

Dealing with Fear

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Induction – Relaxing is a Breeze

Now as you relax comfortably into the chair I would like you to close your eyes... in a moment I am going to ask you to take three deep and relaxing breaths... and, each time, as you exhale after each breath you will find yourself relaxing ever more deeply ... and here we go... take your first breath and hold for the count of three... and exhale... and a second deep breath, holding for the count of three... and out... beautifully relaxed... and breath deeply for the third time, one, two and three, and exhale.

Just feel your body let go and relax comfortably into the chair... so very comfortable. I would now like you to use your imagination and imagine yourself on a warm summers day... feeling the comforting warmth of the sun as it's gentle rays ever so lightly touch upon your skin. Imagine yourself on a very comfortable and well-padded sun lounge... it has been placed there just for you... and it is the most comfortable lounge in the whole world. You are all alone and so very relaxed... you imagine yourself to be in a lovely garden area... safe, secure and protected... and you have all the time in the world...

You notice... in your imagination... an ever so slight breeze against your skin. You notice that every time that you feel this breeze... that it makes you relax more and more... it is a warm, comforting and relaxing breeze... and you are feeling it on different parts of your body... and as you do so it allows every part of your body to relax ever more deeply...

Feel the breeze now as it gently caresses the top of your head... and you feel your head relax... and now your face and all the muscles in your face, mouth, jaw, and chin completely let go and relax as they are gently caressed by the relaxing and warm breeze... so beautiful, calm, and relaxing...

Feel your neck as the breeze touches upon it... and any tension is carried far away by the breeze... as it moves down to your shoulders... and you let them go and they relax back into the lounge... feeling the breeze on your torso now...

Your chest, back and abdomen relax as the breeze caresses and carries away all tension from the body... leaving you ever more relaxed and calm... you notice your arms and hands are so relaxed they are limp at your side... just as you want them to be...

Feel the breeze on your hips as they relax and sink into the lounge... as the warm and

comforting breeze moves down over your thighs... your knees... your lower legs... and onto your feet... your toes... as you can imagine and feel those parts of your body let go... and relax completely...

Feel yourself now in a state of deep relaxation... notice now how your breathing has slowed... to match your state of deep relaxation... as the warm, relaxing, and comforting breeze continues to relax your whole body ever deeper and deeper as each moment goes by...

Deepener – Rabbit in a Hole

Still using your imagination as you now relax more and more... you allow a deep sense of calm to fill every cell in your body... still so very, very comfortable... so relaxed and calm... on your special personal lounge in the beautiful warm sunshine...

Something catches your eye at the end of the garden... some movements... in your mind's eye you look closer and you see something that you hadn't noticed before... there they are... some rabbits playing and some other rabbits quietly eating the grass. You notice how beautiful they are... all fluffy and furry... all so well fed and healthy... just like you, they are well protected and safe at all times... and just like you, they are all calm and relaxed... just enjoying the warm sunshine and the special relaxing breeze...

You notice... just off to the side... there it is... you can see their rabbit hole... their burrow... the entrance to their home underground where they go to rest... relax... and sleep... You also notice that the remaining twenty rabbits aboveground are all yawning... it is the time of day for them to go down into their home to fall into a deep sleep... where... just like you... all you, and they, will hear is the sound of my voice... and as each rabbit enters the burrow... you will relax more and more... deeper and deeper...

As you watch the rabbits... they begin to enter their burrow starting with the number 20... calm and relaxed... number 19 enters the burrow to rest, relax, and sleep... 18... then 17... relaxing deeper... feeling so calm... 16... number 15 yawns... deeper and deeper... and enters the burrow... 14... 13... whole body and mind relaxed and calm... 12... safe and secure... 11... 10...

From now on as each rabbit enters the burrow you allow yourself to relax 10 times deeper than the one before... 9... so quiet and peaceful... 8... deeper and ever deeper... 7... all sounds receding... just the sound of my voice... 6... 5... more relaxed than you have ever felt before... 4... 3... calm, relaxed, safe and secure... 2... and as rabbit number 1 enters the burrow you enter a state of total relaxation... you let yourself go completely...

And your mind opens to all the ideas and suggestions that I give to you... In your

minds' eye you can imagine all the rabbits safely deep within their burrow... all relaxed, calm, safe and secure... just like you... all you will hear from this moment forward is the sound of my voice... and with each word I say... you will relax ever deeper and deeper...

Script – Facing Fear with Courage – The Rabbit Escapes

The garden is all quiet and calm now as all you sense is the continuing calming effect of the breeze and the relaxing sound of my voice...

You have come here today to burn deep within your subconscious mind the ability to deal with fear... just as you have imagined and known the beautiful and relaxing scene of you and the rabbits... I want you now to see within your minds' eye... just using your imagination... feeling, deep within, the truth of the words that I say to you... listening to the sound of my voice... and sensing the truth of these words that I say about you... because you now know that they are true...

You face all situations in your life with courage and strength...

You have the courage to make positive changes in your life...

You are always calm, fearless, and bold...

You have a strong mind, and as you go about your day, you choose what you will feel... and you always choose the feeling of courage...

You are a fearless decision maker... you quickly make bold and correct decisions with ease and common-sense...

You love taking the lead whenever a leader is called for... you have what it takes...

In social gatherings, you are always calm and relaxed... people automatically sense that you are a man (woman) of courage...

You face problems head-on, standing your ground fearlessly...

You deal with problems in a relaxed and calm manner, knowing deep within that you have the courage to do what it takes...

You seize all opportunities with bold determination...

You make friends with your fears, you are unstoppable...

You laugh in the face of adversity, you have a “bring it on” attitude...

You push through your fears and you do it anyway...

You persevere and finish any task that you undertake... no matter what...

With every breath that you take, you breath out all fears and breath in joy and optimism...

You are willing and ready to take risks...

You constantly strive to successfully move beyond your fears...

You courageously do the things that you fear and you take control of your life...

Your faith in yourself lifts you high above your fears...

You are daring enough to face any challenge...

Great strength lies within you at all times...

Being brave comes naturally to you...

You deserve the very best that life has to offer...

You are a special person, you are unique, and you are magnificent...

Awakening

It is now late in the evening and in the garden the shadows are lengthening... you sense that something wonderful and positive about you has changed... it's a great feeling... and you are filled with a new sense of courage and determination... life is yours for the taking...

As the rabbits are now slowly emerging from their slumbers, it is time for you to return to the here and now...

In just a moment I will count from 5 down to 1... and at the count of 1 you will open your eyes to a brave new world... a world of personal victory, courage and strength...

5... starting to return from rest...

4... feeling calm and renewed...

3... energy returns to your body and mind...

2... eyelids beginning to open and...

1... eyes wide open, fully alert and feeling fantastic.