

Coping with Cancer Treatment Hypnosis Script Manual

By Rene Bastarache, CI
American School of Hypnosis

This pdf file contains a complete list of all the scripts included in this manual.
(20 royalty free scripts)

SCRIPTS INCLUDED *(with descriptions)*

1. **Anxiety – Stop It!** In this session you'll learn three easy things you can do which will immediately stop anxiety by bringing you back to your own time zone through breathing, identifying what's happening and using the 3-3-3 rule. You'll learn this simple, three-part exercise that can be used any time following the session when experiencing anxiety.
2. **Chemotherapy Nausea:** One of the more unpleasant side effects of chemotherapy treatment is nausea. Depending on the type of chemotherapy and the medical profile of the patient, everyone's response to chemotherapy treatment is different. Some people will experience major side effects while others experience little to nothing. This session will teach you to relax in the situations where you would usually experience nausea.
3. **Creating a Happy Place:** In this script you'll learn to create a happy place where you feel relaxed, calm and in control but most importantly you feel safe. A happy place that you can resort to when you feel any kind of stress. Whether it be from waiting during long test procedures, during chemotherapy treatment or during any other type of stressful, monotonous or uncomfortable procedure.
4. **Dwell No More:** Dwelling on sickness, test results or treatment has no useful purpose and can easily drag you down into depression. This session will give you a creative alternative to dwelling.
5. **Easing Radiation Treatment Side Effects:** Radiation treatment for chemotherapy can cause pain, tightness in the muscles and even cramping. This session will teach you how to deal with the pain by changing its nature from subjective to objective. You'll be able use this creative and effective pain release techniques whenever you need it.
6. **Fear Of Cancer Recurrence:** There are many reasons that people fear the recurrence of cancer. Things like the inconvenience of it all, the cost associated with a what insurance doesn't cover, how long will you go between recurrences and the list goes on. This script will give you ways of dealing with those fears.

7. **It's Not Your Fault:** Getting cancer is not a punishment, judgment or the result of anything you did. It's not your fault. Understanding and accepting this can help you to move on without guilt, shame or remorse.
8. **Just Do It for You:** It's very important to do things for yourself. You deserve to be happy in your life and you still can be happy by doing things that you like. You can just do it for you. You don't need anyone else's permission to do things for yourself. Just do it for you.
9. **Learn To Reframe:** Reframing is a way of changing the way you look at something and in doing so changing the way you look at it. It can turn a stressful event into a challenge to be overcome. You can even see a negative event as a learning experience. This script will show you how to do that...
10. **MRI Anxiety:** Experiencing an MRI can be an extremely stressful and anxiety provoking experience. Being placed in a small space and asked to keep still for such a long period of time and often times in an uncomfortable position is enough to make even the best of us panic. This script will show you how to lessen the anxiety using happy associations from your past.
11. **Never Give Up:** One of the most common themes amongst cancer survivors is their positive attitude. They seem to have a mantra of "never give up". This script will help you to develop the "never give up attitude."
12. **Overcoming The Fear of Cancer:** People spend lots of time worrying about cancer. They're obsessive in reading about medical research and reports on television and the Internet. They're constantly worrying about if they may have it when they find skin tags on them or have unexplained pains. This script is designed to help alleviate those worries.
13. **Reduce Cancer Pain:** The pain caused by radiation treatment can be difficult to endure both mentally and physically. In this session you'll learn a technique to lessen the pain considerably. Keep in mind that pain is a warning signal; that something is wrong in the body and needs attention. Before using this session check with your medical practitioner.
14. **Reducing The Stress:** Virtually everything having to do with the treatment of cancer, chemotherapy or radiation treatment can cause stress. Stress immediately shuts down the immune system and flags your "fight or flight" response. This session will give you techniques to immediately stop stress in its tracks.

15. **Relaxing Yourself at Will:** Stress and anxiety can seem to be out-of-control when someone's experiencing cancer treatment. This session will teach your clients a simple Mudra that can be used in a moment's notice to immediately eliminate the stress and anxiety creating feelings of peace and calmness.
16. **Strengthening The Immune System:** The average person spends over 80% of their lives in a state of stress which "immediately" closes the immune system. That percentage can be much higher for cancer patients. In this script you'll learn how to open your immune system at will so you can have higher resistance and quicker recovery.
17. **The C Word:** Being told that you have cancer can create excessive stress and fear. The mere mentioning of the word can create terror in so many people. This script will help to eliminate this fear and help people to accept their situation.
18. **The Laughter Cure:** Laughter heals, opens your immune system, eliminate stress, takes you away from what's going on and makes you feel good. Enough said?
19. **The Victim Mentality:** Victims complain, blame and justify their hardships. Being a *victim* creates lots of negativity and can enhance sickness, while *being responsible* can promote healing. You cannot be sick and healthy at the same time. You can choose to be in control and heal.
20. **Waiting For Cancer Test Results:** The uncertainty of waiting for test results can be extremely difficult to bear. The fear of the unknown as well as the possibility of unhappy test results can be terrifying.