

# Commitment To The Journey - Mindset Script For Therapists

Please make sure that you are in a quiet place, where you can remain undisturbed for the next 15 minutes. Once you're there, find a nice spot to sit, lay back, or lie down.

Get comfortable, close your eyes, and just listen to the sound of my voice, or allow your mind to wander about, what's going on, here, now, while you begin to relax.

Simply listen to me as you take a nice, long, deep breath in. Fill your lungs and then hold that breath for a few seconds... And, as you exhale, allow yourself to relax even further.

That's right. Just letting go. Releasing all the tension, all strain, all stress that used to be in your body. Allow it all to melt away, and you'll find yourself beginning to feel very calm, very relaxed now.

So as you listen to my words, you might feel yourself relaxing even further now, with each moment that passes by, each word guiding you further down, into that calming and peaceful inner space.

Guiding you deeper and deeper, into a profound state of relaxation, as you become more comfortable, and more conscious, of your breathing, now.

That's right, slowly, gently, and rhythmically. Just begin to breathe deeply into your abdomen, drawing life-giving oxygen into your body.

And, as you inhale deeply again, now, just imagine all the tiny spaces and compartments throughout your lungs, expanding, opening, embracing each and every breath you take. Because, for them, this oxygen is like pure love flowing in.

As you focus on this, breathing in and out, I wonder if you can silently say "in" when you inhale, and then "out," as you release the air from your body. Just try that for a few moments now.

(PAUSE)

That's right. And as, you do this, you might begin to notice a stillness in your mind, starting to emerge, as you continue to place your awareness on just breathing deeper, more relaxed, more comfortably, in and out. Yes, that's good, in and out.

Just feel yourself letting go, and gliding down further into this comfortable state, where you're floating, drifting, dreaming, sinking down, deeper, and deeper into your powerful mind.

Feeling even more peaceful now, more relaxed than ever before. And the more you relax, the slower your breathing becomes, and the slower your breathing becomes, the more deeply you continue to relax.

Now, did you know that your mind and thoughts are connected directly to your breathing? As your breathing continues to slow down, now, your thoughts will also settle, bit by bit, as you drift off effortlessly. Dreaming and floating, drifting and sinking, feeling calmness in your mind, and a sense of ease in your breath.

Every time you exhale, you let go of any and all unwanted thoughts. All negative opinions, voices from the past, self-judgment, feel them all fading away. As you release the next breath, you release all doubts, worries, fears and tensions that have been stored somewhere in your body. That's right, good.

As you let go, you feel lighter, you feel calmer. Wherever you feel resistance, just let it go. And, in releasing everything that is no longer serving you, you find yourself gently moving into a profound state, of inner flow and enlightenment, almost like being completely free, in the way that specifically suits you.

You are feeling calmer, more comfortable, more at peace and at ease. It's a very soothing experience, as you breathe deeper, and go deeper within. And, as you sense this state of ease, harmony, and flow within, know that you can change and transform anything in your life from this state, as it grants you unlimited power.

Now, imagine yourself outside, with a beautiful landscape surrounding you. And the day just happens to be nearing nightfall. And, you're watching the sun starting to set, now, casting brilliant rich colors all across the sky.

And as it glows with a radiance that seems almost magical, it instantly makes you feel even more at peace and at ease right now. That's right. You find yourself feeling more relaxed, as all these colors continue to vibrate their own special brand of energy throughout the entire sky.

And as you pay attention to what you can hear, sounds from this magnificent landscape may start to emerge, perhaps the rustling of leaves, a gust of wind as it passes by. certain forms of wildlife off in the distance.

All the while, you're feeling calm, relaxed and at peace. You can still sense the warmth from the setting sun, almost like a loving and comforting hug from the universe.

Helping you feel even more at peace, more at ease, and to know that you're in the right spot, as you continue going deeper and deeper, all the way down into a perfect, pure, and serene state of relaxation, now, ready for change.

The sun is moving downwards, preparing to settle for the day. And, in a movement, as I count down from 10 down to 0, you'll find that it continues to sink down, deeper and deeper, finally setting below the horizon when I reach 0.

And with each number I count, you will feel more and more comfortable, going deeper and deeper into a peaceful state of relaxation, a beautiful state of deep Hypnosis. Starting that journey now at-

10, notice as the warm Sun begins dropping further down,

9, going deeper and deeper,

8, feel yourself growing more and more relaxed.

7, the Sun drifts further down. Drifting, floating, sinking

6, going deeper and deeper, even deeper still into that powerful state of relaxation,

5, the Sun is half way now. Drifting, sinking, floating down.

4, your body continues to feel more and more relaxed.

3, you are going deeper and deeper, still, feeling very relaxed, now, very at peace, calm, completely at ease.

2, relaxing even more as the Sun drifts further down now towards the horizon. And at-

1, you drop down into a profoundly powerful state of effortless relaxation. Floating, drifting and sinking down, deeper and deeper into your powerful mind.

When I count down to the next number, you will enter an EVEN deeper level of hypnosis, and even DEEPER level of serenity, and feel a tremendous sense of peace that is beyond words.

Now, going down to-

0, the Sun has completely gone down and you go down as well, into the deepest state of relaxation and hypnosis you've ever experienced, ready to easily and automatically make positive changes. That's right.

Now, as you rest comfortably in that infinite, peaceful and magically state of rest, just imagine yourself walking into a room. And as you go there now and look around, you can see that there's a big whiteboard on the far wall.

It is clear and ready to be written on. And as you walk up to that whiteboard, now, notice that there are a row of markers sitting on its lower shelf.

Now, what I'd like you to do is pick up one of those markers and begin to write down, on the whiteboard, all of your concerns, all of your doubts, all of the things that have caused you to give up in the past.

Write down all different kinds of things you wouldn't follow through on before, the things you had committed to, at one time, but didn't do, write them on the board.

Write them all down, taking up all the space you need, to get all those things finally out of your head, get them off of your mind and out of your body, put them all out there onto the board.

Just take a few moments to complete this process, while I remain silent.

(PAUSE)

Now that you're just finishing up, I want you to imagine something else. Imagine that there's a big magical eraser somewhere where you can reach it. And as you find that, now, just pick up the eraser and start wiping away all those concerns, doubts and excuses, wiping them away from your mind, from the board, from your life.

Wiping them away, wiping them away, wiping them away, and with each wipe of the eraser, you feel more and more determined. You feel committed, persistent, and full of conviction now.

Almost as though there is a powerful sense of personal integrity mixed with self worth flowing through your veins, helping you to stand by all your commitments, to yourself, to your business, to your life, and all the things that matter to you.

And it's just becoming easier and easier, now, it's easier and easier to follow through on your own commitments, while you wipe those old barriers away, until they're completely gone.

And, very soon, it becomes obvious, that staying committed to the journey is simply easier. It's easier to follow the process, step by step, taking those specific actions, one by one, that you KNOW, deep down inside, will automatically lead to success, all on their own.

Which means that you can just let go, and find yourself surrendering into the flow, that is always created when you effortlessly put one foot in front of the other.

And what happens, now, is that whenever you're starting the day, that energy flow of commitment, and persistence, and motivation will begin rising inside of you,

and it will continue to grow, and expand, and move outward throughout your entire being, gaining intensity as it grows in size, until you are fully encased in that high-powered charge, ready to take on the day.

Taking on the day means that you can move forward with confidence, trusting that the process will lead you to the results you desire. You can trust yourself to take the necessary actions, and you can trust the process to guide you on the path to success.

And, with each day that passes, this feeling will only become clearer, stronger, and more of who you are. Until, at some point, very soon, you'll find that commitment is just your natural state of being. And it feels extremely natural and comfortable knowing that, now,

Each day you feel more motivated and inspired to take action and make progress toward what you want. You no longer have to worry about whether or not you'll make the right decisions or take the right actions. You can trust yourself to do what's necessary, and trust that the process will guide you.

And knowing that this is your reality, now, we're going to prepare to come back. Soon, I'll begin a count from 1 to 5. As I count, you'll move more and more toward your normal state of awareness.

At the count of 5, your eyes will open, you'll come all the way back into your normal, everyday waking state, feeling rested, refreshed and relaxed. Ready to do that now at-

1. You're coming back slowly,
2. More and more alert,
3. Energy pouring into your arms and legs, coming into your hands and feet, flowing all throughout your body.
4. Becoming aware of the environment, starting to move. And at-
5. You come all the way back, now, feeling rested, refreshed and relaxed, simply amazing! Welcome back.