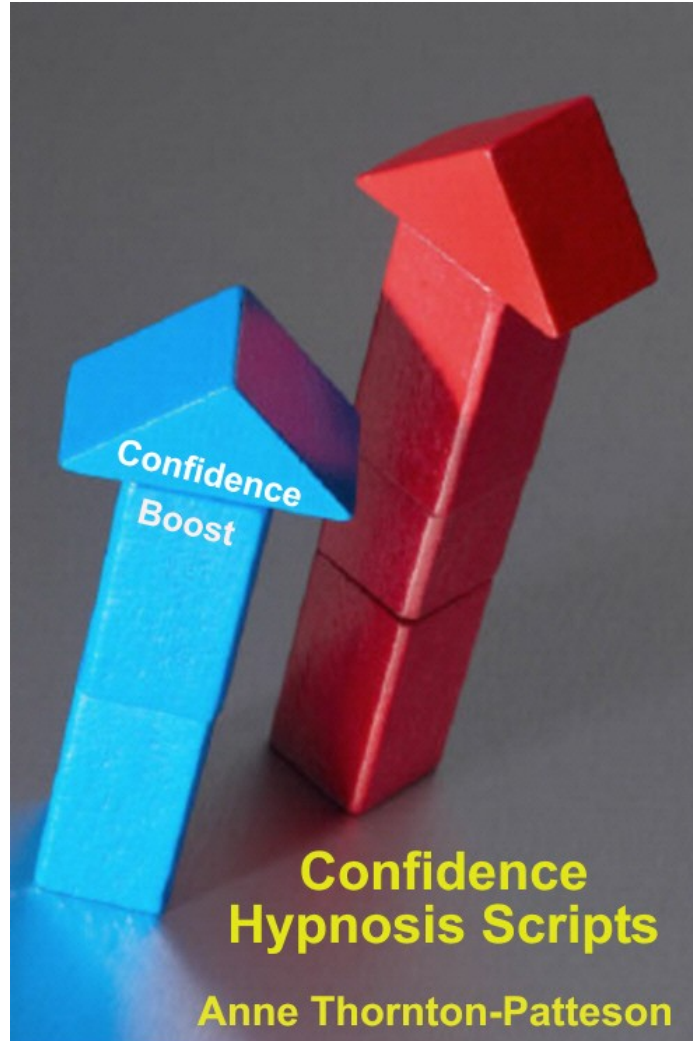


# Self Confidence Scripts For Hypnotherapists



## **Disclaimer**

**Only use these scripts if you are willing to take responsibility for their use. These scripts are intended for information purposes and only to be used by trained hypnotherapists. Please ensure that you have read and understood any script before using it with your client.**

## **Permitted Use of These Scripts**

**You may use the scripts in your client sessions whether they are one-to-one or group sessions. You may record the scripts or part of any script for your individual clients only.**

**You may not record or duplicate these scripts and sell them commercially or give them away in any media format.**

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***This is the Free Script version of the Confidence Scripts ebook. There is one free script that you may use. The titles and uses of the other scripts that are available for purchase are given to give you a better idea of their content and application.***

# Confidence scripts

## Contents

- 1) [Be your own healer](#) - use for clients who are interested in complementary medicine
- 2) [Bespoke](#) - use this with clients who work in creative professions
- 3) [Confidence is an art form](#) - use this with clients who enjoy art and galleries
- 4) [Locating your confidence](#) - for clients who can't view anything they do as positive
- 5) [Incontrovertible goal](#) - for the clients who understand football
- 6) [Just Smile](#) - great for all clients and even the bank manager can smile
- 7) [Life's a jigsaw](#) - used a lot with female clients who just seem to get it
- 8) [More room for life](#) - good for clients who see the glass half empty
- 9) [The Baudoin mantra technique](#) - Clients who are interested in the major world religions seem to understand this
- 10) [The confidence gene](#) - for client who are having a lot of medical treatment
- 11) [The crossword theme is confidence](#) - for all the left brain clients
- 12) [The living body is more than the sum of its parts](#) - great to use with clients who are interested in psychic and spiritual matters. Also good before emerging if you have been doing a past life session
- 13) [The successful recipe](#) - Suitable for anyone who cooks
- 14) [Where is confidence?](#) - Works for clients who are look outside of themselves for an answer
- 15) [Increase vocabulary](#) - **Self talk** - helpful with analytical souls
- 16) [Oxygen Goodness](#) - we all need Oxygen

**Bonus – [Sprinkles](#) – an innovative approach to personalising your sessions**

### 3 - Confidence is an Art Form

Confidence is an art form,... not a science,...there is no recognised formula, available for this project...no Pie chart and certainly no periodic table to refer to.....so its defiantly an art....so compare this art form to any other,... dance ... music,... Shakespearean drama...all need lashings of confidence... think about the confidence needed to draw with coloured chalks,...water colour painting needs confident handling...of both paper and colour...you can agree with me can you not... the confidence of art... ..now concentrate on the patience needed to master the many techniques of working in oils.... learning... practising... taking feedback... improving... refining.... becoming more skilled... more artful.... More confident...

So the key ingredients are straight forward and easy to remember .....Practise... constant practise...practise is an art form... and refine...

And in now assembling all the materials you need to... create something that you thought was not within you ... to pleasantly surprise yourself... maybe... that was not visible to you before.....

So start with the base... a clean blank canvas ... if you like... a strong canvas a canvas of potential ...potential and trust and belief in your own ability ..followed by a large roll of self-assurance...I **can** be who **I** want to be ... I can create the conditions for what I want....

Next a thick vibrant marker of boldness ...have them all to hand ...before you make the first mark.. your mark of change...firstly apply a back wash of courage... courage to change...courage to paint in a new style...courage to see in a new way...to use the paint...with confidence

...next apply a supporting layer of a deep yet iridescent shade of nerve ...  
apply with confident purpose...apply it evenly over the whole ... strong  
canvas....its yours ...so take it...

Next bring your mind to the foreground ...the front of the picture...  
embrace a large swath of self reliance...enhanced and mirrored by a swath  
of certainty...stand back and admire the texture ...the light, and shade ...  
get to know the emotional response of this true master... piece.....by  
piece... allow your eyes to focus on the gentle sprigs of honour and  
commitment ...

Notice the fine stippling of self assurance... self determination...and  
poise...forming enhanced commitment.. by the gently encouragement and  
belief in the work ...your work ...

Drink in the respect ...drawn from the edges of the canvas and notice the  
dramatic power of free will...as it has enriched the depth of the piece...  
all the elements are drawn together and held ...held within this frame of  
confident self respect.....

Look back and see how far your technique has been enhanced by your  
confident handling of this material.... Now practise.... Learn and refine....  
Practise refine and learn....

Take the time now and practise ..... and the rest will flow... no excuses  
now .....

Practise while you clean your teeth ...

Practise while you button your shirt.....

While you shine your shoes....

You get the picture....just practise....learn and refine...

***Confidence Scripts for  
Therapists Ebook***

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