

Self-confidence Script

These suggestions and instructions are now going into your subconscious mind and they're having a greater influence over you... Every day these suggestions are becoming more effective and they are helping you in many different ways: spiritually, emotionally, physically, and mentally because every day in every way you are getting better and better.

Therefore, every suggestion that I am giving to your subconscious mind is already having a greater and greater influence over the way you think... Over the way you feel... And over the way you behave.

Even after you complete this brief session with me... After you have left here... And you're no longer with me... These suggestions will continue influencing you just as strongly, just as surely... And Just as powerfully... As when you are with me here and now.

You have now become so deeply relaxed... So deeply relaxed and your mind has become so sensitive... So receptive to what I say... That everything that I put into your mind... Will sink so deeply into the subconscious part of your mind... And will make so deep and lasting an impression there... That nothing will erase it. In this condition, your subconscious mind is now at the forefront; it is now readily accessible to my suggestions to you.

Each time I hypnotize you it keeps becoming more enjoyable... You relax to a deeper level... More peacefully... And with greater benefit. You will awaken more calm and relaxed... And will remain that way from today forward. Your subconscious mind has already begun learning how quickly and easily you can calm yourself. This new knowledge allows your mind to be more clear, more alert, feel more refreshed, yet be more relaxed and more composed.

Consequently... These things that I've put into your subconscious mind... Will begin exercising greater and greater influence over the way you think... Over the way you feel... Over the way you behave.

And... Because these things will remain... Firmly embedded in the subconscious part of your mind... After you have left here... When you're no longer with me... They will continue to exercise that same great influence... Over your thoughts... Your feelings... And your actions... Just as strongly... Just as surely, just as powerfully... When your back home or work.... As When your'e with me in this room. You continue developing a more relaxed attitude, and you keep achieving more outstanding accomplishments in your life... Because everyday in every way you're getting better and better.

As a result of this deep hypnotic rest... You're going to feel physically stronger and fitter in every way. You will feel more alert... More wide awake... More energetic. You will become much less easily tired... Much less easily fatigued... Much less easily

discouraged... Much less easily depressed. Every day... You will become so deeply interested in whatever you are doing... that your mind will become completely distracted away from yourself... you will no longer think nearly so much about yourself... You will no longer dwell nearly so much upon yourself and your difficulties... And you will become much less conscious of yourself... Much less preoccupied with yourself... And with your own feelings... every day your nerves will become stronger and steadier... Your mind clearer... More composed... More placid... More tranquil. You will become much less easily worried... Much less easily agitated... Much less fearful and apprehensive... Much less easily upset.

As of tonight you'll be pleased to find that when you desire to sleep you'll sleep more deeply and more restfully than you have in the past. Your subconscious mind will work on solving any challenges that lie before you without disturbing your deep nurturing sleep. In fact when you awaken totally refreshed, you will feel that the best description of your sleep was that it felt delicious.

Every day you will become aware that you are emotionally calmer... more settled... More stable... And able to function in all your activities in a relaxed confident way. You are rapidly becoming all that you want to be: self confident... Self-sufficient... Healthy... Acceptable... Capable... Admirable... And strong.

Your mind is powerful... It has brought you through the history of your past and all that has happened to you... And you realize that this is exactly what makes you unique and special.

The fact that you are making this effort right now to improve yourself shows you're open mindedness and searching nature are working in a creative way to improve yourself and grow.

You are now ready to live and let live... Feeling responsible for yourself and your feelings and choosing to let go of any old tapes created by someone else's opinion or attitude that has not served your purpose or goals.

All that you have done in your past has been either a successful accomplishment or a successful lesson... Your past has all been a series of accomplishments or losses... These accomplishments and lessons have created a unique person you are today... There is no one else on this earth exactly like you. You're confident in your uniqueness and secure in your accumulated wisdom... Wisdom that you have earned entitlement to

You have learned and practiced acceptance whenever necessary and intuitively know when to push forward for a result you desire. You recognize your right to choose your actions and your lifestyle and plan your activities, your goals, and your life based on your personal choices and desires.

You're confident in your life being what you choose and not someone else's opinion of who you should be or what you should do.

You have outstanding capability... You have truly outstanding potential... You have the mental and physical ability to be an outstanding success... You'll keep developing more confidence in yourself each day... You will always remember that success is a decision-not good fortune... You are becoming successful because every day in every way you are getting better and better.

You already possess the ability to do everything you want to do... As well as everything you need to do... You have the talents, the skills, and the abilities. For this reason you have complete and total confidence in yourself.

You have the ability to set good goals for yourself... And you have the determination, the confidence, and the motivation to consistently perform the actions necessary to achieve your goals-no matter what anyone else says.

You hereby claim your right... You affirm your freedom. Today you choose... With the greatest confidence... The way you will design the rest of your life. You are experienced, intelligent, and have accumulated wisdom. Your entire past has been preparation for today... And today's the day... Your day... And to step forward in the realization to the deepest levels of your knowledge... That today truly is your day as you recognize how truly special you are.

This is the truth and the truth does not change.

Every day, in every way, you're getting better and better.

In a moment, I will count from one to five, and on the count of five you will open your eyes refreshed, alert, and eager to completely experience your fresh new outlook on life.

One, begin to allow your awareness to come back into this place.

Two, allow the energy to begin returning to your body beginning at your feet, moving up your legs.

Three, feel the energy now moving up throughout torso, wonderful revitalizing energy.

Four, allow the energy to now move up into your shoulders and neck.

Five, and now the energy moves up into your head refreshing your mind, eyes open, wide awake, alert, and feeling wonderful.