

BASIC SELF-HYPNOSIS Script

I am slowly going into a state of deep relaxation. Slowly and surely, my entire body and mind are relaxing, relaxing, relaxing. I am going deeper and deeper and deeper, into a state of deep relaxation. Each and every muscle of my body is now relaxing. Everything is so peaceful and quiet.

One, the muscles of my face are relaxing, relaxing, relaxing.

Two, the muscles of my neck are slowly loosening and are relaxing, relaxing, relaxing.

Three, the muscles of my shoulders are losing their stiffness and are relaxing, relaxing, relaxing.

Four, both my hands are totally free and their muscles and are relaxing, relaxing, relaxing.

Five, the muscles of my chest are relaxing, relaxing, relaxing.

Six, the muscles of my back and lower back are loosening and are relaxing, relaxing, relaxing.

Seven, the muscles of my stomach are relaxing, relaxing, relaxing.

Eight, the muscles of my buttocks are relaxing, relaxing, relaxing.

Nine, the muscles of my thighs are relaxing, relaxing, relaxing.

Ten, the muscles of my lower legs are relaxing, relaxing, relaxing.

I am now in a state of deep relaxation, going still deeper and deeper and deeper. My whole body, from the top of the head to the toes of my legs, is totally relaxed. Deeper and deeper, feeling better and better, quieter and quieter.