



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

164 - Scripting for the Arm Rigidity

Make sure that the arm rigidity is safe for your client to do.

- *I am going to count from 5 down to 0. On 3 your elbow locks and on 0 it is tight as a bar of steel.*
- *Your arm is strong now, so strong that the harder you (drop your voice) try to bend your arm, (raise your voice) the stronger it becomes just like your ability is becoming stronger and stronger to*
- *Just like your arm is very strong, so is your ability very strong to resist all negative suggestions and influences in your life.*
- *Your arm is strong now. You can feel that inner strength in your arm just like you can feel that inner strength every day as you*
- *Just like your arm is very strong so is the bad taste of cigarettes very strong. They taste bad, they smell bad, they are repulsive to you*
- *Just like your arm is very strong so is your motivation strong to accomplish*
- *I am going to count from 5 to 0. On 3 your elbow begins to relax and on 0 your arm will be completely relaxed and comfortable and you will go deeper asleep.*