



Self-Hypnosis Script Summary

Check your starting stress number from 0-10

Memorize the affirmation at an upward angle

Close your eyes, Color

Try to open your eyes, Color

10, I am going deeper and deeper... 1, I am going deeper and deeper, Color

I am safe, I am calm, I choose to be here (3x), Color

Repeat the specific affirmation (21x), Color

See, feel, experience the result you desire, Color

Open Eyes

Smile :)

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