

## **Fear of Weight Gain**

*By Rene Bastarache, CI*

**NOTE:** Welcome to our hypnotherapy session focused on overcoming the fear of weight gain. Find yourself in a comfortable position, allowing your body to relax deeply. You'll be guided through a journey of deep relaxation and self-acceptance, where you'll learn to cultivate a positive relationship with your body and embrace your natural beauty. Trust in the process and know that you are always in control. Let's begin.

### **SCRIPT STARTS HERE:**

Imagine yourself in a serene place, perhaps a tranquil garden or a peaceful beach. Picture yourself surrounded by beauty and tranquility. With each breath, feel yourself sinking deeper and deeper into relaxation. Notice the gentle rhythm of your breath, calming your mind and body.

Now, visualize a staircase in front of you, leading down to a place of profound relaxation. With each step you take down the staircase, feel yourself becoming more deeply relaxed. Ten, going deeper and deeper...nine, feeling more and more relaxed...eight, allowing all tension to melt away...seven, deeper and deeper still... as you continue going all the way down the stairs... continually relaxing more and more...

In this deeply relaxed state, I want you to bring to mind any thoughts or feelings related to the fear of weight gain. Perhaps it's the fear of losing control, the worry of not fitting societal standards, or the anxiety about how others perceive you. Notice how these thoughts and feelings manifest in your body.

Now, imagine yourself surrounded by a bubble of calm and safety. This bubble expands with each breath you take, creating a sense of spaciousness around you. Feel yourself becoming lighter, as if the weight of fear is lifting from your shoulders.

Focus on your breath. Inhale deeply, filling your lungs with fresh, invigorating air. Hold it for a moment, and then exhale slowly, releasing any tension or fear you may be holding onto. With each breath, feel yourself becoming more relaxed, more at peace.

Visualize yourself standing in front of a mirror, looking at your reflection with love and acceptance. See yourself as beautiful and worthy, exactly as you are in this moment. Know that your worth is not determined by your appearance or your weight.

Now, imagine yourself surrounded by a warm, golden light. Feel this light filling you with love and acceptance, washing away any doubts or insecurities. Allow yourself to bask in this love, knowing that you are cherished and valued.

As you continue to relax, know that you have the power to love and accept yourself unconditionally. You are not defined by the number on the scale or the size of your clothes. You are worthy of love and respect, just as you are.