

Fear of Zombies

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NOTE: This hypnosis script addresses the fear of zombies, guiding individuals towards a mindset of bravery and resilience in the face of imagined threats. Through visualization, positive affirmations, and additional suggestions, clients learn to release anxiety and cultivate a sense of empowerment in dealing with their fears.

SCRIPT STARTS HERE:

I'd like you to take a moment to imagine yourself surrounded by a protective shield of light, feeling calm and composed. Nothing can penetrate this protective shield unless you allow it to.

Now imagine encountering a horde of zombies, yet instead of feeling paralyzed with fear, you approach them with a sense of courage and determination. Picture yourself navigating through the chaos, using your wits and resourcefulness to overcome any obstacles.

Feel a wave of relaxation washing over you as you breathe deeply and let go of any tension or apprehension. Allow yourself to be fully present in the moment, embracing the opportunity to confront your fear with bravery and resilience.

Affirm to yourself that you are capable of facing your fears head-on and emerging victorious. Repeat positive affirmations such as:

"I am courageous and strong,"

"I trust in my ability to overcome challenges," and

"I am safe and protected at all times."

In addition to affirmations, visualize yourself taking proactive steps to protect yourself from imagined threats. Envision creating a fortified safe haven, gathering supplies, and developing survival skills to ensure your safety in any scenario.

As you continue to imagine these scenarios, feel a sense of empowerment and confidence growing within you. Know that you are capable of overcoming your fear of zombies and emerging stronger on the other side.

You can now feel yourself stepping into a place of empowerment and self-assurance, knowing that you have the resilience to face imaginary threats with courage and grace.

Upon gradually returning to wakefulness, carry with you the sense of empowerment and confidence that you have cultivated during this session. Know that you are capable of confronting your fears and embracing life with courage and resilience, no matter what challenges may come your way.