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## **Self-Hypnosis Script**

By Michelle Miller

Read the following script. Become familiar with the words.  
Taking time-out to relax should only be done in a quiet relaxed safe place--not while driving a car. When it's time to relax, find a comfortable place and say these words to yourself. You can also record this script onto a tape in a calm tone. Playing soothing background music may add to the mood of relaxation.  
Enjoy! Relax!

I sit in a comfortable position.  
I adjust my body just right.  
I quiet my mind.  
I take a deep breath in--and then exhale.  
Being comfortable allows me to feel relaxed.  
I pay attention to my breathing.  
I take another deep breath in... breathing in positive relaxation.  
And this time, as I exhale - I breathe out whatever it is I need to let go of. Perhaps I have had a rough day and need to release a sigh of relief, or there's been some feelings that I haven't been able to shake, or I just want to let go in order to relax - - whatever it is - just let it go, exhale and let go. And as I let go I will begin to feel a wave of relaxation. (pause)

I take a deep breath in--breathing in calmness and as I exhale, I release any tension.

I say to myself the words, "calm and relaxed", calm and relaxed to quiet my thoughts, to quiet my body. I adjust my body in a way that will be most comfortable for myself. I begin to let the natural rhythm of my body take me into relaxation. Feeling peace, feeling calm and feeling relaxed.

If any thoughts of the day interrupt me , I will acknowledge them and then I will let them pass. Perhaps I want to imagine putting my worries in the clouds for the moment and watch them slowly drift away. (Pause) And just allow this time for myself... so that I can unwind completely...

I let my breath slowly flow easily and gently through me. I notice the gentle rhythm of my breath... as I gently inhale and exhale-- relaxation is moving through my body.

My muscles are relaxed.  
Any stress or discomfort is slowly floating away.  
My emotions are calm and peaceful.  
At this moment I am at peace with myself.  
I can sit quietly and calmly.  
I fill my body with self-acceptance. (pause)

I will trust the silence and I will accept and be thankful for any inner guidance.  
(pause)

I am thankful for this moment.  
I reaffirm positive thoughts.  
I am open to receive calmness. I give myself the gift of taking a moment to focus inward.  
The feeling of peace and comfort is being absorbed throughout my body. (pause)  
I feel good I know how to relax myself.  
With each breath I take in, I see in my mind's eye all the elements of my life coming into greater harmony and as I exhale -- I release any doubts or anxieties.  
(pause)

I can choose at any time to relax my thoughts.  
I can choose to change my focus by taking a deep breath in and then exhaling. I will exhale any frustration.  
I can choose to pay attention to my breath. Paying attention to my breath relaxes me. (pause)

My body is filled with self acceptance.  
When I've taken enough time-out, and I feel ready, I will open my eyes feeling refreshed and rejuvenated -- with a renewed sense of inner confidence.