

The BIG Book of Sexual Dysfunctions - Hypnosis Script Manual

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This pdf file contains a complete list of all the scripts included in this manual.
(100 Royalty Free Hypnosis scripts)

Erectile Dysfunction

1. Stress and Anxiety Management
2. Performance Pressure Relief
3. Addressing Physical vs. Emotional Causes
4. Overcoming Fear of Intimacy

Premature Ejaculation

5. Mindfulness and Control Techniques
6. Reducing Anxiety and Nervousness
7. Overcoming Fear of Letting Partner Down
8. Visualization Techniques for Longer Control

Delayed Ejaculation

9. Addressing Overthinking
10. Emotional Blocks in Relationships
11. Physical Relaxation Techniques
12. Releasing Past Relationship Baggage

Low Libido

13. Addressing Hormonal Imbalances
14. Reigniting Passion for a Long-Term Partner
15. Self-Love and Self-Esteem Boosting
16. Stress Management and Lifestyle Change

Lack of Emotional Connection

17. Deepening Emotional Bond with Partner
18. Rebuilding Trust After Betrayal
19. Developing Emotional Vulnerability
20. Letting Go of Emotional Walls

Anorgasmia (Difficulty Reaching Orgasm)

21. Overcoming Self-Judgment
22. Releasing Guilt Around Pleasure
23. Body Awareness and Sensitivity Training
24. Communicating Desires to Partner

Vaginismus

25. Relaxation and Desensitization Techniques
26. Addressing Fear of Pain
27. Overcoming Past Trauma
28. Trust and Openness Building

Sexual Performance Anxiety

29. Overcoming Negative Self-Talk
30. Reframing Unrealistic Expectations
31. Visualizing Successful Intimacy
32. Letting Go of the Need to “Perform”

Body Image Issues

33. Developing Body Positivity
34. Letting Go of Comparison
35. Embracing Physical Imperfections
36. Shifting Focus to Sensual Experiences

Sexual Pain (Dyspareunia)

37. Relaxation and Pain Relief Techniques
38. Emotional vs. Physical Causes
39. Addressing Fear and Anticipation of Pain
40. Reframing Sexual Encounters

Hypoactive Sexual Desire Disorder

41. Overcoming Subconscious Aversion
42. Healing from Past Negative Sexual Experiences
43. Addressing Relationship Boredom
44. Reconnecting with Personal Desires

Overcoming Shame or Guilt Related to Sex

45. Religious Conditioning
46. Family or Cultural Beliefs
47. Embracing Healthy Desires
48. Releasing Feelings of Unworthiness

Rekindling Intimacy in Relationships

49. Rediscovering Each Other’s Bodies
50. Creating Rituals of Connection
51. Overcoming Distractions and Stress
52. Deepening Sexual Communication

Sexual Identity or Orientation-Related Issues

- 53. Embracing Sexual Identity
- 54. Overcoming Social or Family Judgment
- 55. Letting Go of Internal Conflicts
- 56. Building Confidence in Self-Expression

Overcoming Sexual Trauma

- 57. Releasing Traumatic Memories
- 58. Finding Safety in the Present Moment
- 59. Overcoming the Physical Memory of Trauma
- 60. Gradually Rebuilding Trust in Self and Others

Addiction to Pornography or Sexual Fantasies

- 61. Creating Balance in Sexual Desires
- 62. Reducing Dependency on External Stimulation
- 63. Exploring Sensuality Without Visual Aids
- 64. Redirecting Focus to Partnered Experiences

Communication Blocks in Sexual Relationships

- 65. Building Comfort in Expressing Desires
- 66. Overcoming Fear of Rejection
- 67. Developing Effective Listening Skills
- 68. Creating Safe Space for Open Discussions

Fantasy Exploration or Embracing Desires

- 69. Accepting Personal Fantasies
- 70. Overcoming Fear of Judgment
- 71. Integrating Fantasies into Reality
- 72. Embracing Role Play

Improving Sexual Stamina

- 73. Visualization for Extended Intimacy
- 74. Controlling Arousal Levels
- 75. Energy Management Techniques
- 76. Breathing Exercises for Endurance

Building Sexual Confidence

- 77. Overcoming Fear of Inadequacy
- 78. Positive Affirmations for Sexuality
- 79. Connecting with Sexual Power
- 80. Letting Go of Negative Comparisons

Tantric Sexual Practices

- 81. Connecting Breath to Sensation
- 82. Building Intimacy Through Eye Gazing
- 83. Full-Body Sensual Awareness
- 84. Exploring Slow and Conscious Touch

Sensory Awareness Training

- 85. Enhancing Touch Sensitivity
- 86. Focusing on Taste, Smell, and Sound
- 87. Building Emotional Connection Through Senses
- 88. Releasing Distractions During Intimate Moments

Overcoming Sexual Apathy

- 89. Reigniting Interest in Intimacy
- 90. Identifying Underlying Causes of Apathy
- 91. Overcoming Routine Boredom
- 92. Reframing Sexual Encounters as Playful

Healing Sexual Relationships After Infidelity

- 93. Rebuilding Trust
- 94. Reconnecting Emotionally and Physically
- 95. Overcoming Resentment
- 96. Letting Go of Past Hurt

Overcoming Jealousy in Sexual Relationships

- 97. Letting Go of Comparison to Others
- 98. Developing Personal Security
- 99. Building Trust in Partner
- 100. Healing from Past Betrayal