a deep sense of peace to your mind...

[Positive Suggestions for Bedtime Wind-Down]

The warmth of the hearth matches the heavy warmth growing inside you... calming your nervous system...

Your mind realizes that the day is fully complete... and it is safe to put down all thoughts until tomorrow...

Any lingering tension in your muscles simply melts away... like wax near the gentle heat of the fire...

Sleep is a natural state that you easily glide into... a welcome shelter for your mind and body...

You permit yourself to rest deeply... knowing that sleep is the most productive thing you can do right now...

Every muscle... every nerve... and every cell is quietening down...
preparing for a night of deep restoration...

Your mind is winding down... spinning slower and slower... as you
prepare to cross the threshold into sleep...

[Affirmations for Bedtime Wind-Down]

*Let these gentle truths echo in your mind... repeating them silently as you
drift closer to sleep...*

"I release the day behind me and welcome the peace of the night."

"My body is safe, my mind is quiet, and I am ready to rest."

"I have done enough today, and I deserve this deep sleep."

"With every breath, I sink deeper into natural, healing rest."

"I trust the night to restore my spirit and my body."

[Integration and Empowerment]

As these positive thoughts settle deep into your subconscious... you feel
a profound sense of peace washing over you...

You are reclaiming your natural ability to sleep deeply... trusting your
body to heal and restore itself tonight...

Every part of you is now aligned with the quiet rhythm of the night...
balanced... serene... and safe...

When you wake in the morning... you will feel completely refreshed...
but for now... there is only this perfect quiet...

You are empowered by this rest... knowing you have chosen to take care
of yourself in the deepest way...

[Drifting Off]

The fire in the hearth burns down to a soft... sleepy glow...

Sinking... deeper... into the soft bed...

Letting go of the last... tiny thoughts...

Just breathing... and drifting...

The warmth carries you... down...

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So heavy...

So peaceful...

Into the quiet dark...

Deep... sleep... now...

Sleep...

Hypnosis Script for

ADJUSTING TO SHIFT WORK

[Induction Phase]

Take a long... slow... deep breath in... and as you let it go... allow your eyes to gently close...

letting the noise of the outside world completely fade away...

Feel the comforting weight of your body... fully supported by the surface beneath you... safe... secure... and ready to transition into deep rest...

Every sound around you... only serves to deepen your relaxation... drawing your focus further inward... to the natural rhythm of your own breathing...

Inhale quiet peace... exhale any remaining tension from the day... letting each muscle in your face... your shoulders... and your hands... become completely soft...

[Deepening Phase]

With every breath you take... you are stepping down... into a deeper... quieter... and far more peaceful state of being...

Imagine a wave of gentle relaxation... flowing all the way down from the top of your head... through your neck... and into your chest...

like warm... soothing water...

Your heart rate slows to a comfortable pace... your thoughts drift away like passing clouds... and you feel a profound sense of safety...

wrapping around you...

Drifting down... twice as deep now... letting go of all external schedules...
all clocks... and all the rigid demands of the waking world...

[Guided Imagery for Adjusting To Shift Work]

You are walking briskly... your boots clicking against the damp stone of a
harbour dock...

hurrying to catch the quiet magic of the morning before anyone else...

Stopping now at the edge... you look out as the very first light of dawn...
slowly begins to paint the sky in soft...

beautiful shades of lavender and gold...

The water is perfectly still... cradling the sleeping fishing boats... that rise
and fall gently... with the slow... rhythmic...

and natural pull of the tide...

In this peaceful harbour... time is measured only by the water... not by
artificial numbers on a dial...

and you feel a deep harmony with this natural flow...

As the sun rises... you realize you can carry this inner peace... this quiet
twilight... deep within your mind...

whenever you need to find your rest...

[Positive Suggestions for Adjusting To Shift Work]

Your body is incredibly wise... and it knows exactly how to rest...
whenever you give it the permission...

to step out of the busy daytime rush...

Your internal clock is highly flexible... and easily re-anchors its rhythms...
to define 'night' as whenever your eyes close...

and your body decides to rest...

When it is time for your sleep... a deep... heavy blanket of peaceful
darkness settles over your mind...

regardless of the sun's position in the sky...

You fall asleep quickly... and stay asleep deeply... waking up completely refreshed... recharged... and fully aligned with your unique... chosen schedule...

Your sleep is high quality... restorative... and perfectly suited to keep your mind incredibly sharp... and your body vibrant... healthy... and strong...

[Affirmations for Adjusting To Shift Work]

Let these quiet truths settle deep into your subconscious mind... repeating them silently to yourself with conviction...

"My night begins whenever I choose to rest..."

"My body easily adjusts to my unique rhythm..."

"Deep, restorative sleep is always available to me..."

"I release the clock and embrace deep peace..."

"I wake up fully refreshed and full of energy..."

[Integration and Empowerment]

These patterns of deep... restorative rest... are now locking into your subconscious mind... becoming your automatic... natural response...

Every time you prepare for sleep... your mind instantly recognizes the cues... and triggers a state of profound... effortless relaxation...

You feel empowered... knowing that your physical health and mental well-being... are always within your control... no matter what hours you work...

Your mind and body are fully synchronized... working in perfect harmony to keep you vibrant... rested... and ready for anything...

[Reawakening Phase]

Remember that this practice supports your overall well-being but does not replace professional medical care, and any new or changing symptoms should always be checked by a doctor...

Now... it is time to gently bring your awareness back... carrying this deep peace and flexibility with you into your waking life...

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One... feeling the physical surface beneath you... as your body begins to gently wake...

Two... taking a deeper... refreshing breath... feeling fresh life and energy flowing through your limbs...

Three... bringing a gentle... light movement to your fingers and toes... feeling awake and grounded...

Four... your mind is completely clear... your body feels light... rested... and ready for your day...

Five... eyes open... fully awake... refreshed... and completely back in the room now.

HABITS & ADDICTIONS

Hypnosis Script for

SMOKING CESSATION

[Induction Phase]

Sit back comfortably... allow your eyes to gently close... and take a deep, slow, cleansing breath in... holding it for just a moment...

As you let that breath go... let go of any tension in your shoulders... feeling yourself settle deeper and deeper into the chair...

Let every single muscle in your face soften... your forehead smoothing out... your jaw becoming loose, heavy, and completely relaxed...

Every external sound only helps you to go deeper inside... into a quiet, calm space... where you are completely safe and secure...

Breathing in peace... breathing out all of your stress... feeling the heavy, comfortable weight of relaxation spreading through your entire body...

[Deepening Phase]

With every gentle breath you take... you are drifting down... down into a beautiful, quiet state of deep inner peace...

Imagine a soft, warm wave of relaxation starting at the top of your head... flowing gently down over your neck and shoulders...

It moves slowly down your spine... radiating into your arms and fingers... making them feel heavy, warm, and perfectly still...

Let this soothing wave travel through your chest and stomach... releasing any tightness... leaving only a deep, comforting sensation of peace...

All the way down to your legs and feet... you are now ten times deeper... completely relaxed, secure, and ready to transform...

[Guided Imagery for Smoking Cessation]

A vibrant, mist-like indigo blue fills your entire field of vision... glowing softly and wrapping you in an absolute, quiet tranquility...

Slowly... this rich, healing indigo mist begins to clear... revealing the crisp, vast expanse of a magnificent mountain overlook...

You are standing high above the world... breathing in the cool, clean pine-scented air that fills your healthy lungs with life...

Below you, a sea of green forests stretches to the horizon... under a bright sky so clear it makes your heart feel light...

Feel the solid mountain earth beneath your feet... and the gentle, cool breeze washing over your skin... purifying you from the inside out...

[Positive Suggestions for Smoking Cessation]

From this high, clear vantage point... you see your life with perfect clarity... realizing that you are completely separate from the cigarette...

Smoking was just an old, fading habit you used to have... a mechanical motion... but it was never truly a part of your identity...

When an old urge arises... it no longer feels like your own voice... it arrives as an outside suggestion you do not recognize...

You look at that stranger's urge with calm indifference... you do not recognize it... and you let it pass like a cloud...

Your identity is pure, clean, and entirely free... you are a proud non-smoker... and you feel incredibly happy in this natural state...

[Affirmations for Smoking Cessation]

Let these powerful truths sink deep into your subconscious mind now... repeating them silently to anchor your permanent freedom...

"I am entirely separate from the old habit of smoking..."

"My body is a clean, healthy temple that I protect daily..."

"Any old urge is just an outside noise that easily passes me by..."

"I breathe deep, clean, fresh air and embrace pure vitality..."

"I am free, strong, and in complete control of my wonderful life..."

[Integration and Empowerment]

Every cell of your body now integrates this new, clean reality... sealing your freedom deep within with every single breath you take...

The old associations are dissolved forever... replaced by a profound sense of peace... and a deep, genuine love for your healthy body...

As you move forward through your days... you will find yourself naturally choosing life... choosing fresh air... and choosing your own well-being...

You are strong... you are clean... and this positive transformation is permanent... settled deeply and beautifully into your subconscious mind...

[Reawakening Phase]

Please remember that this practice supports your well-being but does not replace medical care...

and any new or changing physical symptoms should always be checked by a doctor...

Now... it is time to gently bring your awareness back to the present moment... feeling refreshed... energized... and completely free...

One... feel the physical energy returning to your body...

Two... stretch your fingers and your toes...

Three... bring your awareness back to the room...

Four... taking a deep, refreshing breath...

Five... open your eyes, awake, alert, and feeling wonderful...

Hypnosis Script for

REDUCING NAIL BITING

[Induction Phase]

Close your eyes gently... and let your shoulders drop down... finding a natural, comfortable rhythm in your breath...

With every single exhale... you are choosing to release the physical tension of the day... letting go of everything...

Feel the surface beneath you supporting your weight completely... allowing your body to sink just a little deeper now...

Your breathing becomes slow and steady... a gentle wave of relaxation moving from your head... down to your toes...

Your eyelids feel heavy and warm... so beautifully relaxed that you simply choose to let them remain closed...

Drifting down... easily and effortlessly... into a state of quiet comfort and profound stillness...

[Deepening Phase]

As you drift deeper... let your conscious mind become quiet... like a still pool of clear, dark water...

Every sound around you only serves to deepen your relaxation... carrying you further into your own inner sanctuary...

Ten times deeper now... letting every muscle in your jaw, neck, and shoulders become loose and limp...

With every number I count... you double this feeling of peace... drifting down to a deeper level...

Down... down... into a safe, secure space... where your mind is open and ready for healing change...

Your conscious mind rests completely... while your subconscious mind wakes up... ready to receive positive, lasting habits...

[Guided Imagery for Reducing Nail Biting]

A vast green horizon stretches out endlessly before you... where towering stalks of bamboo rise majestically toward the distant, hazy sky...

You can see the incredible depth of this ancient grove... paths winding far... far into the quiet green distance of your mind...

The bamboo stalks are incredibly strong yet perfectly flexible... swaying gently in the soft, warm breeze that blows through...

As you look closer... you notice how they bend with the wind without ever breaking... adapting easily to any force...

Feel the cool... refreshing air on your skin... hearing the peaceful, rhythmic rustle of leaves high above you...

In this calm space... you feel a profound sense of peace... and a deep capacity for flexible, quiet control...

The bamboo represents your inner strength... yielding to urges without breaking... remaining rooted and calm under pressure...

[Positive Suggestions for Reducing Nail Biting]

From this moment on... whenever your hand begins to move toward your mouth... a sudden spark of bright awareness triggers instantly...

You immediately notice the movement of your hand... bringing this old... automatic habit into your full... conscious light...

The moment you feel that old, restless impulse... you easily choose a new... peaceful, and comforting gesture instead...

Your fingers gently clasp together... or rest calmly in your lap... rubbing your thumb against your fingertips in a soothing motion...

This simple, grounding touch satisfies the restless energy completely... releasing the impulse down into the earth...

You feel a wave of calm satisfaction wash over you... realizing you are in complete, conscious control of your hands...

Your fingernails grow strong, smooth, and healthy... reflecting the deep inner calm and self-care you now possess...

The urge to bite fades away completely... replaced by a profound respect for your body and your natural beauty...

[Affirmations for Reducing Nail Biting]

Allow these positive truths to echo deep within your subconscious mind... repeating them silently to yourself with confidence...

"I am fully aware of my hands and choose to keep them still and relaxed..."

"My fingernails are growing strong, healthy, and beautiful every single day..."

"I release restless energy easily through calm, soothing, and grounded gestures..."

"I am the absolute master of my habits and my movements..."

"With every deep breath, I choose peace and comfort over tension..."

[Integration and Empowerment]

All of these suggestions are now locking deep into your mind... becoming your new, natural way of behaving...

Each time you practice this... this positive habit-shift becomes stronger... more automatic... and completely effortless...

You feel incredibly proud of your self-control... and deeply connected to your inner peace and strength...

Your hands are instruments of creation... care... and quiet confidence... kept safe and beautiful...

The old habit is gone... faded into the past... leaving only a peaceful sense of complete self-mastery...

[Reawakening Phase]

It is now time to bring your awareness back... feeling fully refreshed... renewed... and empowered in your daily life...

One... slowly bringing feeling back into your fingers and toes... feeling light and wakeful...

Two... feeling a gentle, warm surge of clean energy moving up your spine and through your body...

Three... your mind is clear, sharp, alert... and beautifully focused on your new path...

Four... taking in a deep, filling breath of fresh, oxygen-rich air... feeling incredibly alive...

Five... eyes open... fully awake... feeling wonderful, confident, and completely in control...

Hypnosis Script for

CURBING LATE-NIGHT SNACKING

[Induction Phase]

Let your eyes close gently... feel the weight of the day beginning to lift from your shoulders...

Breathe in deeply... and as you exhale, let go of any tension holding on in your body...

The evening has arrived... a natural time for rest, not for doing, searching, or consuming...

Your body knows how to settle... let the quietness of this room envelope you like a soft blanket...

With every slow breath... you are drifting closer to a state of peaceful, effortless stillness...

Just let go... there is nothing you need to accomplish right now...

[Deepening Phase]

Down... drifting down now into a much deeper state of peaceful relaxation...

I will count from ten down to one... and with every number, your mind becomes more beautifully quiet...

Ten... nine... letting go of the busy thoughts and worries of the day...

Eight... seven... six... sinking deeper down... feeling completely safe and supported...

Five... four... three... your body is beautifully heavy... your mind is clear and calm...

Two... one... zero... deeply relaxed... beautifully centered in this quiet moment...

[Guided Imagery for Curbing Late-Night Snacking]

A rich, earthy scent of damp soil and sweet blooming jasmine drifts gently on the warm air...

As you breathe in this fragrance... you find yourself standing inside a warm, glass-walled greenhouse...

All around you... lush green ferns and vibrant tropical plants thrive in the humid shelter...

Outside... a gentle, steady rain is pattering softly and rhythmically against the glass roof...

Inside... it is incredibly safe, warm, and quiet... the plants are slowly drinking in their natural nourishment...

You sit on a smooth wooden bench... watching the raindrops trace slow, soothing paths down the glass panels...

This glass represents your healthy boundaries... keeping the restless weather of the world outside your inner calm...

Just as the rain washes the dust from the glass... your mind is being cleansed of all daily tension...

You feel completely nourished by the peaceful air... finding true comfort in the shelter of this beautiful space...

[Positive Suggestions for Curbing Late-Night Snacking]

As night falls... you recognize that emotional restlessness is not physical hunger...

When the urge to seek comfort in the kitchen arises... you pause... breathe... and look within...

You ask yourself... "Am I truly hungry, or do I just wish to be soothed?"...

You easily choose quiet rest over food... realizing that the kitchen holds no answers for your emotions...

The craving melts away like mist in the sun... leaving you feeling completely in control of your choices...

You nourish your heart with peaceful relaxation... and your body feels light, clean, and perfectly satisfied...

The kitchen is closed for the night... and you feel a deep sense of pride in this boundary...

Your bed welcomes you... and you look forward to waking up feeling refreshed and healthy tomorrow...

[Affirmations for Curbing Late-Night Snacking]

Let these gentle truths settle deeply into your subconscious mind as you repeat them silently...

"I can easily distinguish between physical hunger and the desire for emotional comfort."

"My evenings are for resting and restoring my body, not for digesting."

"I find peace in the quiet spaces of the night without needing food."

"I am fully in control of my choices when the sun goes down."

"My body feels light, healthy, and beautifully balanced as I sleep."

[Integration and Empowerment]

These powerful suggestions are now firmly locked into your subconscious mind... working for you automatically...

Every evening... you will find it easier and more natural to choose peace over snacking...

You are the author of your daily habits... and you choose health, clarity, and self-respect...

Your relationship with food is perfectly balanced... your evening hours are a sanctuary for your spirit...

You sleep deeply... knowing you have honored your body's true needs tonight...

[Reawakening Phase]

Now... it is time to return to your waking awareness... carrying this peace and control with you...

HYPNOSIS SCRIPT

One... slowly bringing your awareness back to the physical room around you...

Two... feeling a gentle, refreshing energy beginning to flow back into your fingers and toes...

Three... taking a deep, cleansing breath of cool air, filling your lungs with fresh vitality...

Four... feeling light, clean, fully awake, and completely aligned with your healthy goals...

Five... eyes open... fully alert, awake, and feeling absolutely wonderful...

CONFIDENCE & SELF-WORTH

Hypnosis Script for

BUILDING UNSHAKABLE CONFIDENCE

[Induction Phase]

Take a slow... deep breath in... and as you let it go... allow your eyes to gently close...

Feel the weight of your body settling down... letting the chair or the bed support you completely... right now...

With every breath out... release any tension in your shoulders... letting them drop... feeling a soft wave of comfort moving down...

There is nothing else you need to do... nowhere else you need to be... just listen to the sound of my voice...

Your mind begins to quiet... matching the steady... gentle rhythm of your breathing... deeper and deeper down...

[Deepening Phase]

As I count down from ten to one... feel yourself drifting into a state of profound stillness... twice as relaxed with each number...

Ten... sliding down... Nine... feeling lighter... Eight... letting go of all external thoughts... just drifting...

Seven... Six... Five... deeper and calmer... into the quiet spaces between your thoughts... so peaceful...

Four... Three... Two... your body feels heavy... safe... completely at ease in this quiet moment...

One... zero... all the way down... into a beautiful... tranquil state of deep inner awareness...

[Guided Imagery for Building Unshakable Confidence]

Listen first to the quiet... a deep, profound silence broken only by the rhythmic... distant crash of ocean waves below...

The soft, steady sigh of the wind... whispering against solid stone... is the only other sound in this vast space...

Only now... as your eyes adjust in this peaceful realm... do you see the towering cliffside lighthouse standing firm against the darkened sky...

Feel the cool, salt-kissed air on your skin... and sense the immense strength of the ancient rock beneath your feet...

Look up at the lighthouse... its mighty stone walls rooted deep into the cliff... utterly unmoved by the howling winds or the shifting tides...

At the very top... a brilliant, golden light shines out... a steady, unblinking beam cutting through the thickest mist...

This light does not ask the storm for permission... it does not seek approval from the dark sea... it simply shines...

Walk inside this sanctuary of stone... feel the absolute stillness of its core... where the chaotic weather outside cannot touch you...

[Positive Suggestions for Building Unshakable Confidence]

Just like this lighthouse... there is a core within you that is solid... immovable... and deeply rooted in your own truth...

From this day forward... your self-trust becomes your internal reference point... a steady flame that stays lit regardless of other people's opinions...

When the storms of doubt or criticism blow... you simply watch them pass... knowing they have no power to shake your foundation...

You no longer need to search outside yourself for validation... because you are already enough... complete... and beautifully worthy...

Every challenge you face only polishes your inner strength... making your true light shine even brighter... and more clearly...

You trust your choices... you respect your boundaries... and you stand tall in the knowledge of your own inherent value...

[Affirmations for Building Unshakable Confidence]

Let these truths sink deep into your subconscious mind... repeating them silently to yourself with absolute conviction...

"I am deeply rooted in my own self-trust... and my value is non-negotiable..."

"My inner light shines steady and strong... regardless of the storms around me..."

"I release the need for external approval... and stand firmly in my own truth..."

"Every day... my confidence grows deeper... more resilient... and entirely unshakable..."

"I am worthy... I am strong... and I trust my path completely..."

[Integration and Empowerment]

These suggestions are now locked deep within your mind... growing stronger and more powerful with every breath you take...

As you go through your daily life... you will feel this lighthouse of confidence standing tall within your chest...

You will speak with clarity... act with certainty... and move through the world with an easy... natural grace...

This unshakable self-worth is yours... it has always been yours... and it is now fully awakened...

[Reawakening Phase]

Now... it is time to gently return to the present moment... bringing this powerful feeling of confidence back with you...

One... slowly bringing your awareness back to the physical space around you... feeling the surface beneath you...

Two... feeling energy and light returning to your fingers... your toes... and your limbs...

Three... taking in a deep... refreshing breath... filling your lungs with pure... life-giving clarity...

Four... feeling completely awake... rejuvenated... and aligned with your incredible inner power...

HYPNOSIS SCRIPT

Five... eyes open... fully alert... feeling refreshed... confident... and completely at peace...

BONUS RESOURCE

Thanks for getting our book; here are some more resources that can take your practice to the next level.

1. Free Meditation Practice Mastery Kit

Sign up to access 10 more bonus guided meditation scripts, 10 guided meditation tracks, 30 social media post templates, and much more.

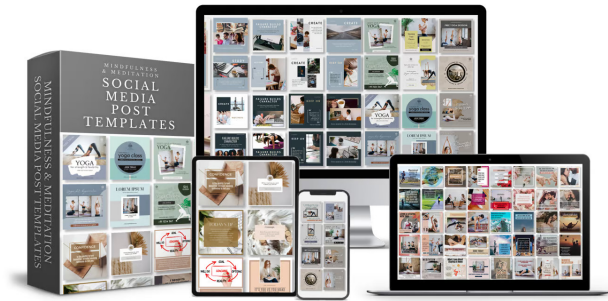


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