

The COMPLETE SESSION 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.

(Over 50 scripts)

Inductions

- Dream Vacation Induction
- Eight Count Relaxation Induction
- Golden Staircase Induction
- Grecian Spa Induction
- Star Twinkling induction
- This is Your Place Induction

Deepeners

- Flower Petal Deepener
- Ocean Dune Deepener
- RELAX Deepener
- Tropical Resort Deepener

Depth Tests

- Cell Phone Depth Test
- Clock Depth Test
- Finger Bending Depth Test
- Fuel Gauge Depth Test
- Stairwell Depth Scale
- Thermometer Depth Test

Awakenings

- Alert Awakening
- Happiness Awakening
- Refreshing Awakening
- Simple Awakening
- Snap Fingers Awakening
- Spiritual Awakening

Hypnosis Scripts

- Anxiety Go Away – Creating a Change
- Becoming Happier
- Blushing Script

- Body-Love Script
- Controlling Stress in Its Tracks
- Creative Inspiration
- Depression Lifted
- Encouraging Childbirth –
- Encouraging Pregnancy
- Fibromyalgia Pain Reduction
- Fulfill Your Potential
- Harsh Speech
- Headache – Burning it Away
- Insomnia – Scheduling Your Night's sleep
- Making a Comeback
- Overcoming Fear of Needles
- Overcoming Gambling Addiction
- Overcoming Nightmares from a Past Relationships
- Power of Love
- PTSD – Confidence, forgiveness and Hope
- Regaled Public Speaking
- Relax and Re-Energize in the Milky Way
- Releasing Fear and Anxiety
- Script for Fear of Flying
- Sea Sickness Be Gone
- Self Confidence Recipe
- Stopping Physical Muscle Pain
- Strength of Mind, Body and Spirit
- Success Mindset and Confidence
- Weight Loss – Following the Instructions