

SELF-HYPNOSIS

Self-hypnosis is a technique designed to bring about desired change in our feelings or behavior. It involves thinking or listening to **positive messages**, known as auto-suggestions, while in a state of deep relaxation. In a deep state of relaxation, the mind is more open to change.

Self-hypnosis can also be useful for **performance enhancement** by helping you to feel calmer and more in control of stressful situations.

Benefits

Self-hypnosis has been found to be effective for reducing

- Insomnia
- Pain
- Headaches
- Muscular tension
- Anxiety
- Fatigue

Decide ahead which phrases or suggestions you will focus on. Find a comfortable place where you are not likely to be disturbed. Close your eyes and allow your body to relax. Breathe deeply, gently and slowly and each time you exhale let your body feel heavier and heavier like you are slowly sinking into the surface beneath you. Count slowly from 1 to 20, feeling yourself becoming more and more relaxed. You can also imagine being on an elevator or escalator as you count. When you feel very relaxed, mentally repeat your suggestions and phrases over and over, allowing them to sink deeply into your mind. It can help to visualize yourself thinking, feeling, or behaving that way. It is common to make a audio recording of your phrases to listen. A full self-hypnosis script with more suggestions can be found below or listened to in the audio files.

Possible Phrases:

"One thing at a time"

"Calm down"

"I'll survive"

"I can handle it"

"It's okay to make mistakes"

"I don't have to be perfect"

"I can do my best and not compete with others"

"I am enough"

"I can feel angry without acting on it"

"I have all the talents and abilities I need to accomplish my goals"

"I am becoming more organized and disciplined"

"I am getting better at calming myself down"

"I am growing and changing as fast as I need to"

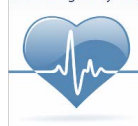
"I can be myself and not worry about what others think"

"I am learning to balance caring for others with self-care"

More Information

Mind Tools: www.mindtools.com/stress/RelaxationTechniques/SelfHypnosis.htm

Counseling & Psychological Services



Stress Management &
Biofeedback Services

caps.byu.edu/biofeedback

Brigham Young University

SELF-HYPNOSIS SCRIPT

DIRECTIONS

Write one or more post-hypnotic suggestions or affirmations on the blank lines. Most of us respond very well to our own voices, so it can be effective to record this script in your own voice. Read at a slow, even pace, and pausing between phrases. A pre-recorded version that gives you time to insert your own suggestions is on the website: <http://ccc.byu.edu/counseling/skills.php>

SCRIPT

Allow yourself to sit back or lay back and relax. . . Notice your breathing. . . Feeling the air coming in through your nose gently and slowly. . . Exhaling slowly as if breathing out through a straw. . . Breathing in relaxation . . . Exhaling tension. . . Feeling the tension flow down and out of your body each time you exhale . . . as with the force of gravity. . . Letting go of the tension in your mind and body. . . Giving yourself permission to relax. . . Knowing it is safe to relax . . . There is nothing more important to do right now than relax and let go. . . Breathing, Relaxing. . . Feeling the support of chair or bed or floor behind and beneath you. . . Sinking into it, almost becoming part of it. . . Arms and legs becoming heavy and warm or perhaps lighter and tingling. . . You may notice your eyelids becoming heavier and heavier. . . and closing gently as you relax. . . Allowing yourself to relax as much as you want and need to for today . . . Going inside of yourself to the core of peace and calm that is always inside . . . More and more relaxed. . . More and more comfortable with each passing moment. . . Breathing, relaxing, allowing, letting go. . . As much as you want and need. . . Noticing how good it feels to be deeply, deeply relaxed

Allowing yourself to become even more relaxed if you choose as I count from one to twenty. . . You might want to visualize a safe pathway or stairway or elevator taking you to an even deeper state of relaxation. . . **1. . 2. . 3. . 4. .** More and more relaxed, more and more comfortable . . . **5. . 6. . 7. . 8. .** Drifting deeper and deeper into a state of relaxation. **9. . 10. . 11. . 12. .** Noticing how good it feels to rest and relax. . . **13. . 14. . 15. . 16. .** Going as inside yourself as you want and need to today. . . **17. . 18. . 19. . 20. .**

This is a state and place where you can see and feel yourself for who you truly are, the truth about yourself and your life. . . Allowing yourself to feel and understand deeply your inner goodness and strength and power to change. . . Visualizing yourself calm and capable. . . Reminding yourself that. . .

Repeating to yourself anything you want and need to hear today. . . And when you are ready counting back from 20 to 1. . . Feeling calm, but energized, alert, and fully awake at the number 1. **20. . 19. . 18. . 17. .** Bringing back with you to the present the feelings of peace and confidence. . . **16. . 15. . 14. . 13. .** Knowing you can regain this state of peace and relaxation whenever you choose. . . **12. . 11. . 10. . 9. .** Feeling energy begin flowing through your body. . . **8. . 7. . 6. . 5. .** More and more awake. . . **4. .** Moving your fingers and toes. . . **3. .** Calm and clear headed. . . **2. .** Wide awake. . . **1.**

Writing Suggestions and Affirmations:

These are only examples. Phrases such as "I am learning," "It is getting easier to" I am becoming" can be effective more effective than "I am," "I will," etc. They allow for the natural process of growth and are less likely to be resisted by our critical mind. Avoid negative statements like "I will stop wasting time."