

Step-by-Step Hypnosis Script

Step One: Eyes Open and Focused on the Target

Sit comfortably and calmly in a chair and look straight at the wall in front of you. Choose a point on the wall and stare at it... I will ask you to use your own ability to reach a deep state of relaxation... Please do not take your eyes off that point and keep looking at it continuously... As you stay focused on the point, listen to my voice... Focus your mind on the things I ask you to think about and keep your gaze on the target. If at any moment you notice your attention drifting, simply bring your thoughts and focus back to the target and to my words. Now, as you feel calm and relaxed, I want you to recall how easily you entered a hypnotic state before... How good it felt to let your eyes close, and how it was under your control to allow yourself to enter that state... As your muscles relax, allow any stress and tension within them to fade away... Be calm and relaxed... As your mind becomes calm too... just let your subconscious take over the responsibility of your mind. Feel this calm and relaxed sensation spreading through your arms, legs, and your whole body... You'll notice how easy and pleasant it is to let these feelings continue... even as you keep listening to my voice... This feeling gets stronger... And remember, you truly have the power to calm yourself... to calm your mind.

Step Two: Eye Fatigue, Closing Eyes, Relaxation, and Counting

Now you may feel that you've stared at the target long enough... but continue a bit more.

Your eyes will start to feel tired and soon will close.

Breathe gently and comfortably, and with each exhale, you become more and more relaxed.

Your eyes will begin to close on their own. Just let it happen.

Take a deep breath, and with each exhale, feel more tension releasing, bringing deep relaxation.

Now, feel the muscles of your face and let them loosen and relax. Calmness and ease spread through your facial muscles.

It starts from your forehead, then moves to your scalp. Feel how you release tension and a sense of peace moves around your head and face.

This soothing energy now moves around your eye muscles, cheeks, jaw, lips, and mouth...

It reaches your neck and continues downward... into your shoulders.

Your shoulders feel tired and relaxed.

A sense of calm spreads through your arms... down to your elbows, wrists, hands, and fingers.

Your arms feel heavy.

You feel deeply safe and calm.

Your eyelids become heavier and heavier...

If your eyes have already closed, your eyelids remain heavy and tired, and if not, they will soon close...

Calmness moves from your shoulders into your chest, spreading like a wave throughout your body...

Moving down to your back, your breathing is steady and relaxed.

Each exhale feels like you're sinking deeper into the chair...

The wave of calm moves from your back into your legs... thighs... knees... calves... ankles... and feet...

It enters your toes.

As you become more relaxed, your entire body may feel heavy, or perhaps slightly numb.

This pleasant feeling of numbness and heaviness may begin to spread from your feet and hands to your whole body.

It's as if you're sinking into the chair you're sitting on.

Your eyelids feel heavy and tired.

If they're already closed, they stay shut tightly.

Heavier and heavier...

It feels like your eyes are being pulled down by a weight.

If not yet closed, they will soon be...

Let them close now... tightly...

Now you'll feel even more relaxed.

Reaching this relaxation is much easier with your eyes closed, so keep them shut.

As you continue listening to me, feel a deep sense of peace.

Just focus on what I'm saying.

I'm going to start counting from 1 to 20.

As I count, you'll feel yourself going deeper and deeper into a state of calm and peace...

You'll still be able to follow my instructions without disturbing this state.

As time passes, background sounds will bother you less and less—just let them drift into the background of your mind.

One... two... deeper and deeper...

Three... four... five... more and more relaxed...

Six... seven... sinking further...

Eight... nine... ten — halfway there.

Eleven... twelve... thirteen... fourteen — complete relaxation, you clearly hear my voice...

Fifteen... sixteen... seventeen... eighteen — deeper... calmer...

Nineteen... twenty.

Step Three: The Special Place – Calm and Obedient Imagery

As you go deeper into a state of relaxation, it's helpful to imagine yourself in a place you know — a place where you feel safe and calm.

A special, familiar place you can return to in your imagination whenever you want.

Take your time choosing this place.

(*Brief silence*)

This place could be somewhere you've only been once — like a vacation — or somewhere you go often.

It could be indoors or outdoors...
You might be alone or with others...
You might be doing something or just sitting or lying down.
It doesn't need to be a real place.
It can be imaginary or a mix of imagination and reality.
Imagine it however feels right to you.
Some people visualize like a moving film, others like a still picture.
You may feel strong emotions from being there... from being surrounded by this safe,
calming place...
Maybe there are sounds... even smells...
Take all the time you need to find this place in your mind.
Once you have it and see yourself there, we will continue.

(*A few seconds of silence*)

Now that you are in your safe and calming place, there is no need to focus too closely on my words... the meaning will naturally sink in.
You can remain in your special place.
But if your mind drifts and you want to return, simply bring your focus back to it and give that place a name...
Any name that reminds you of it.
And whenever you recall that name, the feelings and imagery of that place will quickly return.
You can use this special place as a reset point — a way to break away from unwanted thoughts and refocus.

Step Four: Post-Hypnotic Suggestion, Forgetting, and Exiting Hypnosis

Stay completely calm and relaxed and carefully listen to what I'm going to say.
Soon I will count backward from 20 to 1...
You will slowly wake up, but during the counting, you will remain in your current state.
When I reach 5, you'll open your eyes, but you won't be fully alert yet...
And when I say 1, you'll be fully awake and alert — just like your normal waking state.
You may feel like you were asleep, and it might be hard to remember everything I said or how you felt...
It will be much easier to forget everything — until I say "Now you can remember everything."
Until then, you will remember nothing that happened.
After opening your eyes, you'll feel good — no headache or side effects.
Now I will count from 20 to 1...
At 5 and 9, you'll open your eyes early, but still not be fully alert until I say 1.
After waking, you'll take a test — the same one you've seen before.

You'll perform just like before.

Do what you've practiced.

But if you see a green square, press the right key after the dots appear...

Right key for green.

If you see a yellow square, press the left key...

Left key for yellow.

So: green = right, yellow = left.

But forget that I told you this.

Just like everything else you're going to forget — until I tell you:

"Now you can remember everything."

Get ready...

Twenty... nineteen... eighteen... seventeen... sixteen... fifteen... fourteen... thirteen... twelve...
eleven... ten — halfway there...

Nine... eight... seven... six... five... four... three... two...

One! Wake up. Fully awake and alert.

Any drowsiness you feel will quickly disappear.