

Bruxism: Grinding Teeth

Feeling good about yourself now, release all feelings of guilt or aggression.

Things don't bother you like they did in the past. Things that used to upset you or make you nervous, hurt your feelings, embarrass you, or make you angry no longer have such a profound effect on you. You can now see them more clearly for what they are and not allow them to upset you.

Anytime you clench or grind your teeth you become aware on a conscious or subconscious level of what you are doing. As the awareness occurs you automatically relax every muscle in your body.

Clenching or grinding your teeth is an aggressive or nervous outlet. Instead of grinding your teeth, you now can take a deep breath and completely release the tension.

You no longer grind your teeth as an outlet, that is a thing of the past ... just let it go like a thought that is not important to you.

Now take a deep breath and notice how relaxed you become when you exhale. You are relaxed and in control. You will remain calm relaxed and in control.

Migraine Headaches

(Make sure you are not dealing with tumor, poor eyesight, tooth decay, infectious disease, high blood pressure, head injury, etc.)

Relax and shape and form the headache and throw it away. As you relax you do not need the headache. Anytime you feel a headache coming on, you release it. Place the tips of your fingers on the back of your neck and apply a very gentle pressure and the tension goes away.

Whenever the muscles start to tighten or you start to squint your eyes, you become aware of it immediately and relaxation begins immediately.

If you have pressure behind the eyes, very gently use your fingertips to brush your eyelids with an outward motion and the pressure will subside.

A deep breath will relax the muscles and the headache cannot materialize.

(Deepen by having the client go down a staircase.)

At the bottom of your staircase design a release valve for the escape of the tension or nervousness. Anytime you are in a situation that tension is building, see yourself at the bottom of your stairs and pull the release valve. Do not let the tension build

Fibromyalgia and Pain Management Techniques

by Darlene Cheek

While researching Fibromyalgia, I learned a lot of different things about pain. I have the usual "over 30" daily aches and pains, and my husband is just reaching that point; but how do you recognize that this is something that isn't just going to go away? Some of the Fibromyalgia patients remember "growing pains" as a child where they laid in bed at night with a heating pad and cried. There's a good possibility that their fibro symptoms had started that early (this does not mean that everyone with growing pains has Fibromyalgia).

Some of the patients started feeling the constant discomfort with the onset of a trauma, such as a car accident... or even emotional trauma, such as divorce or childhood abuse. With some, it just started one day, and two weeks later was so bad they had to go to the doctor. Also, with Fibromyalgia, there are some days better than others... and some days with "flares" that are so bad the patient can't stand for a sheet to touch their body. So, once you realize that you have something wrong with you that is going to cause you discomfort... what do you do?

I'd like to share with you some of the things the Fibromyalgia patients I've spoken with have shared with me. Then I'd like to add to the script in last week's article and help you with a hypnotherapy method for pain management. At the end of the article, I will give you a short hypnosis technique that you can do in five minutes. Try these different approaches as "YOU" feel like doing them. Just because something works for someone else, doesn't mean it's perfect for you. If you have any questions, especially with exercises, please ask your physician.

Some of the patients do gentle stretching exercises to keep their muscles and joints more limber and toned. This is an excellent idea and doesn't take more than a few minutes. Another great suggestion was water aerobics or low impact aerobics in the senior's class because they understand discomfort more and go at a slower pace. Again, do what you are able to do... no more. Some of the fibro patients use Yoga. Yoga doesn't have to be a head-stand routine where you have to balance for an hour. The benefits of yoga go beyond exercise into the areas of meditation, relaxation and focus.

Another friend receives Acupuncture. Along the same lines of eastern healing methods, I highly recommend Reiki, a Japanese method of energy healing that treats the body, mind and spirit. One especially great thing about Reiki is that anyone can be attuned by a Reiki Master, and you can treat your physical symptoms yourself at Level I. Also suggested, was Massage Therapy.

Discomfort Management Script: (One note: In hypnotherapy, we do not use the word "pain" while hypnotized... pain hurts... we use "discomfort"... it puts the mind on a more susceptible level, not thinking about "pain.") (begin) Just imagine yourself in your magical place of relaxation... you hear water gurgling in the background and look to see where it is coming from... you notice a beautiful waterfall pouring into a mirror clear pool... there is a

large, soft float near the edge... just go over now and lie down on the float and drift into the pond... there is no reason to feel any fear of water here... this is just our imagination at work... you are completely safe... and relaxed... just like a beautiful dream...

You begin to feel something enchanting about this place... you realize that this water has healing powers... it is warm... and calming... healing... allow the water to wash away any discomfort that is left in your body... and it floats away... gently cleansing... renewing... you can feel the healing energy flowing through every cell of your body... allow it to work... allow the water to take away everything negative in your mind, body and spirit...

The discomfort slips away like a distant memory... when you return, your discomfort will be under your control... all you have to do is take a deep breath, close your eyes, and remember this place and the feeling that you have at this moment... your mind has the power, and your thoughts are the greatest of all healers... (end)

At this point, you may drift on to sleep by finishing the script for sleep therapy, or allow yourself to wake up simply saying to yourself "and when I awake, I will feel refreshed and have more energy than I've had in a very, very long time"... count to five and open your eyes.

Once you practice this and come to a point where you can ease the discomfort without completing the entire script, I use a technique where I visualize a sliding scale. On this scale, there are numbers from 1-12 and a red arrow that slides up and down. See the number where your discomfort is presently, and imagine it sliding down the further your "discomfort" subsides... then imagine yourself with a hammer and nail (or whatever you want) and nail the red arrow into place at the lower number. Most of my discomfort management clients can be into hypnosis in five minutes and have that arrow nailed down to at least 1 or 2. Remember the three most important words in self-hypnosis... practice, practice, practice.

You can add any visualization or positive suggestions to these scripts that you like. Be creative, and use your imagination. If you prefer a beautiful green valley to lie down in, imagine yourself there and allow the earth to soak away the discomfort... imagine the sun's rays healing your body. Sometimes I stand on top of a mountain and allow the wind to whisk the discomfort away on the breeze. Use whatever works for you, and enjoy many more discomfort-free days of life.

Pain Control

Pain is a warning device from your body. You do not need to be warned about your (specific discomfort problem) any more. You know the problem is there and you are correcting it.

If you need to know about a change, if you need to be warned, you will feel a tingling in the area instead. You will then see that any new problem is taken care of.

You no longer feel any discomfort connected with (specific discomfort problem) but this in no way alters your warning discomfort signals for any other reason.

I want you now to concentrate a healing light in the area where you desire the discomfort to go away and stay away. Set up rapid and instantaneous healing with the healing light. Feel all tension leaving the area. All discomfort is completely gone from the area. Feeling soothed, relaxed and comfortable. As though the entire area has been anesthetized without taking away any motor response what-so-ever. You have complete muscle and motor response but the area has no discomfort.

Do not call back the discomfort. You do not need it. You do not want it. It no longer belongs to you.

Anxiety control

You are going to now learn the art of controlling anxiety. As a result of this session you will no longer suffer from anxiety and you will be in control at all times. You will feel happy and so confident that you are now in control.

What I would like you to do right now is to use your imagination ... I want you to imagine a scene in your mind ... to visualize yourself at a wonderful place ... a place where there is no anxiety whatsoever ... It could be some place that you have been before, or if you cannot think of an anxiety free place you may go ahead and create one in your mind ... it can be a fantasy place, or a real place ... just visualize it and imagine it ... Maybe you can see it clearly in your mind ... and maybe you can't ... if you can't imagine it ... just think about it and the same purpose is being served ... You can even surround yourself with things and activities that you find extremely enjoyable, without any stress at all. Take a few moments and create this scene in your mind and as soon as you have this scene in your mind, nod your head for me ... so that I know you have it... (wait until they nod their head before continuing.) Now in just a few words ... describe, or tell me what the scene is that you are imagining right now... (Wait for their response. If no response, asked them again) Good ... now visualize that place and see it very clear in your mind. It's a wonderful place isn't it.

Now while you are in your comfortable place right now I would like you to take a deep breath and as you exhale allow yourself to feel twice as comfortable and wonderful as you do right now ... and take your second deep breath ... and as you exhale allow yourself to relax even more ... and on the third deep breath, as you exhale, allow yourself to feel wonderful ... realizing that you are in a place where nothing affects you, where there is no anxiety, where you are completely safe ... Now commit this place to memory ... every detail ... because in the future, any time you find yourself confronted by what used to be an anxiety provoking situation, or any kind of stress whatsoever, all you need to do is take your three deep breaths and allow yourself to remember ... and come back to this wonderful anxiety free, stress free place, that you have created for yourself.

Let's go ahead and try it right now to insure you understand the concept. Right now, I would like you to think of something or a situation that may have caused you a small amount of anxiety in the past ... and as soon as you feel a little bit of anxiety, nod your head for me

so I will know ... (wait for the response, repeat if necessary)

Take a deep breath and just let the negativity flow away ... take your second deep breath and allow yourself to feel wonderful, coming back to your special place ... and take your third deep breath, and allow yourself to relax completely ... You are now anxiety free ... It feels great doesn't it.

childbirth

See yourself completely relaxed, breathing easily. You are about to give birth to your child.

You feel no discomfort what-so-ever because the discomfort in childbirth comes from fear, tension and anxiety. You do not now nor will you ever experience any fear, tension or anxiety about childbirth, therefore you will not experience any discomfort during, before or after the birth of your child.

As the baby enters the birth canal you enter a beautiful state of consciousness completely disassociated with the discomfort of childbirth. In the beautiful "I am" stage you remove your consciousness from the body and look back on your body as it gives birth, thoroughly enjoying the experience. If you prefer, you can enter the "I am" stage and go anywhere and anytime you would like to be.

You leave enough awareness within you body so it responds to the demands and commands of the doctor during the labor and birthing.

As soon as the baby is born you then re-associate with the body and enjoy your child not having experienced any discomfort or discomfort.

You can enjoy every moment of the birth seeing the beauty and perfection of the birth experience and of your child. You experience total and complete love untainted by fear or discomfort. You have only positive thoughts and emotions concerning you child. If you choose to re-associate with the body during the birth process, you will feel no discomfort, just joy.

TECHNIQUES

Building a Discomfort Control Dial

By: Adam Sargant

This hypnosis script assumes that the subject is already in a state of induced trance. It is intended for generic use in allowing the subject to realise greater control in managing specific, chronic discomfort. The script uses phonetic and syntactic ambiguity to create a mild confusional state, so will not read as a grammatically correct piece of prose.

In a profound state of relaxation, you can notice what you notice as you relax, still, further. And, relaxing, still further, can notice how you can perceive yourself in all sorts of new and exciting ways. You can wonder, for example, what it might be like to see your self as only you can see your outer and inner self. I don't know just how you might make an inner sense of all this, but I do know that you clearly know ways of making that inner sense right now, so as you can clearly see yourself, all the inner experiences are clearly seen too. Allow your attention to wander to that area that has been experiencing the discomfort, you may give yourself the opportunity simply to notice just how you see that sense of discomfort, while you remember that discomfort is just a signal from the body to yourself telling you to be aware. This discomfort is neither good nor bad, but an important message you give yourself. And just as a message over a radio can be turned up and down while retaining its importance, so too you can learn new ways to attend to the signals your body sends you.

So, as you continue to relax still further, and continue to breathe in and out automatically, just notice how you relax further each time you breathe out that which you no longer need, and how you breathe in only that which is useful to you. And just as there is one you, in your mind you can create in image of this you as you too, one imagined and one imagining a picture of yourself. And I don't know just how you see those areas of discomfort, but as you do, in a minute just imagine that they change in whatever way is needed to make them less intrusive. Just as with a radio dial, you can move the dial down from 5 to 4 and the sound gets just a little bit quieter and the sensation becomes just a little less intrusive as the way you picture these areas of discomfort changes, maybe in intensity, or brightness or colour. And as you move the dial from 4 to 3, the image changes so that as the numbers go down, the area simply becomes number still. As the dial moves from 3 to 2, and everything gets quieter, those sensations can become less and less intrusive, moving further into the background. And as you turn the dial from 2, to 1, just notice how your two you self can become clearer and moves more to the fore as those unwanted sensations move further back still. And you can ask yourself, what would happen if I move the dial all the way down to zero?

Pause

And this dial is one that can go with you, so that any time you need it, you can simply count down from 5, to 1, breathing in only that which is useful and breathing out all that you no longer need. With each number, the sensation simply becomes number for only as long as is useful to you at that time.

(at this stage the hypnotist can let the subject rest for a while, before bringing them out of trance with suggestions to reinforce the work already done).

Fear of Doctors and Dentists Hypnosis Script

Script Summary:

White coat syndrome or white coat hypertension describes an anomalous blood pressure rise some people exhibit only while in the doctor's office, clinic, or hospital. These patients demonstrate high blood pressure in the doctor's office but nowhere else. Studies suggest that between ten and twenty percent of patients experience some effects of white-coat syndrome.

The origin of the syndrome hasn't been clearly pinpointed but may be a result of conditioning. The spike in blood pressure may be a subconsciously learned anxiety response that recurs each time an individual visits the physician's office. The risk of potentially dangerous cardiovascular disease is slightly increased for those with white-coat syndrome.

Confirming the situation is generally a process. Blood pressure fluctuates throughout the day depending on our activities and emotions. The way to prove white-coat syndrome is to use a twenty-four hour ambulatory blood pressure test. This means wearing a blood pressure monitor that records the blood pressure rate at half-hour intervals over twenty-four hours. Test results allow the doctor to determine if your blood pressure fluctuates over the day and by how much.

Even when the blood pressure is high before or during a doctor's office visit individuals many not be aware of feeling the slightest bit of apprehension. The syndrome appears to occur at a subconscious level. There are a few potential problems for individuals with white-coat syndrome. The first is the tendency for

some in this category to disregard consistently high in office blood pressure readings by attributing them to the syndrome.

Another potential issue is over treatment. If the high blood pressure reading from the doctor's office is regarded as accurate then the patient may be subjected to restrictions, treatments, or medications that are unnecessary.

Like most 'partially understood' issues attributed to the subconscious, hypnosis has been found effective for reducing or eliminating the symptoms of white-coat syndrome. Hypnosis World offers a clear and direct white-coat syndrome [hypnosis script](#). This script combines proven techniques such as relaxation, regression, ideomotor signaling, and hypnotic training to recalibrate your client's reaction to those in 'white-coats.'

The first phase of this white-coat syndrome hypnosis script describes the situation directly to the subconscious in clear and direct language. The greatest benefit of the hypnotic state is the seemingly unlimited access to the subconscious. In an effort to clear up any misunderstanding this script takes a few moments to summarize or recap the white-coat syndrome situation. Although clients may have heard the information and processed it intellectually, the knowledge has obviously not passed into subconscious knowing. Otherwise it wouldn't be happening.

The next element of this hypnosis script designed to eliminate white-coat syndrome engages regression to help clients conjure up their emotional climate during an incident. One of the benefits of the hypnotic state is the emotional detachment. This detachment or dissociation is a form of detachment from oneself and one's immediate environment. It's been described as a state in which one can "see" oneself.

The hypnotic trance enables a subject to 'step away' from himself and visualize himself from another perspective. Dissociation eliminates the impact of the emotions. Via suggestion this hypnosis script for eliminating white-coat syndrome separates the individual from the immediacy and impact of the emotions so they can act as 'impartial,' unbiased observers of their own drama.

Once the emotional climate of an incident is recreated this script draws clients through time and space to the formative experience of fright or unease that triggered the unconscious development of the syndrome.

Under most circumstances the simple updated knowledge of this situation and how it came to be simply eliminates the symptoms of the syndrome. This white-coat syndrome hypnosis script goes even further using hypnotic training to humanize the figure in the white-coat for good. The direct and clear language of this script makes it ideal for clients of any age or group. By combining multiple

approaches for eliminating whit-coat syndrome this hypnosis script has wonderful potential for reducing or eliminating symptoms of the syndrome efficiently.

Creating Numbness

Begin with your favourite induction and deepener from Hypnotic World.

In hypnosis you can give yourself suggestions - and for the purpose that you require. I'm going to show you a way that you can give blood for your tests and still feel calm and relaxed - your arm can feel light and comfortable - maybe it will feel as though it doesn't even belong to you - and even though you will be aware of certain sensations there these sensations will not bother or disturb you. It will be just as though they are happening to someone else.

Focus your attention now upon your right hand - notice how your right hand feels slightly different from your left hand - be aware of the tiny ripples of air gently caressing the skin of the right hand - and I wonder - can you create a certain feeling of coolness in the right hand - and a feeling of coolness will allow you to drift even deeper into hypnosis - into that calm, relaxing feeling.

This coolness can change - to a feeling of numbness - you don't have to do anything at all - it happens all by itself - we've all experienced the sensation of numbness in certain parts of our body - and I wonder if you can remember that feeling - maybe the numbing of gums at the dentist after the injection of cocaine or perhaps sometime you have lain on a part of your body and it has felt so cold and so numb - the feeling that a certain part of you has gone to sleep.

You can remember that numb feeling now as it spreads from your hand and into the arm - cold and numb - cold and numb - and go deeper and deeper relaxed.

Focus now on that feeling of coldness and numbness - allow it to grow stronger - colder - even more number - like the feeling that ice can create when you touch it - cold and numb - cold and numb - and take a deep breath.

Cold and numb are your key words for post hypnotic conditioned response. When you are in hypnosis you can repeat those words - cold and numb - and your right hand and arm will become cold and numb - cold and numb - and you can go into hypnosis easily and effortlessly - by telling yourself - I am going into hypnosis now - taking three deep breaths - and taking yourself deeper and deeper - the way that works best for you.

While your doctor or nurse takes blood from your arm - it will remain cold and numb - cold and numb and you will remain calm and relaxed the whole of the time - even though you are aware that blood is being taken from the arm - it will remain - comfortably cold and numb.

Cold and numb are your key words - by practising this technique every day - it will become a conditioned response - and you will find yourself able to create those sensations of cold and numb - easily - effortlessly - instantly.

Now you that that in the event of an emergency situation - or it at anytime during your self hypnosis you should need to bring yourself to full awakening consciousness - you can do so easily - effortlessly - merely by counting the numbers from one to five - and at the count of five you will be wide awake, refreshed and relaxed.

Good - now when you're ready - I'm going to count from one to five and at the count of five you'll be wide awake.

One, two, three, four, five.