

Learning Enhancement – Confidence

Hypnosis Induced

Deepener set

You are becoming sure of yourself, so very sure, so very certain, so very steady, perhaps even in fact, fearless, both inside and out, you feel your confidence building, building, building, you are feeling the feeling, the embrace and the support of each and every time, even anytime, you have ever had a victory, breakthrough, triumph and powerful yet unstoppable success, coming upon you now. You are relaxed, you are determined you are calm; you are relaxed, you are powerfully and unstoppably determined. You remain powerfully, comfortably, effectively and supportively calm, balanced in and in your zone. You are free of any needing to tell yourself anything, because you are becoming so very sure of yourself, you are calm, steady and relaxed, easily succeeding; you are calm steady and relaxed, easily succeeding, even while you are thinking about it or even talking about it, you are relaxing into your very best potentials and opportunities. You are truly in fact, becoming problem-free, challenge oriented, in spite of the thoughts and feelings of others, or even of yourself, most especially of yourself. Your mind, after just a few deep and steady breaths, clears, opens, becomes focused and laser-beam pin point precise, working completely and absolutely, all information and thoughts are just flowing smoothly and precisely, accurately and clearly, just effectively flowing out, allowing you to understand the system, in your favor, to allow you to pass, to thrive to succeed, to gain, to win, to triumph and to unstoppably succeed. In fact, you've never been so sure of anything in your life, all of your very best is coming to the forefront. You relax into a better way of living and being and all of your very best comes right through, just as it's always done at times when you needed it most. All of your very best comes to your mind when you need it, most especially in a calm, balanced, peaceful, correct and precise way, after just a few short deep and steady breaths, most especially and effectively when it's time for a class or a test in (name subject e.g. – math). You feel calm, whole, balanced, able and relaxed, most especially when it's time for a class or a test in (name subject e.g. – Spanish), most especially when it's time for a class or a test in any (name subject) science. You feel calm, whole, balanced, able and relaxed, so confident that everything and any thing you've ever heard or studied will come back, in just the right ways for an answer or an inspiration, relaxing you and assuring you that you'll move on to the next grade (step or classification), so you can move on into a bright and happy, supportive and lucrative future. You relax, and rather than your old habit in your past of once getting nervous, even better, right now in this brand new and improved chapter of your life, a new and better habit and way of reacting emerges, where you allow yourself to thrive and succeed, just like you are fully understanding the system better, you now feel you just know how to get there, so you do and you are more able, more confident and more sure of yourself. You find better ways of handling strict teachers, you are finding newer and improved, calmer and better ways of handling yourself. You are feeling safe, confident and secure, seeing and thinking of those teachers as guides into a happier, healthier, brighter life, knowing that regardless of circumstance, they are there to help you, and you are now accepting any and all challenges they might present to you. You relax and

trust in your life as a great and bold adventure, where you are supported, by living better, thriving, succeeding, enjoying your life and all new experiences to their fullest capacity, even new surroundings are places for you to explore and to learn from. And with your newer and calmer, growing, glowing, self-sustaining confidence, you go boldly onward, believing in yourself, truly and absolutely creating a better learning and success experience for yourself in new and powerfully amazing ways.