

## **HYPNOSIS SCRIPTS FROM A-Z**

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

### **SUGGESTIBILITY TESTS**

Arm Rising and Falling  
Body Sway on Ground  
Chevreul's Pendulum  
Finger Test  
Hand Clasp  
Locking Elbow  
Magnetic Fingers – Attracting  
Magnetic Fingers – Opposing  
Postural Sway  
The Golden Egg Suggestibility

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### **INSTANT AND RAPID INDUCTIONS**

HOW THEY WORK  
Arm Pulling Method  
Circular Arm Method  
Faith Healer (Sitting)  
Faith Healer (Standing)  
From the Arm Bending Test  
From Handclasp Test  
From the Pendulum Test  
Hand Release Method  
“Hypnotic Nerve”  
Laying in Bed  
Push Head Sideways  
Shake Hand Method  
Shoulders, Instant Induction  
Sitting

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### **INDUCTIONS**

Active Muscular Relaxation  
Analytical Body Scan  
Beach Induction  
Body Scan (simple)  
Breath Induction

Eye Strain Method  
Fog Induction  
Garden Induction  
Garden Scenery  
Magic Cloth  
Massage- Induction  
Progressive Relaxation  
Sunset Induction  
Underwater Induction  
Walking in the field

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### **DEEPENERS**

Across the Sky  
Arm Drop  
Bubble Deepener  
Comfortable Slide  
Crystal Funnel  
Elevator (Department store)  
Falling Leaves  
Falling Leaves II  
Floating  
Fountain  
Garden Adventure  
Garden Scenery  
Gazing at the Stars  
Indirect Deepener  
Journey from the Meadow  
Lake Visualization  
Leaves Falling  
Moving Sidewalk  
Mystical Stairwell  
Outdoor Happy Day – Friends  
Pool of Clarity  
Relaxing by the Stream  
Sand Castles  
Sailboat  
Sinking in the Sand  
Snow Falling  
Spelling Number Countdown  
The Spiral Staircase  
Staircase  
Stairway to Beach  
Submarine

Vacation Packing  
Winters Day  
Wishing Well

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### **DEPTH TESTS**

Daisy – Depth Test  
Magnetic Hand  
Spot on the Hand  
Yardstick Test

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### **ANALYTICAL VEHICLES**

Bolts in Box  
Choose a Name Vehicle  
Choose a Safari Vehicle  
Clock Vehicle  
Clouds  
Computer Keyboard  
Conveyor Belt  
Create Your Utopia  
Drawing in the Sand  
Familiar Names  
Field of Flowers  
Floating Induction  
Going on a Picnic  
White Board Vehicle  
Grocery Shopping  
Keyboard Mall  
Mall Script  
Name Search  
Number Countdown  
Painting  
Renaming Your Body Parts  
Seashell Vehicle  
Shopping (Analytical)  
Shopping for the House  
Song Script  
Sticks and Tones  
U.S. Map Vehicle  
Writing in the Sand

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### **SCRIPTS**

A Purpose Driven Life  
Abundance

Abundance II  
Abundance III  
Accepting Non-Sexual Nudity  
Accelerated Studying  
Addiction (guilt and shame)  
Anger Control  
Anger Control (Analytical)  
Anorexia  
ADHD – Adult  
African American Racial Affirmations  
Alcohol  
Alcohol – Negative Messages  
Anger Management  
Anger / Temper  
Anger Controlling  
Anorexia  
Anti-Aging  
Anti-Social  
Anxiety  
Anxiety about Medical Procedures  
Anxiety Control  
Anxiety Control  
Anxiety of Interacting With Others  
Anxiety of People  
Anxiety – Spending While Shopping  
Anxiety Release  
Appointments on Time I  
Appointments on Time II  
Arthritis Reduction  
Assertiveness  
Assisting my Spouse  
Atkins or Similar Type Low Carb  
Attracting Money  
Attracting Your Perfect Soul Mate  
Awakening Feelings  
Awakening – Massage Hypnotherapy  
Bad Mood (release)  
Back Handspring  
Becoming Romantic / Charming  
Bed Wetting I  
Bed Wetting III  
Believe in Yourself  
Better Nutrition

Blushing I  
Blushing II  
Body Image. Positive  
Body-Love  
Boundaries  
Breast Enlargement  
Burning Memories  
Breast Reduction – Bodybuilding  
Burping  
Cancer, Eliminating  
Cancer Pain Reduction  
Career Change  
Changing Eating Patterns  
Change Now  
Chakra Healing  
Charisma  
Chewing Tobacco, Quitting  
Chi-Kung Enhancer  
Childbirth  
Christmas Spirit  
Choosing the Issue – Changes  
Chronic Pain Management  
Cigarette Funeral  
Claiming Your Total Worthiness  
Claustrophobia, Moderate  
Clutter  
Clutter Script / Disorganization  
Communicating With the Sub  
Competitive Sports  
Completing a Task  
Computer Anxiety  
Concentration  
Concentration Script  
Concentration for a Child  
Confidence I  
Confidence II  
Confidence III  
Confidence IV  
Confidence V  
Confidence VI  
Confidence and Determination  
Confidence, Empowerment  
Confidence for Therapists

Confidence, for young women  
Confidence in Meetings  
Confidence in Your Abilities  
Confidence, it's Yours  
Confidence Transformation  
Confidence, Walking with a Walker  
Confidence While Performing  
Confident Speaking  
Confrontational Drivers  
Constipation  
Contact Lens Anxiety  
Control Freak – Letting go  
Control Issues  
Controlling Worry  
Control Negative Emotions  
Cool Down Hot Flashes  
Courage  
Create Your Own Paradise  
Create Wealth  
Confidence – Inner Healer  
Creating – Heart's Desire  
Creativity I  
Creativity II  
Creativity – Self-help Script  
Creativity Talent  
Dancing (with partner)  
Daily Duty  
Darts  
Loss of a Loved One  
Dealing with Divorce  
Debt, Managing  
Decision Making  
De-Clutter your Life  
Deep Relaxation  
Dental Distress  
Depression – Filling the Void  
Depression – Parts Method  
Depression to Happiness  
De-Stress and Exercise  
Detaching Oneself  
Developing Intuition  
Developing Peace in Life  
Diabetes: Type 1

Doctor and Needle Phobia  
Don't Rock the Boat  
Drinking More Water I  
Drinking More Water II  
Dream Recall  
Driving Anxiety  
Driving Exam Success  
Drug Abuse  
Drug Addiction  
Dyslexia  
Easing Someone from Your Mind  
Eating After Dinner  
Eating Disorder  
Eating Disorders/ Body Image  
Eczema -Wonder Ointment  
E.D.  
Ego Strengthening  
Eliminate Obsessive Thinking  
Enhancing Calmness  
Energy  
Energy Boost  
Enthusiasm for Piano Skills  
Exams  
Exam Anxiety  
Exchange of Energy  
Excuses, No More  
Exercise I  
Exercise, Motivation  
Exercise, Self-Care  
Face Lift  
Fear as a Car Passenger  
Fear of Bees and Wasps  
Fear of Cats  
Fear of Commitment  
Fear of Confrontation  
Fear of Criticism  
Fear of Dentist  
Fear of Dentist & Doctors  
Fear of Failure  
Fear of Flying  
Fear of Flying in Planes  
Fear of flying -Turbulence  
Fear of Friday the 13th.

Fear of Heights  
Fear of Others Vomiting  
Fear of Public Speaking  
Fear of Public Speaking II  
Fear of Rejection  
Fear of Roller-Coaster Rides  
Fear of Snakes  
Fear of Spiders I  
Fear of Spiders II  
Fear of Success  
Fear of Success, Overcoming  
Feeling Positive Everyday  
Feeling Rested after Sleep  
Feel Your Body  
Feminization  
Fencing  
Fibromyalgia Script  
Finding Love Script  
Finding Lost Objects  
Finding Purpose  
Food for Health  
Football – Linebackers  
Forgetting  
Forgiveness  
Forgiveness of Family  
Forgiveness of Self and Others  
Frustration  
Gluten-Free  
Gambling Addiction  
Goal Prioritization  
Going to Bed Relaxed  
Goal Writing  
Golf Improvement  
Good Night's Sleep  
Good Speller  
Grinding Teeth  
Guilt and Forgiveness  
Guilt Release  
Guitar  
Gymnastics Champion  
Hair Loss  
Happiness  
Happiness in Life

Happiness – a Higher Power  
Having a Beautiful, Clean Home  
Heal Helper  
Healing  
Healing Affirmations  
Healing Body Parts  
Healing Faster  
Healing Script  
Healing, Self  
Healing – Restoration  
Health  
Health, Obtaining  
Health, Wholeness and Harmony  
Healthy Hair  
Hemorrhoids  
High Blood Pressure I  
High Blood Pressure II  
High Blood Pressure III  
High Blood Pressure IV  
Higher Power  
Highway Hypnosis  
Hoarding & Relational  
Honoring My Temple  
Honesty, Cultivating  
How to Overcome Love Loss  
Humor  
Hypnosis Birthing Relaxation  
IBS Attacks  
Improved Hearing  
Hypertension  
Impatience, Overcoming  
Self Esteem – Girls Foster Care  
Incontinence  
Increase Reading Efficiency  
Infertility (unexplained)  
Inferiority Complex  
Influence, Ability To  
Inner Strength  
Inner Strength and Peace  
Insecurity  
Insomnia I – (Sleeping to Success)  
Insomnia II  
Insomnia Focusing Technique

Interview Success  
Jealousy  
Jealousy, Dealing With  
Job Interview  
Job, The Perfect One That Suits You  
Just Be (Present)  
Language Learning  
Learning to say No  
Leaving the Past Behind  
Letting Go of Bad Event in Life  
Letting go of Negative Thoughts  
Letting Go of Unnecessary Items  
Life of the Party  
Listening Better  
Looking Younger  
Love of Nature  
Loving Yourself  
Low Self-Esteem I  
Low Self Esteem II  
Low Self-Esteem III  
Magic Mirror (Self-image)  
Maintaining Goal Weight Script  
Martial Arts  
Masculinity  
Master Cleanse – Rapid Healing  
Memory  
Memory, Enhancing  
Memory Recall  
Memory Retention – Programming  
Mental Programming Script  
Messy Room (For Children)  
Metabolism  
Migraine Headache Pain  
Millionaire Mentality  
Money Magnet  
Morning Sickness  
Motivation and Confidence  
Motivation for Success  
Motivation Improve  
Nail Biting I  
Nail Biting II  
Nail Biting III  
Nail Biting IV

Nail Biting V  
Nasogastric Tube Placement  
Nerves of Steel  
Nervousness  
New-Parent Fear of Inadequacy  
Nightmares  
Noise Sensitivity  
No More Coca-Cola  
Ahs and Uhms when Speaking  
Obsessive Behavior  
Organization  
Overcoming Sugar Addiction  
Overcoming Writer's Block  
Overeating  
Owning Your Own Emotions  
Pain, Lower Back  
Pain Release  
Pain Relief  
Painting  
Panic Attacks  
Peak Performance  
Perfect Body  
Personality, Being Positive  
Phantom Fears  
Picking of Skin  
Play Guitar  
Popularity  
Positive Attitude  
Positive Feelings  
Positive Mind  
Positive Thinking  
Positive Thoughts Script  
Pre-Game Nerves  
Problem Solving  
Procrastination I  
Procrastination II  
Prosperity  
Procrastination Script III  
Psoriasis  
Psychic Ability  
Public Speaking I  
Public Speaking II  
Public Speaking III

Public Speaking IV  
Range Qualification Improvement  
Rapid Healing  
Reaching Your Goals  
Reacting Toward Children  
Reading and Studying  
Reading (for Children )  
Regression to Release Fears  
Regular Physical Exercise  
Reinvent Yourself  
Relationships  
Relationships, Security In  
Relaxation I  
Relaxation II  
Relaxation for I.V.F. Anxiety  
Relaxation Script – Analytical  
Negative Messages – Alcohol  
Releasing Pain  
Relieving Stomach Pain  
Remembering Names  
Desires from a Past Affair  
Removing Worries  
Resilience  
Responsibility  
Restful Sleep  
Restless Leg Syndrome  
Road Rage Script  
Running For Office  
Sales Motivation  
Sales Success  
School Performance  
Self-Confidence I  
Self – Esteem I  
Self Esteem II  
Self Esteem III  
Self-Esteem & Food  
Self Esteem, Increased  
Self-Hate  
Self-Hypnosis I  
Self-Hypnosis II  
Self-Love  
Self-Sabotage I  
Self-Sabotage II

Self-Worth  
Sensitivity Script  
Serenity  
Sexual Enhancer – Woman  
Sexual Libido (uni-sex)  
Sexual Performance Anxiety  
Sexual Performance – Male  
Sexual Performance Woman  
Sexy, Bodybuilding Image  
Shopaholic I  
Shopaholic II  
Shopping Addiction  
Shyness I  
Shyness II  
Sinus Disorders  
Skin Disorders  
Sleep I  
Sleep II  
Sleep Hygiene  
Sleep Well Script  
Smoking Cessation  
Smoking Cessation II  
Smoking – Higher Power  
Smoking Cessation – Flowers  
Smoking Cessation – Stop  
Smoking – What’s Important  
Smoking Cessation; Worry-Free  
Smoking Withdrawal – Initial  
Smoking – 35 cigarettes a day  
Smoking – 30 cigarettes a day  
Smoking – 25 cigarettes a day  
Smoking – 20 cigarettes a day  
Smoking – 15 cigarettes a day  
Smoking – 10 cigarettes a day  
Smoking – 5 cigarettes a day  
Smoking – Quitting day  
Snore, Ignore  
Social Shyness  
Speaking in Public  
Speaking Slower  
Speech Fluency  
Spending  
Spontaneousness

Sports – Reach for the Gold!  
Sports – Reach for the Gold! (2)  
Sports Improvement  
Sports Psychology (Baseball)  
Sports Success  
Stepping Stones  
Stomach Pain, Relieving  
Stop Gambling  
Stop Drinking  
Stopping Physical Muscle Pain  
Stress Management  
Stress Reduction I  
Stress Reduction II  
Stress Relief with Anchor  
Stress, Worry, Anxiety Script  
Study Habits  
Study Habits II  
Studying  
Studying, Accelerated  
Stuttering  
Success  
Success, Affirmations  
Success Blueprint  
Success Motivation  
Sugar addiction  
Suggestive Retention  
Taking Care of Yourself  
Temper, overcoming  
Test Anxiety  
Test Taking  
The Magical Library of Change  
The Muse's Well  
Thin Thighs  
Thin, Think  
Time Management I  
Time Management II  
Tinnitus I  
Tinnitus II  
Traffic Law Compliance  
Traumatic Event (Childhood)  
Trust and Confidence Script  
Warmth of Nature Relaxation  
Wealth & Prosperity

Weight Loss and Exercise  
Weight Loss – Exercise More  
Weight Loss Portion Control  
Weight Reduction Script  
Weight Release  
White Coat Hypertension  
Work – Giving 100%  
Work – Leaving it At Work  
Workplace Bully  
Worrying  
Worrying, Excessive  
Worthiness  
Writing  
Writing Skills  
Yawning  
You Are Your Creator  
Responsible for Your Body

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## **METAPHYSICS**

Buddha Nature  
Chakra Alignment  
Communicating with Spirits  
Contacting Spirits  
Creating a Spirit Room  
ESP Development I  
ESP Development II  
Finding Your Spirit Guide  
Future Progression  
Meeting Your Spirit Guide I  
Meeting Your Spirit Guide II  
Out of Body Experience  
Past Life Regression I  
Past Regression – Corridor  
Past life – Movie Guides  
Past Life – Star Travel  
Past life Transition Script I  
Past life Transition Script II  
Past life Transition Script III  
Past life Transition Script IV  
Past life Transition Script V  
Past life Transition Script VI  
The Spirituality Path  
Wisdom from Your Intuition

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**AWAKENING**

Awakening I

Awakening II

Awakening III

Awakening IV