

Emotional Self-Defense 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.
(24 Royalty Free Hypnosis scripts)

1. The Unshakable Self Hypnosis – Instantly feel more grounded, confident, and untouchable to negativity.
2. Boundaries of Steel – Develop natural, guilt-free boundaries that command respect.
3. The Guilt Shield – Break free from the emotional grip of guilt trips.
4. Detachment Without Distance – Stay caring without getting pulled into drama.
5. Voice of Calm Authority – Project confidence and control in every conversation.
6. The Self-Image Reset – Erase old labels and create a stronger, truer self-image.
7. The Inner “Pause” Button – Stop reacting and start responding with clarity.
8. Confidence in Saying No – Decline requests without fear or awkwardness.
9. Releasing the Fixer Role – Let go of solving everyone else’s problems without guilt.
10. The Emotional Reset Switch – Regain peace after a draining encounter.
11. Self-Worth Amplifier – Feel valuable and worthy no matter what others say.
12. The Neutral Tone Response – Disarm manipulation with your calm, steady voice.
13. Turning Down the Emotional Volume – Make criticism and negativity lose their sting.
14. Living in Your Own Energy – Stop absorbing others’ stress or bad moods.
15. The Daily Power Visualization – Start each day with boundaries and confidence in place.
16. Unshakable Self-Image – Stand tall in your identity no matter what.
17. Emotional Armor Installation – Put an impenetrable shield around your emotions.
18. Detaching from Emotional Hooks – Release the triggers that manipulators use against you.
19. Emotional Reset After an Attack – Bounce back stronger after conflict.
20. Building an Unshakable Inner Core – Anchor yourself in deep, lasting resilience.
21. Emotional Armor Visualization – See and feel your protective barrier in action.
22. Releasing Toxic Emotional Ties – Free yourself from harmful attachments.
23. Severing Manipulative Attachments – Cut emotional cords to controlling influences.
24. Freedom from Energy Drainers – Reclaim your vitality from people and situations that exhaust you.