Hypnosis Script – “Loving My Body Despite Yesterday’s Eyes”

Take a moment to settle into your body... let your breath find its rhythm… let your thoughts flow away like leaves on a gentle stream.  
  
In this space, you are safe.  
  
Your eyes may be closed, or simply lowered, not needing to look outside anymore… but rather beginning to listen to what’s happening inside.  
  
And as you hear my voice, you begin to feel the space around you softening… like a gentle fog… protecting you from what is no longer useful.  
  
There was a time… when being seen felt dangerous.  
  
A time when other people’s words weighed heavier than your own reflection.  
  
You were young… and perhaps you didn’t yet know… that those words, those looks, those moments of cruelty… were never really about you.  
  
They came from their fear… their judgment… their own broken mirrors.  
  
And yet, you carried them. Like stones in a backpack.  
  
But here… in this moment… something shifts.  
  
As you imagine yourself walking through a hallway of memories… you see a younger version of yourself.  
  
Perhaps she is 12… maybe 13… She’s walking home from school, a little too fast, always a little afraid.  
  
She keeps her head down. She has learned it’s safer that way.  
  
But today, you approach her.  
  
And you don’t say anything at first… you just walk beside her.  
  
And she looks at you… surprised.  
  
Because for the first time, someone is walking \*with\* her… not \*against\* her.  
  
And you say, softly… “You don’t have to run anymore.”  
  
And maybe she wants to believe you… but she doesn’t know how.  
  
So you offer her your hand.  
  
And the moment she takes it… something changes.  
  
You both stand still.  
  
And the hallway of memories begins to fade… replaced by a soft field of light… and in this field, there are no mirrors.  
  
Because here, the body is not something to be judged.  
  
It is something to be thanked.  
  
This body that walked through the fear, through the shame, through the silence.  
  
This body that never abandoned you.  
  
This body that still breathes… still wakes up each morning… still tries.  
  
Let that truth sink in.  
  
You are not broken.  
  
You never were.  
  
You simply believed someone else’s lies.  
  
And now, with each breath, you release one of them.  
  
“I must be thin to be loved” — exhale.  
  
“My body is not good enough” — exhale.  
  
“I need to earn pleasure” — exhale.  
  
And in their place, let these words root deeper inside:  
  
“My worth is not defined by my weight.”  
  
“I am allowed to nourish myself.”  
  
“My body belongs to me — not to their opinions.”  
  
Let your breath carry those truths into every part of you.  
  
And now, imagine a version of yourself… maybe a year from now.  
  
She is not perfect.  
  
She is peaceful.  
  
She eats when she’s hungry.  
  
She says no when something feels wrong.  
  
She wears clothes that make her feel like herself.  
  
She moves not to punish her body, but to honor it.  
  
And she looks in the mirror… not to judge… but to connect.  
  
This future you… already lives within you.  
  
You don’t have to become her.  
  
You just have to remember her.  
  
So as we slowly return from this journey…  
  
Bring one hand to your heart… and one to your belly.  
  
Feel the warmth of your own body.  
  
You have carried it.  
  
You have punished it.  
  
And now… you are learning to come back to it.  
  
Let your breath deepen.  
  
Let your awareness return to the room.  
  
But take with you… the softness.  
  
The truth.  
  
That you don’t have to run anymore.  
  
You are already home.