

## **Self-Sabotage Solutions 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.  
*(Includes 70+ royalty free scripts)*

### **Inductions:**

Visual Imagery Induction  
Eye Fixation Induction  
Hand Levitation Induction  
Staircase Relaxation Induction  
Breathing Induction  
Confusion Induction  
Handshake Interrupt Induction  
Visualization and Relaxation Induction  
Pattern Interrupt Induction  
Progressive Relaxation Induction – (bottom to top)

### **Deepeners:**

Countdown Deepener  
Descending Elevator Deepener  
Body Scan Deepener  
Visual Imagery Deepener  
Breathing Technique Deepener  
Sensory Awareness Deepener  
Visualization of Light Deepener  
Staircase Deepener  
Color Deepener  
Time Distortion Deepener  
Fractionation Deepener  
Metaphorical Journey Deepener

### **Scripts**

Guided Hypnosis for Identifying Self-Sabotaging Behaviors  
Guided Hypnosis for Healing from Past Traumas  
Letting Go of Fear of Failure  
Visualization For Success  
Embracing Abundance and Prosperity Mindset  
Establishing Healthy Boundaries and Assertiveness  
Building Resilience in The Face of Challenges  
Breaking Free from Procrastination and Perfectionism

Nurturing Self-Care and Well-Being  
Releasing Resentment and Forgiveness for Yourself and Others  
Creating A Vision for Your Ideal Life  
Managing Stress and Overwhelm  
Developing A Growth Mindset for Success  
Overcoming Limiting Beliefs  
Overcoming Imposter Syndrome  
Embracing Failure as a Stepping Stone to Success  
Tapping Into Your Inner Strength and Resilience  
Practicing Mindfulness and Presence  
Celebrating Your Victories and Acknowledging Your Progress  
Releasing Fear of Success  
Releasing Fear of Failure  
Enhancing Self-Esteem and Self-Confidence  
Setting Smart Goals for Personal and Professional Growth  
Letting Go of Comparison and Embracing Your Unique Journey  
Cultivating Gratitude and Appreciation  
Setting Healthy Habits for Success  
Building Supportive Relationships and Community  
Challenging Negative Beliefs  
Mindfulness And Awareness  
Gratitude Practice

### **Guided Meditations**

Deep Relaxation Meditation  
Mountain Meditation: Finding Inner Strength and Stability  
Ocean Waves of Relaxation: Letting Go of Stress and Tension  
Inner Sanctuary: Cultivating Self-Compassion and Healing  
Rising Phoenix: Transforming Self-Doubt into Confidence  
Awakening Inner Wisdom: Accessing Your Intuition  
Rooted in Strength: Cultivating Inner Resilience  
Healing Waters: Releasing Emotional Burdens  
Inner Strength: Empowering Self-Compassion  
Radiant Light: Embracing Inner Wisdom

### **Affirmations & Instructions**

11 affirmations