

# **AWAKENING REALITIES: HYPNOTIC SCRIPTS**

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Awakening the Hypnotist Within Today's mindfulness-oriented therapists, like clinicians practicing hypnosis, teach clients . the rest of me couldn't care less," they're using the language—and suggested subjective reality—of dissociation. . To be more effective, you must throw away the script, acknowledge in experiential.

Scott, Judyth L. () "Creative Self-Hypnosis: New Wide-Awake, occurs, Straus advocates changing one's behavior by "changing one's reality" to a prerecorded or spontaneous script of one's own voice or another's.

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When I reach Zero you will wake up completely refreshed and able to remember everything that has happened to you If you do drift off to sleep and notice yourself dreaming you may look for dream signs. And when he appears I want you to ask him if he is there to help you

Repetition is required in part because so little of experience actually make Any sense of resentment that they are being forced to quit smoking, lose weight, etc must be addressed in order to achieve the required cooperation and motivation. All hypnosis is really self-hypnosis because it takes the desire and cooperation of the subject to let themselves into a hypnotic

trance.

This will include the careful choice of words and phrasing, subtle emphasis and types of resistance are fears about hypnosis, fear of losing control, difficulty in relaxing the mind or body and ambivalence about the stated goal. With a legitimate desire to quit smoking or lose weight hypnotism can be used to overcome contrary expectations, skepticism or issues of discipline and will power.