

Hypnosis Affirmations Script Manual

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This pdf file contains a complete list of all the scripts included in this manual.
(20 Script topics + 20 Hypnotic Affirmations in each = 400 Affirmations)

Script Topics:

1. Acceptance, of self and others
2. Action Taking
3. Activity, Increasing it
4. Appreciating Life, Everything's a Gift
5. Attitude, Improving My
6. Confidence
7. Creativity (Work and Personal)
8. Focus, Focus & Focus – The Three Fs
9. Forgiveness – Guilt Release
10. Gratitude
11. Happiness, Creating
12. Healing Faster – Immune System Opener
13. Money Magnet, You're a
14. Procrastination (Do It Now)
15. Relaxing
16. Self-Esteem
17. Self-Sabotage, Eliminating
18. Sleep Easily – Insomnia
19. Smoking Cessation
20. Weight Loss – Making Good Choices