



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 175 - Example of Scripting: Baseball

#### The Catcher – Example of Scripting

- *Now I want you to use your imagination. Do you know what that means? It is kind of like making a picture in your mind.*
- *Do you remember the very best video game you ever played? You were making high score after high score and progressing to the higher levels of the game. Remember how all that energy and excitement began to build making you stronger and faster. Think back and remember the best video game you ever played. Can you remember it?*
- *Touch the child's forehead in a circular motion and tell them. You realize that was not the video game, instead you just finished playing the best baseball game you ever played.*
- *Now take him through the steps. Your eyes never leave the ball. You catch the ball every time. Tell him that every time he hits the ball in his mitt, it makes him even more focused and confident.*
- *From the moment you step out onto the playing field, you become very focused. You pay complete attention.*
- *Your eyes never leave the ball. You are always in the perfect position to catch the ball. You seem to know exactly where it is going and you catch the ball every time.*

#### The Pitcher - Example of Scripting

- *From the moment you walk out on the field, you take a deep breath and think your Restful Alert Key, your magical word. It works every time. It is very powerful. Take a deep breath now and think your magical word. You relax even more in your body and you feel calmer. When you do that, you can feel your body relax and you feel calmer don't you? That is because your body is so relaxed, you move quickly and smoothly. You automatically know what to do and*



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*when to do it. You are an excellent pitcher. Whenever you think your special word you become very relaxed and calm and you do everything you do better.*

- *When you put your two words together, they become very powerful. From the moment you walk out on the field, you think your special word and focus together.*
- *Do you know what it means to be completely focused? That is what happens from the very moment you get into position to play, you become very focused? Every time you put the ball in the mitt, it makes a sound. Do you know what it sounds like when you throw the ball in the mitt? Does it sound like this (Hit your fist into your other hand and make the sound). Every time you do that, you are aware that you are focused, confident and strong and you are going to strike them out.*
- *The first thing you do is you throw the ball in the mitt. Imagine what that sounds like. You are in position. You know how the pitcher stands don't you? Throw the ball in the mitt. You are confident and strong. You just threw the ball and it was accurate and fast, Strike one and you know that you are going to do it again.*
- *Throw the ball in the mitt. You are focused and confident. All that matters when you play baseball is baseball. You think of nothing else. Now you know what the empire will say- strike two. You recognize that the pressure is on, but the more pressure, the calmer and more relaxed you are.*
- *Go through the procedure with the child again. I want you to imagine this every night when you go to bed. That way you can concentrate and focus.*
- *Think back and remember the best video game you ever played, scoring high score and increasing to high levels of the game (make sure this suggestions is appropriate). Touch their forehead and tell them, *instead of it being that video game, you just played the best baseball game you ever played. You were fast and confident. You knew what to do and when to do it.**
- *Now let us go a bit deeper. Touch forehead. You are in control and you know what to do, when to do it, and how to do it. You are drifting a little deeper. (Touch forehead)*
- *When working with a child, on whatever the problem, you may want to reinforce some special things to them before waking them up. It might be a relationship*



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with one of the parents or a sibling, or not going along with friends that might lead them in a wrong way –whatever the child needs.

- *Now before we come out of this state, we want to reinforce something that is very important in your life. You recognize that when you go to school you listen to your friends before you speak. You listen first and then you will know what to say. Kids are attracted to you. You are in control. You are strong. You listen and then you speak. If there is something you are not comfortable with or if in your heart, you know that something is wrong, you can tell your friends no. So as we come out of this state, you know that you can use that power, within yourself, in a very positive way.*
- *Make sure the suggestion is appropriate for the situation. You know your father and mother love you and protect you and you feel closer and closer to them. Wake them up.*
- *0 – 1. Beginning to move up into a natural, awake, and alert state.*
- *2. Think your special, magical word and focus. Whenever you think these two special words together, they become even more powerful. You become calm, moving easily in your thoughts and your body. You become very focused, alert, and you pay complete attention to \_\_\_\_\_.*
- *3. You are smiling now. You just finished playing the best game you ever played. It was easy. You knew what to do and when to do it. You can feel a smile beginning to form.*
- *4 - 5 - Your eyes wide open and wide awake.*