



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 192 - Circle Therapy for a Lost Relationship

- Use this script in the appropriate way for what your client tells you.
- Is your client feeling sad, lonely, or angry? Be sure to use the same words he/she uses when doing circle therapy on the feelings.
- You want him/her to repeatedly confront her feelings while in the relaxed hypnotic state.
- Your client, Susan, had been in a relationship for three years. Ben found someone else two years ago but Susan is unable to stop thinking about Ben and still has strong feelings for him.
- She wants to meet someone new and move forward now. She tells you she cannot stop thinking about him and when she does, it makes her feel sad and lonely.
- After the progressive, do **eye desentization** on the thought of him. Then do **circle therapy** on the feelings she is experiencing.
- Take your client into the circle. Ask your client to think about Ben and try to bring up those sad and lonely feelings she experiences. Your client is conditioned to lift her right index finger for yes and her left finger for no. However, you are going to have her lift her left finger when doing circle therapy because you are working with feelings.
- *Lift your left finger when you can feel or imagine that feeling. The higher you lift your finger the stronger I know you can feel it.* If your client does not lift her finger much, tell her to feel the feeling stronger and lift her finger higher.
- The only time you ask your client to feel and experience those feelings is the first time she lifts her finger. After that, the only time you will mention that sad or lonely feeling is when the finger is in the down position.
- The finger is lifted. *Now let that feeling go now. It is becoming less and less. Let those feelings go as your finger drops down. Continue the patter until the finger is completely back down.*



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- Then say, *Each and every time you try to feel those negative feelings, it becomes less and less because you are desensitizing and neutralizing it yourself so you can move forward. Try to bring up those negative feelings again.*
- Your client will try to bring the feeling back up. Before she can get her finger as high as it was before, start telling her to let it go. Each time she tries to bring the feeling up, stop her before she gets it to the height it was before. Then talk it down.
- Each time the finger is completely down, repeat, *the harder you try to feel those negative feeling, the less and less it becomes, because you are desensitizing and neutralizing it yourself.*
- Continue this procedure until she can no longer lift her finger.
- Tell her, *the harder you try to feel those negative feelings, the more quickly they disappear and you find yourself thinking about that special man you will meet and have a future with.*
- *You don't even think about Ben because you have already broken up and disorganized that thought pattern in the brain. In fact, do not be surprised to find that you have already lost all those negative feelings and you are ready to move forward. You do not even think about him.*

**You decide to take it to the next step** because it is taking a long time to distinguish those negative feelings she has been experiencing. Even though she says she wants to let those feelings go, she may be holding onto them.

- The more you tell her to let go of those negative feelings, the higher she lifts her finger.
- When the finger is in the down position, ask her, if there is someone that she does not like. She would not want to be around this person and finds nothing attractive or interesting about them. When she can think of someone, then ask her to imagine he is walking by. She glances at him and he smiles at her. The only thing she feels is complete indifference. Then she realizes that he is not that person but it is Ben and the only thing she felt, after the fact, was indifference.
- Then ask her to bring up those negative feelings again, but the harder you try to feel those old negative feelings the more you realize that the only thing you feel is complete indifference.



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- Tell her to relax and go deeper. Now give her positive suggestions for her future.

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