

Hypnosis for Business Professionals

If done improperly, hypnosis can be damaging to your mental health. By using this script, you are accepting all liability and risk.

[This is a script to hypnotize yourself. It is written to eliminate nervousness from networking in business situations. However, you can rewrite this script to address any habit or bad feelings you want to change. Record yourself reading the script. Read the script in a calm and peaceful voice. Then play it back to yourself. This works best in your own voice, because you will be more comfortable. It also works better if you rewrite the script to customize it to your situation. Make sure you are alone, and will not be disturbed for the entire session. It is important you complete the whole script from beginning to end in one session and do not stop half way. DO NOT listen to hypnosis while driving.]

Lay back on a comfortable couch. Close your eyes and listen to the sound of my voice. You are preparing for a wonderful hypnosis session. This is going to be a relaxing and inspiring experience. For the next ten minutes, you are going to be without interruption. You do not have to worry about anything that is going on in your life. The only thing you have to do is listen to the sound of my voice. You are safe, and you are about to have a wonderful experience.

We are going to start by relaxing the muscles of your body. Start by taking a long deep breath.

In and out.

As you breathe out, let the muscles of your face relax. Your eyelids are heavy. Your jaw muscles relax. Let your head become heavy, as it rests on the couch. Your muscles are so relaxed that you cannot even move your head. Hold on to that relaxation. That is good.

Now moving down to your arms. You start by completely relaxing your shoulders and you feel the relaxation move down your arms. All the muscles in your arms become very relaxed. The relaxation extends down to your hands and even your fingers. You are so relaxed you can no longer move your arms.

Continue taking long deep breaths.

In and out.

Now relax the muscles of your torso. Your chest. Your back. Your stomach is completely relaxed. Your torso becomes heavy as it rests on the couch.

Now move down to your legs. All the muscles in your legs become very relaxed. Start at the top of your legs, relaxing your muscles. Letting all your cares and worries go away. Now moving down your legs, relax your calves. Your full legs are relaxed and heavy as they rest on the couch. The relaxation extends to your feet. The muscles in your feet are relaxed. Even your toes are relaxed.

Continue taking long deep breaths.

In and out.

Now your full body is relaxed. You are at peace and you feel so happy and good. Now as you listen to my voice, I want you to make your relaxation become twice as deep.

You are doing good.

Now we are going to go visit a special place. With your eyes closed, you are going to visualize this place in your mind.

[Rewrite this section to be someplace that is meaningful to you. It should be a place that you have fond memories of where you feel safe and happy. It is important in this section to visualize all five senses: Sight, Sound, Smell, Touch, and Taste]

You are sitting on a lounge chair on a quiet beach looking out onto the ocean. You can see the beach around you. It is a warm sunny day. There is sand, and a rocky shoreline. You can see the waves crashing on the beach. This place feels good. You are happy to be here.

You hear the waves. Listen to the water go back and forth. Listen to the seagulls call overhead.

You can smell the beach. Take a deep breath in and out. As you breath you can smell the salty air, and the nearby plants that grow along the beach.

It is a nice sunny day. You can feel the warmth of the sun on your skin. There is a slight breeze that just slightly brushes the hairs on your skin. Can you feel it? Good.

You notice there is a small table next to your chair. You are happy to see a glass of water on the table. Imagine you pick up that glass of water and have a drink. You can taste the water as it goes down your throat. No water has ever tasted so good. It completely quenches your thirst.

You are happy and relaxed on the beach.

[This section is the countdown to ENTER a highly suggestive state]

Now we are going to leave the beach, and I am going to relax you more completely. In a moment I am going to begin counting backwards from five to one.

The moment I say the number five, you will start relaxing. When I say the number one, I will snap my fingers, and you will be fully and completely relaxed.

Five... Your whole body is completely relaxed and sinking into the couch.

Four... You continue relaxing and letting go.

Three... You are reaching a more comfortable, calm, and peaceful state.

Two... Breathe deeply. On the next number, you will let all your muscles become limp and loose as you simply sink into the couch, becoming more calm, more peaceful, and relaxed.

One ***[Snap your fingers]***

You are now in a state of deep relaxation.

[Rewrite this section to address the specific situation you want to improve. This current section addresses nervousness in business networking situations.]

From this day on, you will no longer be nervous at networking events. Meeting new people is an exciting experience. You look forward to networking. You have tremendous confidence in yourself. Your confidence in your skill and talent become stronger every day. You are good at networking. Every day you will get better and better.

You are no longer worried about what other people think about you. If other people have negative attitudes, that is their problem. If someone misjudges you, their misjudgment does not actually change anything. It is simply their own mistake. You know your own true integrity, and your own true self. You love yourself. You are awesome and everyone will appreciate your accomplishments. You cannot wait to share your special personality and your talents with others.

When others get to know your true self, they will be happy and excited. You will be embraced by everyone. People want to see you communicate your greatness. When you are networking, you will be the life of the party. Everyone will want to talk with you. Everyone wants to be your friend. And you want to help everyone else as much as you can. You want to make others feel as special as they are making you feel special.

You love networking. You are good at networking. You will no longer be nervous at networking events. You look forward to networking events.

[This section is the countdown to EXIT a highly suggestive state]

Now it is time to end our session. As I count down from five to one, you will start to wake up. When I say the number one, I will snap my fingers and you will wake up. When you wake up, you will feel so wonderful. You will feel refreshed and full of energy. You will feel so healthy and alive. You will feel completely stress free. You have loved this experience and you are excited to begin your new life.

Five... You can start to feel life slowly come back to your muscles.

Four... Breathe deeply. You can feel your body start to awaken.

Three... Joy and life is moving throughout your body.

Two... You are almost fully awake. On the next number, I am going to snap my fingers and you will open your eyes.

One ***[Snap your fingers]***

You are now fully awake. Thank you for taking this time to take care of yourself. Have a wonderful day.