

## Anger release

### Hypnosis Induced

### Deepener Set

I want you now to picture, imagine or think of a pathway...long and straight...smooth and firm...walk along this path...look to the left and you may see trees...tall and swaying gently in the breeze...look to the right and you may see a stream...flowing gently along beside you...look ahead and you see a tall tree with a blanket on the ground at the foot of it...sit and relax...breathe deeply and let yourself settle on the blanket...feel the sunshine on your body...feel the breeze blowing so gentle...relax and know that you are now totally relaxed, content and at peace...You are sitting here today because you have decided...from this moment on...( **Always** Touch the clients shoulder when making this statement ) to live a happy and harmonious life like other people and enjoy good health both physically and emotionally... you now have a feeling of peace and tolerance... like everyone you now realise that each personality is a product of experience.. you know that if you had been born as someone else and had lived through his or her experiences, you would act exactly as he or she would...From this moment on You accept others as they are..and..when they do things you disapprove of, the only emotions you feel now are sympathy and understanding..... you are in complete control of your emotions at all times... even under stressful conditions. This gives you a feeling of great satisfaction... you feel and express only the good, healthy emotions of love, kindness, sympathy and tolerance to others... From this moment on...You forgive them for doing things which you disapprove of because you know they are doing what you would do in their shoes, with their same background and experiences . From now on you are able to get in touch with your pent-up emotions and deal with them in a constructive manner... whenever negative feelings of anger appear give yourself permission to re direct them in an acceptable way.... all your hidden personal reasons for the angry, hostile feelings are now understood by your subconscious and dealt with in a constructive, practical and sensible way.' leaving you free to get on with your life .... From this moment on... your subconscious mind finds ways to discard and come to terms with those feelings, those hurt feelings that you had no control over...those feelings in the past that made you feel anger...the feelings you now realise that nothing could be done about.... you now shake them off completely...From this moment on, you quickly recover your sense of humour and your sense of proportion...you feel better and

more optimistic, with renewed energy... you now dwell on the things you have to be grateful for, happy memories and things to look forward to... From this moment on, give yourself permission not to be so upset about remarks or hurtful incidents.... These have less and less effect upon you..... You now realise that they aren't really intended to upset or hurt you... they just won't bother you any more ... Things just won't be able to get under your skin..... You are so much stronger. Inwardly... so much stronger outwardly.... You are much stronger day by day... much better to withstand hurts and disappointments far less vulnerable than before.' In a moment I am going to count to 5 and when I reach 5 you will come back to the room feeling energised, refreshed, positive and happy.

1. Knowing that, from this moment on, you can now allow yourself to feel positive about other people hurting you, not negative or angry
2. knowing you can now feel positive about yourself at all times no matter what life throws at you
3. Starting to be aware of the room and background noises
4. Feeling positive, feeling energised, feeling good
5. Back in the room feeling great.