

Confidence and unafraid

Hypnosis Induced

Deepener set

You have come to a point in your life where you are preparing to move beyond any fear or blockages to your ability to have confidence. You are tired of feeling anxious and afraid; so you are going to make a promise to yourself to focus on fully allowing yourself to experience the joyous feeling of being a confident and unafraid person. You will have an instinctive ability to approach any goal or situation from this day forward, and be able to move through it. You are looking forward to completing yourself within it. The suggestion to be confident and unafraid will go deep into your subconscious mind . Relax... breathe deeply and easily, and now you will train your mind and body to relax and focus the idea of confidence. Train your mind to think of a time when you were confident at something. You think now only about this moment of confidence where you were happy. As you imagine this, you realise that you deserved to be happy and confident and unafraid; you can notice some colours there that were present when you were confident in the past. You can imagine some sounds that remind you of confidence. You can imagine a feeling of confidence and success in your body. The environment is just right for this. You are totally relaxed now, as you imagine your past happiness and confidence. Notice how you can see, hear, or feel your past confidence and happiness. You feel very natural there.

Now I want you to find this feeling of confidence in your body. This beautiful and natural place of success and accomplishment is within you; you can locate this memory within your self and it makes you relax... relax naturally and automatically. Whenever you think of this confident time memory, you relax automatically. Notice that you know where this memory is in your body and you are going to move this peaceful memory to the location in the body where you used to feel your anxiety. You move it to the place where you used to feel the anxiety. The anxiety feeling in the body disperses now. It is replaced with this very confident, happy feeling, the knowledge of what it is like to be a confident unafraid person.

The confidence grows within you. You have a right to be confident and happy and unafraid. You have a right to complete things all this way. You think about it, you locate it in your body, and you're there. You feel confident and unafraid. Whenever you think about your confident happy memory, you will relax. Regardless of where you are, you will experience confidence automatically. Your mind will remember success, relaxation, contentment, and you will have confidence that you can and will succeed at the right moment, when the opportunity presents itself. You will also find yourself unconsciously and automatically being confident and unafraid.

Now imagine that you are in the future. You are experiencing a moment where you would normally have felt anxious , but instead you feel relaxed and confident as you follow through to experience the happiness you deserve. You are relaxed and more confident with this idea. You are confident in the future situation where you used to feel fear and anxiety, but instead you are relaxed, confident with a higher level of concentration. You are relaxed and you feel great because you have confidence in your abilities, having a focused concentration level. You feel capable. You feel self assured, confident, unafraid and successful. You know that everything is going to be OK this time. You feel exhilaration in succeeding at this with no concern, fear-free, as you relax and create ways to move through any blocks to your confidence.

Imagine now that you have been successful. You have a wonderful feeling of success, self accomplishment, greater self-confidence and a wonderful sense of freedom.

You feel great even now, because just thinking about it now, you know you are more relaxed with the whole idea. You are at peace and in control. Your fear and anxieties have disappeared. You have let them go. You are relaxed now. You are relaxed, confident, at peace with the idea. You're at peace with this... peacefully, relaxed

Bring back to the room