Your 10-minute self-hypnosis session

A printable script from hypnoskill.com

How to use this script

Read it slowly to yourself, or record it on your phone and play it back. Speak more slowly than feels natural, and pause for a few seconds at each "...". Sit in a chair with your feet on the floor and your hands resting on your thighs. Silence your phone and set a gentle timer for 12 minutes.

Before you start, write one suggestion for this session in the box below. Keep it in the present tense, positive and specific. Use the same suggestion every day for a week.

My suggestion this week:

_____

_____

Examples: "My body is heavy and warm, and I let the bed hold me." / "When I feel tension rise, I breathe out slowly and my shoulders drop."

The four stages

1. **Induction** (1 minute): look up, breathe, close your eyes, float.
2. **Deepener** (2 to 3 minutes): count down from 10 to 1, then scan your body.
3. **Suggestion** (4 to 5 minutes): repeat your sentence and picture it.
4. **Exit** (30 seconds): count out from 3 to 1.

The script

1. Induction

Get comfortable in your chair... Let your hands rest... Without moving your head, look up toward the top of your head, as high as you comfortably can...

Take a deep breath, and hold it...

Now slowly close your eyes, keeping your gaze turned up behind your eyelids... and breathe out...

Let your eyes relax... Let your body float... as if you were resting in warm water, fully supported, nothing to hold up on your own...

2. Deepener

In a moment I'll count down from ten to one. With each number, on each breath out, you float a little deeper...

Ten... nine... eight... feeling heavier and lighter at the same time...

Seven... six... five... each breath slow and easy...

Four... three... two... one...

Now let your attention move slowly down your body...

Your forehead softens... your eyes rest... your jaw unclenches... your shoulders drop... your arms grow heavy... your hands rest... your belly rises and falls on its own... your legs grow heavy... your feet are warm and still...

If your mind wanders, that's fine. Notice it, and come back to the floating feeling...

3. Suggestion

In this calm, focused state, you hear your suggestion...

[Say your suggestion slowly.]

Now picture it happening... See where you are... See what you're doing... Notice how it feels in your body...

[Say your suggestion again.]

Let the picture grow clearer... the colors, the sounds, the feeling of it...

[Say your suggestion a third time.]

Stay with that picture for a few more breaths... letting it feel true, right now...

4. Exit

In a moment you'll count back from three, and open your eyes feeling awake and alert...

Three... getting ready...

Two... with your eyes still closed, roll them up toward the top of your head...

One... let your eyes open slowly... awake, alert, and ready for the rest of your day.

After the session

Write one line before you get up:

- How absorbed did you feel? Low / Medium / High
- What pulled your attention away?

Day	Absorption	What pulled me away
1		
2		
3		
4		
5		
6		
7		

Safety

Stop anytime; if you have a serious mental health condition, talk to your doctor first. Don't practice while driving or doing anything that needs your full attention. Self-hypnosis is a practice for relaxation and focus, not a medical treatment.

The induction and exit in this script follow the eye-roll method taught by David Spiegel's group at Stanford. Full guide and sources: hypnoskill.com/self-hypnosis/

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