

The Script Collection

a resource for therapists

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Cure
needle phobia

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About The Script Collection

The Script Collection is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The first part of each script, in which the therapist is preparing the ground for the trance work to follow, is formatted as standard prose, and is intended to be delivered with normal tone and pace.

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.

Needle phobia

Now, of course, a healthy respect for sharp objects is a good thing, but we also know that needles can save lives, so appropriate respect without unnecessary anxiety is healthier for us. Now, if you've had high anxiety around needles or when having an injection, you'll have noticed how focused your attention was in these times. You would have been absolutely 'in the moment'. Maybe your unconscious mind has learned to feel fearful if you even remember or imagine having an injection.

Take a moment now to think about the worst time with needles you can recall, and see if that makes you feel a little bit anxious. OK, now how did that feel? Maybe there was a little anxiety when you recalled that occasion. You can take another few seconds to cast around in your memory to see if there was a worse memory.

What we're going to do now is to change the nature of this memory, the very worst memories, so you can relax totally when reviewing them. This will be the first stage in the process of getting you nice and relaxed in these times. We're going to 'unhook', so to speak, the emotional response from the situation.

This whole experience is completely relaxing and so ***you can forget about those times*** because it's going to be a comfortable and calming experience.

So find a very comfortable and restful position
and **start to relax very deeply**

now

just closing those eyes

you can begin to think

and imagine a very relaxing inner journey

like taking a stroll down to an incredibly beautiful and relaxing place

you know

some places are just inherently relaxing

something about them allows you to

feel peaceful and calm

someplace where just being there

lets **you relax so deeply**

whether it's the colours or the shapes or the sounds

and even the air and light of this place

lets **you rest gently**

and as I count from one to ten

you can **notice that you relax deeper** with each count

down into an outside or an inside place

that's just **so calming**

in your mind

that's it

just gently having the sense of **relaxing comfortably**

with each further step

and one

and two

really getting a sense

of being more into your special peaceful place

somewhere so **secure and comfortable**

and three

that's it

and four

and five

perhaps almost imagining

the sensation of walking or strolling closer

with the air moving around you as you **relax deeper**

and six

and seven

and eight
and nine
and ten
that's it
really noticing what the elements of the place are
that are just **so relaxing**
and you can **relax more completely** with each second
each second that passes can allow you
to **feel more peaceful**
and just **notice** the particles of your whole body
as they **relax right down completely**
what it's like
when every part of you
is replenished with **deep calm and peace**
feeling so **rested and comfortable**
calm and peaceful
and a really tranquil **comfortable and peaceful** place
has certain qualities to it
the light and surroundings
the general feel of your place in your mind
can be so wonderfully **restful and calm**
really get a sense of **resting so completely**
right now
in your friendly
wonderful
healthy
calming place

■ Pause

Now
you know what a blank TV screen looks like
do you not? What a video recorder looks like?
And you can get a sense of whereabouts
in your special place
this TV can be
or this video recorder
perhaps magically floating somewhere

or resting to the side or in the air
and when you've noticed and got a sense of that
just get a sense
of the shininess of the surface of the TV screen
that's it

Now
you've heard of the expression 'out of body experience'
have you not?

And on the count of three
I'd just like you to get a dream-like sense
of drifting out of yourself to one side
so that you'll be able to *see yourself over there*
watching the TV screen to the side
you'll be able to *see another you over there*
relaxing deeply

watching that TV screen to the side
and one
and two
and three
that's it
just gently drifting out of yourself
and settling gently to the side
so you can *observe and just watch yourself*
over there watching TV
and you can see yourself from the side over there
and just the side of the screen
that's good...now I'd like you to really *notice*
just what it is that lets the you here know
the *you over there* in front of the screen is *so relaxed*
could be the way your face is
or the way *your body's just so calm*
now
when *you intuitively know*
that the *you over there has relaxed deeply*
while watching in tremendous fast forward
that old
out of date memory

that old out of date video of that time with needles
that memory number one
then you can *nod your head to yourself*
that's it
confirming that the *you over there*
has finished watching that old out of date time
while relaxing deeply
just intuitively get a sense that the you over there
has been watching that old out of date video
with a remote control at incredible fast forward
that's it

■ Pause

Now after any time
there's always a time afterwards
where everything goes back to normal again
it doesn't matter how someone was
after the time
eventually
the mind/body system returns to a proper balance
eventually
and on the count of three
just drift into that old memory
to the end of it
afterwards
when *everything has calmed down* again
that's it
and one
and two
and three
that's it
now
you know when you rewind a video
and you can watch the actors going backwards very very quickly
appearing to experience time backwards
as you rewind the video
well

it would be strange
to *experience being in a video going backwards*
going backwards through that memory
rewinding back through it very very quickly
very rapidly
and on the count of three
you can experience this
experiencing time backwards
experiencing going through that memory
from the end of it afterwards
to before it even happened
in a matter of a few seconds
and on the count of three
and one and two
and *three*
going very rapidly back through that time
flickering back through that experience
experiencing the seconds and the minutes backwards
very very fast
that's it
very very quickly
seeing everything but backwards
very very quickly now
that's it
to way before anything happened at all that day
very very fast
experiencing that memory backwards
to before you'd even been there in the first place
that's it
and when *you've done that*

 Pause

Just drifting out now
back into your special deeply calming and relaxing place
in front of that TV screen

 Pause

Now you're going to **notice** what it's like
because **you have remote control**
to get a sense of pressing fast forward
and watching that old out of date time on that screen
in incredible fast forward
as you **continue to relax deeper and deeper**
that's it
just observing that time from the outside
and one
and two
and three
watching that time very very rapidly over there
as **you relax so calmly** over here
from the outside
watch the whole time in such fast forward
that the whole thing is just a matter of seconds
that's it
like **watching from a vast distance** in time and space
and now just drifting back again to the end of the memory
beyond the TV screen
the part where everything eventually **calmed down** again
that's it
just getting a sense of that time
and this time
we're going to **rewind back** through that memory
even quicker
and on the count of three
and one
and two
and three
going very **rapidly back** through that time
flickering backwards
experiencing the seconds and the minutes backwards
very very quickly
experiencing that time backwards **very very quickly**
that's it
seeing everything but backwards
very very fast

that's it
to way before anything happened at all that day
rewinding through the experience
that's it
and when ***you've done that***

■ Pause

Just drifting out now
back into your special deeply calming and relaxing place
in front of that TV screen
and ***this time***
watching that out of date memory from the outside
with even more relaxation and calm
getting a sense of pressing fast forward again
and watching that old out of date time on that screen
in incredible fast forward
as you ***continue to relax deeper and deeper***
that's it
and one
and two
and three
watching that time very very quickly ***over there***
as you relax so calmly from the outside
watching the whole time in such fast forward
that the whole thing is just a matter of seconds
good

■ Pause

And for the last time
with this particular memory
and the quickest of all this time
just drifting in again
to the sense of after that time
when everything calmed down after that time
and this time
rewinding back through the memory even quicker

quickest of all
and on the count of three
and one
and two
and three
going very rapidly back through that time
experiencing time flickering backwards
that's it
experiencing the seconds and the minutes backwards
seeing everything backwards very very quickly
that's it
to way before anything at all happened that day
very very fast
that's it
and when **you've done that**

■ Pause

Just drifting out now
back into your special deeply calming and relaxing place
in front of that TV screen
and **this time**
watching that out of date memory from the outside
with even more relaxation and calm
and **this time**
as you watch that old memory on that TV screen
I want you to **notice**
something reassuring about that time
that you'd never noticed before
that's it
just watching that time in fast forward
and one
and two
and three
just watching that very very quickly on the screen
good

■ Pause

Now you can allow that screen to **go blank**
along with that memory
and **notice**
that **you can relax deeply with that memory now**
we're just processing that time
through a different part of the mind
a more relaxed
detached
comfortable part of the mind
just **observing that memory from a distance**
how it **feels different** to think about that time
that's it

■ Pause

And now
just get a sense of watching that TV screen again
and watching yourself in **future scenes**
looking so **calm and relaxed around needles or injections**
in **total peace** with the experience
seeing yourself **calm and composed**
in all kinds of needle situations
that's it
and as you watch
notice how you can **relax even deeper**
it's **such a pleasure to watch yourself** in the future
just so **relaxed and composed** in those times

■ Pause

Now just drift into that screen from the future
and **notice the reality of relaxing around needles** and injections
in a way you never knew before
really **notice what it's like** now
to drift into that screen into the future
and experience dream-like **being so relaxed and composed**
so calm in those situations

notice that now

good

■ Pause

Now you can just drift out of these future relaxing times

that's it

knowing that you can repeat this process

until you have dealt with all disturbing memories

and you can *look forward to being surprised*

how differently you feel around needles

and as I count back from ten to one

you can get the sense of drifting back through the screen

and back to everyday awareness

that's it

and ten

and nine

and eight

and seven

and six

becoming more alert and awake

and five

and four

and three

and two

and opening those eyes and coming back to the room

good