



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **164 - Scripting - Depression and Stress Associated With Divorce**

Your client is getting a divorce and you know for sure that the marriage cannot be saved. In a light state, you would build their self-esteem. Point out talents and skills.

Perhaps you could suggest something like this is the light state.

- *The past is in the past now and it is what it is. You are not responsible for the choices others make. You are only responsible for your choices and decisions.*
- *When you married, it was a risk. There were no guarantees that everything was going to work out. What is the worst thing that could happen with this divorce? The worst might be that you will end up back where you started, but you can handle that. The best thing that might happen is someday there may be a new relationship for you with someone who will be loyal and loving.*
- *You are not going to punish yourself by feeling depressed and sad or be a good little victim because that will not fix anything.*
- *From this point on you are going to start making positive decisions and doing what is best for you and your children.*
- *You are going to let your lawyer help you make the proper legal decisions. You find it easy to stand up for yourself in a strong, confident, and diplomatic way.*

Go deeper: Tie the suggestions in with the Restful Alert Key.

Other suggestions:

- *You take one day at a time. You do not worry about the future, but you plan for it with a sense of discovery and adventure.*
- *Open yourself up to new decisions looking at your options.*