

Self hypnosis

1. Find the time and place where you can be comfortable and be undisturbed and decide how long you would like the self hypnosis to be.
2. Sit down or lie down and close your eyes. Think about relaxing each muscle in your body from the top of your head to the tip of your toes. Tell yourself such phrases as 'I feel my body drifting and floating down deeper and deeper into total relaxation.'
3. Imagine a special safe place to go to (beach, garden, by a lake, beautiful view)
4. Count down from ten to one silently and mentally and slowly (as you breath out or every other out breath)
5. Tell yourself that each descending number is going to help you go deeper into relaxation and that each time you count you will be able to go deeper
6. When in this relaxed state give yourself positive and beneficial suggestions or images (Always give this in the positive not negative) such as peace, sense of well-being, positive feelings, growing stronger and stronger each and every day.
7. Tell yourself that when you have stayed in this relaxed state for the appropriate amount of time you will count yourself up from one to ten and awaken refreshed feeling rested and renewed.
8. You may also practice this last thing at night and if you wish may turn it into a natural sleep from which you waken in the morning refreshed.

Notes: