

# SELF-HYPNOSIS OUTLINE

1. Lay down in a safe and comfortable place if possible.
2. Get in a comfortable position, one that you will not need to adjust later.
3. Close your eyes...relax.
4. Think slowly to yourself, "When I count from three to one, I will relax head to toe and toe to head." Think this over and over for three or four times.
5. Then count to yourself, "Three...letting go, now. Two...relax. One...more relaxed."
6. Notice your breathing. Be sure you are taking slow, deep, even breaths between your counting and pauses. Think of yourself as inhaling calm and exhaling relaxation.
7. Notice that your body is pressing down...feeling heavier...more limp.
8. Starting with 100 and counting backward, slowly imagine the numbers floating out from your forehead into an imaginary mist in front of you. Take slow, deep breaths after each number you are mentally counting. As soon as you get to about ninety, imagine wrapping all of the rest of the numbers into a package and shove it out into the mist in front of you until all of the numbers have disappeared from your mind.
9. Notice that as you relax, your mouth will begin filling with saliva. Tell yourself that you need to swallow until you actually do swallow.
10. Now, concentrate on your eye area. Tell yourself how heavy and stuck tight your eyes feel. Roll your eyeballs upward with your eyelids closed. Notice how your eyebrows move as you tell yourself, "The harder I try to open my eyes, the harder it is becoming."
11. This is when you give yourself suggestions for whatever behavior you wish to change or augment. Repeat the suggestions to yourself at least three times. Feel your breathing and hear your breathing between each set of suggestions.
12. When you are ready to finish up, think to yourself that you will be more alert, awake, and refreshed than when you began. Your breathing should still be slow, deep, and even.
13. Think about doing a count from one to five, and how much better you will feel now than when you began.
14. Mentally begin counting and think to yourself, "One...feeling myself speeding up, now. Two...I'm waking slowly. I am not in a hurry. Three...four...five! Now I am awake."
15. Open your eyes and notice how wonderful you feel!

**Note:** You can use the soft suggest (track two) of the *Mind Magic Audio*™ Stress Release, Self-Hypnosis, or any relaxation music (nature sounds, rain, etc.) as an aid to relaxation and self-hypnosis.

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