

Anatomy of a Session

The De-Stress & Mental Reset script, annotated

Supplemental material for students of *Hypnosis for the Modern Mind* · Kristin Shelly, CH, CI

HOW TO USE THIS

Read the script in Section Three first, straight through, without this document. Then read them side by side.

This is the companion to the annotated smoking cessation script, and the two are worth reading together, because they are built to different proportions. In the smoking script, roughly four fifths of the running time is change work. Here, more than half the session is induction and deepening, and the change work is comparatively short. That is not an accident of writing — it is what the goal requires. Ask yourself why before you read the answer anywhere.

Every annotation names one of three things: a **technique** from the twenty-five, a **language pattern** from the Ericksonian chapter, or one of the **laws of suggestion**. Where the script does two at once, both are named.

THE THREE SYSTEMS BEING NAMED

The twenty-five techniques for change — End-State Model · Logical Progression & SMART Goals · Direct Suggestion With Repetition · Post-Hypnotic Suggestion With an Anchor · Self-Awareness, Catharsis & Reframing · Identifying the Root Cause · Identifying Limiting Beliefs · Antonyms & Opposite Symbols · Metaphors & Stories · Self-Inquiry Questions · The Affect Bridge · Gaining Perspective · Mental Rehearsal · Suspending Disbelief · The Pleasure-Pain Principle · Contrast: The Fork in the Road · Confidence Pyramiding · Self-Concept & Core Beliefs · Inner Child Healing · Ego Strengthening · Parts Work · Ideomotor Questioning · Symbols You Can Turn · Teaching Self-Hypnosis · TRIP / Systematic Desensitization / NLP Phobia Cure

The Ericksonian language patterns — Pacing & Leading · Truisms · Linking words (and, as, because) · Presuppositions · Embedded Commands · Double Binds · Negation & Permission · Covering All the Possibilities · Nominalizations & Unspecified Verbs · Tag Questions & Lost Performatives · Quotes & Stories · Interspersion · Utilization · Ambiguity

The laws of suggestion — Coué's two: *imagination beats will, imagination can be directed*. Baudouin's six: *concentrated attention, reversed effort, dominant effect, auxiliary emotion, repeated effect, subconscious teleology*.

De-Stress & Mental Reset

Heighten your mental clarity, stamina and focus. Feel refreshed as if you went on a mini-vacation... in 30 minutes.

Be your own hypnotist; record this hypnosis session and take yourself on an inward journey of relaxation. After 'awakening' from this hypnosis, you will be performing again at peak performance, at your optimal state. Any feeling of exhaustion and burnout will be gone.

Best practice would be to read through it twice, finding the hypnotic rhythm and flow. Then find a quiet place to record. The voice recorder on your smartphone will work perfectly. Hit record and begin reading the script below. Talk clearly and slowly, with plenty of time between each instruction as if you are reading for a live theater performance. Find the rhythm and pacing and use a relaxed, hypnotic voice.

This recording is intended to help reset your mind and body. To de-stress and re-boot you. It should feel very safe and very relaxing. Any parts you wish to leave out or anything you wish to add, do it. Hypnosis is a creative endeavor.

When you have created the recording, lay down and listen to it in a quiet place with your eyes closed. Be as comfortable as possible, warm and safe. Reduce any stimulation, making sure no phones ringing, and that there's no interruptions.

Hit play and follow along with the simple mental exercises. The experience of hypnosis is progressive, and the longer you listen, the deeper and hypnotic trance you'll go. You may find initially, your conscious critical factors are present, and that is normal. That's the voice that will get quieter as you go along. And you may experience, when you are in a deep hypnotic trance, a drifting, dreamy state, a nonlinear peaceful state. Hypnosis is focused yet relaxed attention. You should feel significantly refreshed and re-energized after you emerge from hypnotic trance. So let's prepare to begin now.

Pre-talk, plain voice. Naming the critical voice in advance and saying it will get quieter is a **presupposition** — not *if* it quiets but *when*. It also removes the only thing in the next half hour that a listener could read as failure. Note the description of trance is offered as a range (*you may find, you may experience*) rather than a promise: **covering all the possibilities**, so that whatever happens is what was supposed to happen.

This is a non-analytical induction best suited for those who can visualize easily. If you do have a hard time sinking down into deep levels of relaxation, I would suggest you listen to it twice. Hypnosis, like meditation, is something we can get better at; calming and settling our mind while promoting a sense of well-being.

Truism doing quiet work: *hypnosis, like meditation, is something we can get better at*. Nobody argues with it, and once it is accepted, a shallow first listen is evidence of a skill still developing rather than evidence that hypnosis does not work on this person.

[Begin recording here.]

INDUCTION

Close your eyes now, focus all your attention on everything you hear inside and outside of this room. Really hear what you're listening to. Focus on all the sounds around you. Now, put your attention on everything you see. Become very aware of the light coming through your eyelids by noting what color you see mixed in with the darkness. So you're really seeing what you're looking at. Next, focus your attention on your entire body. Notice where your body starts and stops in time and space. Now scan your body from your toes to the top of your head, just becoming aware of all the sensations from the inside out. For example, warmth, coolness, aching, comfort, tingling... become very body aware now. [pause] Good, all the way to the top of your head. And lastly, move your attention, your focus to your breath. Notice your breath as it moves gently in and out of your body, in and out and up and down. Focus on the air that leaves your nostrils and your chest as it rises and falls. [pause]

Concentrated attention — Baudouin's first law, and the whole of this induction. Hearing, then seeing, then the body, then the breath: four channels, one at a time. Everything named is already true, so the listener cannot fail to follow — that is **pacing**, built out of stacked **truisms**. *Become very body aware now* is an **embedded command** riding inside an instruction about noticing.

So now let's expand your area of awareness to incorporate all of these things at the same time. Become aware again of everything you hear. And expand to include everything you see. Plus, add in an awareness of your body

down to the tips of your toes. And at the same time, notice the gentle rhythm of your breath in and out and up and down. Focus now on all of these things. [pause] Now, this simple exercise does two things: it starts to take your primary focus off your own thinking, and it also makes you more present, and to 'be here now' is the gateway into the spiritual realms, the meditative realms, and also into the hypnotic realms.

Now all four channels at once. Holding them together is more than comfortable conscious attention can manage, and that is the point — attention saturates and drops inward. Then she steps briefly into the plain voice to explain what the exercise did. Explaining mid-induction looks like a mistake and is not: it gives the analytical mind something to agree with, which is **utilization** — using the critical faculty rather than fighting it.

DEEPENING

Ok, so before we go further into deep hypnotic trance, let's make sure we relax any physical tension in the body, and to do that, imagine relaxation moving at the rate of warm amber honey, starting at the top of your head and moving downward, spreading relaxation downward. Relax your scalp, relax your forehead, all the little muscles around your eyes relax. Let your eyes float and rest in their sockets. No need for any pressure or concentration. Hypnosis is a passive and receptive state.

Metaphors & Stories in the service of relaxation. The honey does not describe the relaxation, it gives it a *rate* — so the listener's own imagination supplies the speed, and nobody has to try. **Coué's first law: imagination beats will.** You cannot decide to relax. You can picture honey. And then it is said outright — *hypnosis is a passive and receptive state* — which is **reversed effort**, Baudouin's second law, stated as a fact about the method.

Now this relaxation flows down into your jaw by softening your tongue and removing any tension between your teeth. Allow this relaxation to flow downward over your throat and back of your neck. Relax your throat and neck. Now your shoulders. Relax your shoulders now. Warm relaxation dissolves any tension in your shoulders. All tension you're carrying consciously and subconsciously, dissolves away.

Repeated effect. *Relax your shoulders. Relax your shoulders now.* Repetition is pleasant in trance, not tedious. *All tension you're carrying consciously and subconsciously* is **covering all the possibilities** — whatever the listener is holding and wherever they are holding it, it has been included.

Move this relaxation, warm amber honey... spread it, send it down both arms, down into your forearms, down into your hands and fingers, your arms relax completely now. Now, move that relaxation down into your chest. Noticing your breathing is shallow and rhythmic and your heart is already slowing to its resting state. Let that relaxation flow down now, into your stomach and gut. Release any grasping or holding. So that relaxation spreads to your lower back and moves down the back of your hips. Move that relaxation down behind your knees, relaxing behind your knees, relax your shins, relax your calves, even down to the bottom of your feet now. Good. Just scanning your body now, one last time and any areas of extra tension or any physical discomfort, really gives that part of your body permission to relax and let go. Your subconscious mind knows exactly how to relax now. Allow your subconscious mind to take you further down in hypnotic relaxation... now.

Unspecified verbs and nominalizations. *Relax, release, let go* are never defined, so each listener fills them with their own meaning and each one is right. The paragraph ends by handing the work over: *your subconscious mind knows exactly how* — **subconscious teleology**, Baudouin's sixth law — followed by *take you further down... now*, an **embedded command** placed where the word *now* can land on it.

Good. And now, just like a child being read a bedtime story, just let these images populate all by themselves, no need for any effort whatsoever. Picture yourself now, you're standing outside under the moonlight at the top of a lovely stairway, it's a warm, sultry, summer night. The stairs are made of white marble lit all the way down with lamplight. The stairs are wide. They wind gently down the bottom of the stairs is a beautiful pool glistening with underwater lighting. In a moment, I'll have you step down these stairs relaxing down with each descending. Ok starting now at the top step at 20 step down to 19, down to 18, down to 17, 16, 15, 14, 13, 12 down to 11, down to 10, down... 9, down... eight, down 7, 6, 5, four, step down to three, down to 2. Step down to one. And Zero, good.

Just like a child being read a bedtime story — a **story used as an instruction about how to listen**. It licenses passivity better than the word *passive* does. Then the staircase, the oldest deepener there is. Read it aloud and notice the count is uneven: slow and separated at the top, gathering speed toward the bottom. The pacing is itself a suggestion that going down is getting easier. It ends at **zero**, one step past where the conscious mind was counting to.

You're now standing at the bottom of the stairs, noticing the beautiful pool. Surrounding the pool's courtyard are hedges of rose bushes burst into bloom. The warm, sultry summer wind has blown the petals and they're floating now on the surface of the water. Bend down, lift a petal. Notice the velvety softness between your fingertips. The water is warm and inviting, so you choose to lower yourself now into the water. The water supports your body just like a rose petal. Imagine your body floating across this beautiful pool. Feel your body bobbing gently up and down, up and down. Drifting and floating. Across this beautiful pool. The water supports your body completely.

All the senses recruited at once — lamplight and petals, the velvety softness between the fingertips, the warm sultry air, the body bobbing up and down. This is what makes a scene feel inhabited rather than described, and it is the difference between a listener who watches the pool and one who is in it. *The water supports your body completely* also does structural work: from here on, nothing is required of the listener's effort.

And, it doesn't matter if you find your mind beginning to wander to other thoughts and other feelings because nobody wants anything, nobody needs anything. There's absolutely nothing of any importance for you to do right now, but relax and let go. Good.

Negation & permission. The one thing that could break the trance — a wandering mind — is authorized in advance, so it can no longer be a failure. *Nobody wants anything, nobody needs anything* removes the performance entirely. This is the same move the smoking script makes when it tells a client to wait rather than resist: **reversed effort**, take the task away and the task stops being failable.

Continue to float along, really enjoying this wonderful feeling. [pause]

One short line and a long pause. The pauses are not gaps between the work; in a script like this they are where the work happens. When you record this, make them longer than feels comfortable.

Become aware of that beautiful night sky. The dark velvety sky with its full round moon, surrounded by twinkling silver stars. Everything here is so peaceful. Everything here is so calming. Everything here is so relaxing that you take into yourself, these feelings of calm, these feelings of relaxation and peace and you experience it now. [pause]

Auxiliary emotion, Baudouin's fourth law. The suggestion is not *be calm*. An image that is already producing calm is built first, and only then is the feeling named and offered as something to take in. **Repeated effect** carries it: *everything here is so peaceful... so calming... so relaxing*.

CHANGE WORK BEGINS

Now we're using the power of your mind, your subconscious mind, to enhance these feelings of well-being. Your mind has access to these feelings of calm and relaxation inside of you at all times.

The topic arrives, and it arrives in two sentences that argue for nothing. Both are **presuppositions**: that the mind has this power, and that the access is permanent — *at all times*. This is **Self-Concept & Core Beliefs** in miniature. The claim is about what the listener already *is*, not about what they should try to do.

Begin to imagine your brain is like one giant computer. It's time now to defragment the computer, all the little bits and tiny pieces of information that need to be stored in memory or deleted completely so that you feel calm and present with no distracting fragments or bits of information. Your subconscious mind knows how. Do this now until your mind is completely still and calm and completely peaceful. Store away or delete what doesn't need to be remembered until your mind is empty and open. Good. Just like a pebble thrown into the center of a beautiful pond. Watch the ripples roll and concentric rings expand and get wider and wider until the water becomes perfectly still again. The surface of the water is now a perfect smooth mirror again. Like your mind.

Metaphors & Stories, and a clean example of **utilization** — a modern mind is handed a modern metaphor. Then notice it is immediately replaced by a natural one: the pebble, the ripples, the water settling back to a mirror. Two metaphors for one instruction is not redundancy. The computer explains; the pond delivers the state. Between them, *your subconscious mind knows how* — the work is assigned to the part that does not need to be told the method.

And now you can just tune into your body again and imagine the left side of your brain resets completely. [pause] And the right side of your brain resets completely. [pause] And the connection between the left and right hemispheres of the brain all begin working together effortlessly... interconnected so perfectly, communicating in a balanced way between the left hemisphere and the right hemisphere. Harmonized, synchronized, powerful.

Direct suggestion with repetition, built as a symmetry. Whether the hemispheres do anything measurable here is beside the point of the technique: what the listener is given is something to *do* rather than a state to achieve. That is **Symbols You Can Turn** — an action in place of an effort.

And now focus on the left side of the body. On the left side of the body all the energy channels flow easily, open, freely... The left side of the body and now the right side of the body. The right side of the body's energy channels flowing easily, open, freely... now both sides, both sides of the body at the same time, working together. Both sides working together in harmony and balance, harmony and balance. And as your nervous system relaxes even more and as we use this deep state of focused relaxation, your mind relaxes further. Be calm and still. All the stress and tension of the day just dissolves away completely now. [pause]

The same structure again, moved from the brain to the body. **Repeated effect** at two scales: the phrase doubled — *harmony and balance, harmony and balance* — and the whole architecture doubled. Then the **linking word**: *as your nervous system relaxes even more and as we use this deep state... your mind relaxes further*. Something happening is joined to something suggested, and the joint does not show.

And if there's anything you've been holding onto... from the week or month or further back in your past, any frustration... or anger... or sadness, any stress or worry, any pain or hurt that you've been carrying around inside yourself... even anxiety or stress about the future. Any and all negative emotions inside you... any and all negative emotions, that may block your awareness of this perfectly calm center inside you. Let's just give yourself permission now to let them go and just take a mini mental vacation from any negative emotions.

Covering all the possibilities. Frustration, anger, sadness, stress, worry, pain, hurt, anxiety about the future. The listener is never asked what it is — the list is wide enough that whatever it is has been included, and nothing has to be said out loud or even thought clearly. This is **Self-Awareness, Catharsis & Reframing** opened without a regression. *Give yourself permission* keeps it permissive: the release is authorized by the person releasing.

Picture in your right hand an empty red balloon. In a moment I will have you transfer anything and everything that you may have been holding onto, that blocks you from feeling perfectly peaceful and calm, that you are ready to release, consciously and subconsciously, into that red balloon. With each breath out you fill that red balloon, bigger and bigger... with any negative emotions, feelings or thoughts that you no longer want to carry inside, transfer them now into the red balloon... and watch as it gets bigger and bigger. [long pause]

Antonyms & Opposite Symbols — a physical container for something that has no physical form. It is also **Symbols You Can Turn**: the balloon fills on the out-breath, so the release is paced by something the body is already doing and cannot get wrong. **Coué's second law: imagination can be directed.** Note the phrase *that you are ready to release* — whatever is not ready stays, and the listener keeps the veto.

Good, all stress, all worry, any hurt, or frustration... all negative emotions... all of it is now in the balloon. [pause] And when you're done tie it off. Good. And the second you are ready to release these things, the intelligent universe knows and sends a large gust of wind. Let go now, let it go, it's over now, it's gone, it's no longer happening. The past is over. A large gust of wind comes and carries your red balloon high into the blue sky. Watch it get smaller and smaller... [pause] Until it disappears completely.

The wind is not the listener's doing — *the intelligent universe knows and sends*. The release is handed to something outside their effort, which is **reversed effort** a third time. **Repeated effect** at full strength: *let go now, let it go, it's over now, it's gone, it's no longer happening*. Five ways to say one thing, which is right — in trance that reads as certainty, not as repetition.

Let's seal in these good feelings now. Like taking a mini mental vacation.

The hinge of the session, and the rule it obeys: **never remove without replacing**. The balloon emptied something out; the next four paragraphs fill the space. A session that stops at the balloon leaves a hole.

One creative way to picture this is imagine a bubble, a giant soap bubble, and it is floating in the room toward you glistening in the sunlight. The soap bubbles get larger and larger. Or you get smaller. It doesn't really matter. Imagine stepping inside this bubble now. It doesn't have to make sense in this creative state of mind. You picture yourself inside this sphere, inside this bubble now. The space inside this bubble is your personal space given to you on the planet. In fact, it's your personal space given to you and all of the universe. Right?

Ambiguity, and it does real work. *The bubble gets larger. Or you get smaller. It doesn't really matter.* Being told it does not matter removes the last job the conscious mind had left — checking whether it is doing this correctly. *It doesn't have to make sense in this creative state of mind* is **permission**, and the closing *Right?* is a **tag question**: it collects agreement without asking anyone to answer.

So we're just going to imagine any negativity, any stress from the outside world... just hit the outside of the bubble and slip to the ground below. It just can't reach the real you. The real you, this calm, peaceful state, the real you before any dissonance came into your sphere, is having a mini mental vacation from any negativity. And this calm centered feeling that you feel inside now, stays with you. The real you. And any negative emotions or thoughts, they hit outside of the bubble and slip to the ground below. Like a force field really. They can't get to the real you. This calm, centered, contented feeling just stays with you. Nothing really bothers you. Just like water rolling off a duck's back. Did you know, no cold water ever touches the duck's skin? The feathers are so perfectly layered. That's like you now. Nothing really can reach or affect this deep, quiet, peaceful part of you.

The **post-hypnotic suggestion** taking its shape, and notice what it is attached to — *the real you*, said five times. **Self-Concept & Core Beliefs**: calm is framed as what the listener was before anything disturbed it, not as a new thing being installed. The duck is **interspersal** — *no cold water ever touches the duck's skin* is a fact the listener agrees with, and the suggestion rides in on the agreement. **Dominant effect**, Baudouin's third law: the strongest image in the paragraph is the one that will still be there on Monday when something competes with it.

And for the next few days, or until you listen to this recording again, this mini mental vacation away from any negative emotions stays with you. These calm, relaxed and centered feelings stay with you. These calm, relaxed and centered feelings stay with you and your mind is resetting now and your nervous system resets now. Even the muscles in your body. The fibers of your muscles in your body are resetting. All of your organs, every single organ inside your body, even your skeletal system, your electrical system, your immune system harmonize and synchronize. Everything's letting go. Everything's receptive and open. Healthy, easy, natural. Healthy, easy, natural. No tension anywhere to be found. Just like one giant reset button, letting the stress of the past dissolve away. Being completely right here, right now. [pause]

Post-Hypnotic Suggestion with a time frame and, built into it, a renewal condition — *or until you listen to this recording again*. That clause is also **Teaching Self-Hypnosis**: the suggestion contains the instruction for its own repetition. **Repeated effect** twice over (*these calm, relaxed and centered feelings stay with you; healthy, easy, natural*), and the sweep through organs, muscle fiber, immune and skeletal systems is **covering all the possibilities** turned on the body.

Refreshed and reset... And you bring this calm, centered feeling up out of trance with you. In a moment, I'm going to have you come up out of trance. And you can bring these nice, peaceful, calm, centered feelings with you. They stay with you for the next few days or until you listen to the recording again, taking a mini mental vacation from all stress or negative emotions, feeling calm and centered... your natural state. Even later today you will be surprised how much better you feel.

Link the reward. The feeling the listener came for is named and then explicitly carried *up out of trance* rather than left behind in it — which is the difference between a pleasant half hour and a session that changes the afternoon. *You will be surprised how much better you feel* is a **presupposition**: the improvement is assumed, and only the reaction to it is left open.

EMERGENCE

So just like a bubble rising to the surface of the water, I'm just going to count up from one to three and on the count of three, simply open your eyes feeling refreshed, wonderful and wide awake, refreshed, wonderful and wide awake.

The Rising Bubble, from the emergence chapter in Section Two. It is used here instead of the Silent Finish for a practical reason worth teaching: a recording has to end, and it cannot sit quietly and wait for eyes to open by themselves. Note that the metaphor matches the induction — the listener went down into water and comes up through it.

One, getting ready to open your eyes now. Step up now to two, like a bubble rising to the surface. Getting ready to open your eyes now. Good, the bubble continues to float upwards now. And three eyes open, wide awake, feeling wonderful. Your eyes are open, your mind is clear and calm.

Repeated effect one last time: *refreshed, wonderful and wide awake* is said before the count and again inside it, so the state is named twice before it is asked for. The count is short and the images keep moving upward the whole way. Emergence should feel like the natural end of the direction you were already travelling, not a reversal.

A note before you record it. This is offered for your own learning and practice, and you are using it at your own discretion — Kristin Shelly and Hypnosis Career Training are released from liability for the results. Two sensible habits apply to any recording, including this one: never listen while you are driving or doing anything that needs your attention, and if you live with epilepsy, a psychotic disorder, or any condition being actively treated, check with your doctor first. Otherwise, enjoy it. It is a pleasant half hour and you will come out of it clearer than you went in.

Where each technique appears

Concentrated attention	The four-channel induction: hear, see, body, breath
Utilization	Explaining the exercise mid-induction
Metaphors & Stories	Warm amber honey · the staircase · the pool · the defragmenting computer · the pebble and the pond · the red balloon · the bubble · the duck

Reversed effort	<i>Hypnosis is a passive and receptive state; the wandering mind permitted; the wind that comes on its own</i>
Subconscious teleology	<i>Your subconscious mind knows exactly how</i>
Auxiliary emotion	The night sky, before calm is named
Direct Suggestion With Repetition	Left and right hemispheres; left and right sides of the body
Symbols You Can Turn	The hemispheres to reset; the balloon filled on the out-breath
Antonyms & Opposite Symbols	A physical container for something with no physical form
Self-Awareness, Catharsis & Reframing	The release into the balloon, with no regression
Covering all the possibilities	The list of what might be held; the sweep through the body's systems
Self-Concept & Core Beliefs	<i>The real you</i> , before anything came into your sphere
Interspersal	<i>No cold water ever touches the duck's skin</i>
Ambiguity	<i>The bubble gets larger. Or you get smaller.</i>
Tag question	<i>Right?</i>
Dominant effect	The force field — the image meant to hold on Monday
Post-Hypnotic Suggestion	<i>For the next few days... stays with you</i>
Teaching Self-Hypnosis	<i>Or until you listen to this recording again</i>
Link the reward	Calm carried up out of trance, not left in it
The Rising Bubble	The emergence — up through the water you came down into

What else could go here

This script came out of live sessions and was written the way it was spoken. What follows is not a list of mistakes and not a list of choices — it is simply what else could sit in this script, where it would go, and roughly what it would sound like. Add any of it, or none of it. Some of it would turn a half-hour reset into something longer and more clinical, which may or may not be what you want.

Ideomotor questioning. A recording cannot wait for a finger to lift, so there is none here. If you adapt this for a live client, the natural place is just before the balloon is tied off:

“Is there anything still being held that is not ready to go into the balloon yet? If there is, let the yes finger rise. [pause] Good. Then leave it exactly where it is. We are not taking anything today that you are not ready to hand over.”

Identifying the root cause, or the affect bridge. The balloon releases the feeling without ever asking where it came from. If you wanted the cause rather than the state, it would go right where the holding is first named:

“Notice the feeling you have been carrying. Do not push it away — let it get a little clearer, a little stronger. And now let your mind drift back along that feeling, back and back, to the first time you can remember feeling exactly this. Be there now.”

One practical caution: material that is opened has to be closed in the same session, and this session is thirty minutes with a recorded ending. Do not start it here.

Identifying limiting beliefs. Nothing in this script touches what the listener believes about stress — only what they feel. If you wanted the belief, it would sit after the defragmenting and before the balloon:

“And you might wonder what you would have to believe about yourself, to have carried all of this for as long as you have. That it is your job to hold it. That if you put it down, something falls. Let that thought come, and look at it the way you would look at something written by someone else. Is it true? [pause] And what would be truer?”

Parts work. The balloon treats the stress as cargo. It can also be treated as somebody:

“And there is a part of you that has been keeping watch — scanning, checking, staying ready. It has been working very hard, and it has been working for you. Thank it now. And ask whether it would be willing to rest for the next few days, knowing you will call it the moment you actually need it.”

Ego strengthening. It would sit naturally right after the bubble, where the good feelings are being sealed in:

“And every day you find yourself a little steadier. Things that used to unsettle you take up less room. You recover faster, and you notice you are recovering faster, and noticing it makes it easier still.”

Mental rehearsal. The session installs a state but never walks the listener through using it. Before the emergence:

“Picture tomorrow now. Picture the moment in the day when it usually starts to build — you know the one. See yourself there, and notice what is different. Nothing dramatic. Just a little more room around it. Watch yourself handle it, easily, from inside the bubble.”

For your practice

Read this one against the annotated smoking script and notice how differently the time is spent. A session that installs a state needs depth more than it needs argument, so most of the running time goes into getting there. A session that changes a behavior needs the work, so the induction is brisk and the change work is long. When you build your own scripts, decide which kind of session you are building before you write a word of it.

Then take any script in Section Three and mark it up the way this one has been marked — name what each passage is doing, and where else something could go. You will find passages doing nothing, and passages where two techniques are doing the same job. That is the exercise that changes people, and once you have done it a few times you will not need a script again.

