Hypnosis Script – “Finding Inner Space Even in Closed Places”

Take a moment to settle into a comfortable position... let your body rest, supported, safe.  
  
Begin by bringing your attention to your breath… the gentle rhythm of your inhale… and your exhale…   
Let it flow naturally… nothing to change… nothing to force…   
Only a quiet return to yourself.  
  
Inhale… and imagine that with each breath in, you are expanding a little more space inside you…   
Exhale… and feel the weight you’ve been carrying… slowly dissolving…  
  
Now, in your mind’s eye… imagine yourself standing before a hallway.   
This hallway is calm… quiet… and gently lit.   
You know that at the end of this hallway, there is a room.   
A place of stillness and safety. A space where you can go… even when the outside feels tight…   
This is \*your\* inner space.  
  
Begin walking slowly… step by step… no rush…   
With each step, the world around you becomes more muted…   
And your attention turns inward… to your sensations… to your breath…   
To the calm growing inside you.  
  
And now, you reach the room.   
You open the door and walk in.   
Here, you are not trapped.   
Here, you are not watched.   
You are simply… free.   
This room has no walls you cannot move.   
No exits you cannot reach.   
Because this room… is inside you.   
And here, you decide.  
  
Notice what this place feels like…   
Maybe there’s a window with light streaming in…   
Maybe a chair where your body can fully relax…   
Maybe even a faint scent of something familiar and soothing…  
  
Let this space grow around you…   
This is your \*safe inner field\*.   
Where no machine, no road, no distance… can reach.   
No one can lock you out of yourself.  
  
And now… imagine being in a place that usually makes you feel trapped.   
Maybe a highway… or inside an MRI scanner…   
But this time, you carry \*your space\* with you.   
You remember: “Even when I’m enclosed… I’m never stuck.”   
Because your body… knows the way out.   
Because your breath… opens doors that fear had closed.  
  
You feel your chest gently rising…   
You feel your heartbeat slowing…   
You remember: you are not the place. You are the presence \*in\* the place.  
  
And from this presence, you breathe again…   
Softly… deeply… peacefully…  
  
Let these sensations anchor within you now.   
This sense of \*space\*… of freedom… of inner quiet.   
Let it become a memory etched in your body…  
  
So that the next time fear knocks…   
You won’t need to fight it.   
You will simply… return home.  
  
Back to this room…   
Back to your breath…   
Back to your choice.  
  
Inhale deeply… and let this new message settle inside you:   
“I am never trapped. I carry space within me.”  
  
And when you’re ready… slowly… gently… begin to return to the present…   
Wiggle your fingers… your toes…   
Open your eyes when you feel ready…   
And bring with you the quiet certainty…   
That freedom… is already in you.