

How to Write a Self Hypnosis Script

Learn how to use powerful, exciting language to stir your imagination and influence your subconscious mind.

A tutorial prepared and presented by “[Healing Journeys-Energy.com](http://HealingJourneys-Energy.com)”

Use present tense –

It is always important to frame suggestions in present tense. If you were to say, “I am going to finish my website,” you would be putting off finishing your website to some unknown time in the future. A much more effective self-suggestion is, “I am successfully completing my website.”

Be positive –

Always frame suggestions using positive suggestions that promote the desired change or desired creation rather than suggestions that remind the unconscious of the old belief system you are trying to change. “I am a powerful magnet of abundance” is much more positive than “I am no longer going to remain in poverty consciousness.”

Learn to be specific –

Focus on the desire you have chosen to manifest. Don’t get carried away and ask for other, unrelated desires in your script.

Use clear, simple language –

Always talk to your unconscious mind as you would to a 4 year old child.

Use short to medium length sentences –

Shorter sentences are generally more clear and easier to understand and carry more impact. The longer the sentence, the more difficult and confusing the meaning of the sentence can become.

Use words that excite the imagination –

In writing your scripts, you should always use exciting, powerful words that stir your imagination and touch your heart strings.

Use adjectives –

Wonderful; amazing; beautiful; fantastic; great; powerful; etc...

Be realistic –

If your conscious mind does not believe the suggestions you give to your unconscious mind, it will be more difficult for you to succeed. If you hold beliefs in your mind that conflict with your suggestions, once again, you are not likely to be successful. **Letting go of beliefs that are opposed to your desired intention is intrinsic to having success and maybe you want to start here with a self hypnosis script.**

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Use visualizations in your scripts –

The unconscious mind responds best to images and symbols, somewhere in your script, you should visualize yourself experiencing the manifested outcome of your specific desire. You should feel your visualizations as if they are real and your goal is already accomplished.

Use suggestive action –

“I am creative” is preferable to “I have the talent to be creative.”

Repeat your desired intention regularly –

Each time you repeat a desire, your unconscious mind hears it, and the more often you repeat the desire, the more likely your unconscious mind is to act upon it - especially when you repeat your desire confidently and with positive energy. This is the golden key.

Language –

Language can have an amazing impact on our creative power. The two most powerfully creative words in any language are “I am”

Use powerful declarative words and phrases –

I; I am; I choose; I can; I decree; I declare; I will: etc.

Avoid weak words and phrases –

I will try; I can't; I don't know; I might; I hope; I wish; I want; I would/could/should; I need to; I have to; etc.

Use connotative language –

Connotative language are words and phrases that carry with them, in addition to their meaning, an emotional impact.

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