



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **164 - Scripting - The Shield: Stress From Outside**

Stress is a factor in everyone's life and it can be negative or a positive motivator in some circumstances.

- *You notice a beautiful shield of light that surrounds you at all times. You recognize it as a protective shield that reflects negativity back to other.*
- *This shield is strong and powerful. It only allows those feelings that are positive and helpful to pass through for you to enjoy and build upon.*
- *Imagine the shield. What does it look like?*
- *You suddenly realize that you were in a negative situation, which you experience before in the past, but you felt calm and clear minded.*
- *The shield makes it easy to keep things in perspective and see the way forward clearly. Solutions to problems flow to you easily and effortlessly.*
- *Negativity no longer overwhelms you.*
- *Imagine someone is talking to you. Their words and behavior is negative. Imagine their words flowing through the air, hitting the shield and the shield rejecting them before they ever reach your mind.*
- *You are inside the shield and you hear what they say and how they are behaving, but it does not upset you. You respond in a cool, calm, and diplomatic way*
- *Now, imagine someone is talking to you and his or her words and behavior is pleasant. Imagine their words and behavior flowing through the air, through the shield and accepted by your mind.*
- *This is a powerful shield and it rejects all negativity before it even reaches your system. Only positive suggestions flow through this shield and are accepted by your mind.*
- *Perhaps it is so easy for you now because you are using your own positive strengths in dealing with life situations in helpful and constructive ways.*
- *You are smiling and enjoying the beautiful day and you realize that you were talking to someone who upsets you in the past, but nothing upsets you now.*
- *Other people's negativity, resentments, and anger were rejected before ever reaching your mind.*



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- *You find it easy to stand up for yourself in a calm, relaxed, and diplomatic way and you like that.*

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