

## **The SELF-HYPNOSIS HANDBOOK**

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

*(50 scripts)*

1. Progressive Relaxation  
Unique Focus: A gradual physical and mental relaxation process.  
Application: Can be used universally for relaxation, stress relief, and focusing.
2. Eye Fixation Induction  
Unique Focus: Using a visual focal point to induce trance through mental concentration.  
Application: Can be adapted for attention and concentration techniques.
3. Anchoring Technique  
Unique Focus: Using physical triggers (e.g., touching fingers) to anchor a state of mind.  
Application: Great for creating calmness, confidence, or any desired emotion.
4. Countdown Induction  
Unique Focus: Using countdowns to deepen the hypnotic state progressively.  
Application: Best for relaxing deeper and releasing stress.
5. Autogenic Training  
Unique Focus: Self-induced relaxation by focusing on bodily sensations (e.g., warmth, heaviness).  
Application: Used for stress reduction and calmness but can be applied for deeper meditative states.
6. Visualization  
Unique Focus: Creating mental imagery of desired outcomes or scenarios.  
Application: Can be tailored to achieving goals or creating a calm mental environment.
7. Guided Imagery  
Unique Focus: Following a mental story led by oneself to create a specific outcome.  
Application: Useful for anxiety relief, creative problem-solving, and confidence-building.
8. Self-Suggestion (Autosuggestion)

Unique Focus: Repeating empowering statements internally.  
Application: Can be used for behavior change, habits, or inner dialogue.

9. Arm Drop Induction

Unique Focus: Using the movement of the arm to focus and enter a trance.  
Application: Best for deepening hypnosis and creating physical relaxation.

10. Fractionation Technique

Unique Focus: Going in and out of trance to deepen the overall hypnotic state.  
Application: Useful for deep relaxation and for strengthening the ability to go into trance.

11. Swish Pattern (NLP)

Unique Focus: Replacing negative mental imagery with positive ones quickly.  
Application: Changing mental states or eliminating unwanted habits.

12. The Safe Space Technique

Unique Focus: Visualizing a peaceful mental space for deep relaxation.  
Application: Excellent for stress relief, emotional safety, and anxiety control.

13. Body Scan Relaxation

Unique Focus: Focusing on each part of the body to induce relaxation.  
Application: Can be adapted for stress relief, pain management, or improved body awareness.

14. Hand Clasp Induction

Unique Focus: Using physical hand tension to induce trance.  
Application: Great for creating focus and entering a relaxed state.

15. Focus on Breathing

Unique Focus: Using controlled breathing to deepen relaxation.  
Application: Broadly adaptable for mindfulness, relaxation, and focus.

16. Rapid Eye Movement Induction

Unique Focus: Inducing hypnosis through rapid eye blinking and fatigue.  
Application: Useful for quick inductions and relaxation.

17. Mirror Technique

Unique Focus: Using a mental mirror to visualize the self and alter perception or state.  
Application: Can be applied for self-confidence and self-image improvement.

18. Mind's Eye Focus

Unique Focus: Focusing on the internal “third eye” for deep concentration or visualization.

Application: Great for intuitive insights or enhancing visualization abilities.

#### 19. Mantra Repetition

Unique Focus: Repeating a mantra to focus and induce hypnosis.

Application: Effective for calming the mind and reinforcing positive mental states.

#### 20. Pendulum Induction

Unique Focus: Using a swinging object (pendulum) to focus attention.

Application: Traditional technique that works for focus and relaxation.

#### 21. Finger-Spreading Technique

Unique Focus: Focusing on subtle finger movements to relax the body and mind.

Application: A tactile approach to achieving trance and mental stillness.

#### 22. Automatic Writing

Unique Focus: Writing without conscious control to bypass the conscious mind.

Application: Useful for accessing subconscious thoughts or ideas.

#### 23. Music or Sound Focus

Unique Focus: Using sound or music to relax or focus the mind.

Application: Broad adaptability to relaxation, creative work, or emotional shifts.

#### 24. Light or Darkness Focus

Unique Focus: Focusing on light or darkness to induce altered states of awareness.

Application: Ideal for deeper trance states or meditation.

#### 25. Hands Rising Method

Unique Focus: Visualizing hands rising involuntarily to initiate trance.

Application: Great for deepening and focusing.

#### 26. Overload Induction

Unique Focus: Overloading the mind with multiple stimuli to bypass the conscious filter.

Application: Best for quickly inducing trance.

#### 27. Hand Levitation

Unique Focus: Creating a feeling of hand levitation to deepen the trance.

Application: A fun and effective method for deepening hypnosis.

#### 28. Movement Visualization

Unique Focus: Mentally performing physical actions to induce hypnosis.  
Application: Great for sports performance, muscle memory, or pain relief.

29. Temporal Distortion Technique

Unique Focus: Mentally altering perception of time during hypnosis.  
Application: Useful for reducing stress or increasing productivity in short periods.

30. The Finger Focus

Unique Focus: Focusing on subtle finger sensations to enter trance.  
Application: Best for concentration or relaxation.

31. Shape Visualization

Unique Focus: Visualizing shapes or geometric figures to induce focus.  
Application: Great for creativity, problem-solving, and relaxation.

32. Affirmation Deepening

Unique Focus: Repetitive affirmations combined with deepening trance techniques.  
Application: Reinforcing positive beliefs or behaviors while in hypnosis.

33. Spiral Staircase Visualization

Unique Focus: Walking down a mental spiral staircase to gradually deepen trance.  
Application: Best for relaxation and inner reflection.

34. Future Pacing

Unique Focus: Visualizing future scenarios and success.  
Application: Effective for confidence-building, goal-setting, and anxiety reduction.

35. Symbol Substitution

Unique Focus: Replacing negative thoughts with positive symbolic imagery.  
Application: Best for habit change or emotional transformation.

36. Rapid Eye Blink Induction

Unique Focus: Using eye fatigue to quickly enter trance.  
Application: Quick and efficient for entering hypnosis.

37. Hand Levitation

Unique Focus: Hand rising involuntarily for deeper trance.  
Application: Fun, tactile technique for deepening hypnosis.

38. Chakra Focus Induction

Unique Focus: Focusing on chakras to induce relaxation or balance.

Application: Ideal for those interested in energy work or spiritual hypnosis.

#### 39. Metaphor-Based Induction

Unique Focus: Using metaphors to lead the mind into trance.

Application: Particularly effective for creative individuals or those who think in abstract terms.

#### 40. (Ericksonian)

Unique Focus: Overwhelming the conscious mind with confusing or paradoxical statements, which causes the subconscious to take over.

Application: Great for bypassing resistance and for those familiar with Ericksonian hypnosis.

#### 41. Ego Strengthening Technique

Unique Focus: Strengthening the subconscious through positive reinforcement and affirmations.

Application: Ideal for building confidence, resilience, and self-worth across a range of topics.

#### 42. Mindfulness-Based Hypnosis

Unique Focus: Combining mindfulness (present moment awareness) with hypnosis techniques.

Application: Can be used for stress management, focus, and emotional regulation.

#### 43. Reframing Technique (NLP)

Unique Focus: Changing the meaning of experiences by altering perspective.

Application: Especially useful for changing limiting beliefs or negative thought patterns.

#### 44. Double Induction

Unique Focus: Using two simultaneous stimuli (e.g., audio and visual) to overload and relax the mind.

Application: Effective for people who are more resistant to traditional inductions or need a quick trance state.

#### 45. Zone of Excellence Visualization

Unique Focus: Mentally placing oneself in a 'zone of excellence' where optimal performance happens.

Application: Useful for athletes, performers, or anyone looking to improve mental focus and peak performance.

#### 46. VAK Dissociation Technique (NLP)

Unique Focus: Using Visual, Auditory, and Kinesthetic elements to dissociate from negative emotions or states.

Application: Effective for breaking negative patterns or dealing with difficult emotions.

#### 47. Circle of Confidence

Unique Focus: Visualizing stepping into a 'circle' where you feel empowered and confident.

Application: Can be applied to confidence-building in any situation, from public speaking to social interactions.

#### 48. Handwriting Analysis Hypnosis

Unique Focus: Analyzing handwriting to reveal subconscious patterns and then altering them with hypnosis.

Application: A unique, rarely mentioned method that combines graphology with hypnosis for personal insight and change.

#### 49. Timeline Therapy

Unique Focus: Moving back and forth along a mental timeline to alter perceptions of past events and future outcomes.

Application: Effective for healing past trauma, overcoming limiting beliefs, or improving future outcomes.

#### 50. Color Breathing Visualization

Unique Focus: leverages the psychological impact of color and breathwork allowing individuals to choose and engage with the colors they feel most resonate with their current needs.