

The Script Collection

a resource for therapists

Roger Elliott • Mark Tyrrell

**Get over a
relationship**

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About The Script Collection

The Script Collection is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The first part of each script, in which the therapist is preparing the ground for the trance work to follow, is formatted as standard prose, and is generally intended to be delivered with normal tone and pace.

You can [listen to the first part of the 'Getting Over a Relationship' script here](#).

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.

Get over a relationship

This session today will help you to really **come to terms** with the end of the particular relationship you have in mind... and will enable you to **move on** emotionally... and feel fresh and open to life again!

When a relationship ends, even when you know it had to, it can be difficult to manage your emotions for a while. The old cliché that 'time is the great healer' is absolutely true, but sometimes it can take much longer than you think it should.

So we can give time a helping hand in putting that relationship well and truly into the past as far as your emotions are concerned. This doesn't mean that you will forget about what was good about that relationship if you don't want to – let's face it – just about all relationships have happy elements to them, at least in the beginning.

Following this deeply relaxing session, you'll notice that the relationship will start to take up less time and space in your mind and you will expend less emotional energy ruminating over it.

So let's do a little preparation for this.

You'll remember that there have been times in your life when you were doing things that felt extremely important *at the time*.

You might have been revising for a test or exam... starting something new... meeting someone for the first time... you know the sort of occasion – and at the time it felt like a big thing... but now it feels like it's behind you.

So as a kind of practice for getting the feeling of the past being in the past, just take a few seconds now to review something from a long time ago that felt like a big deal at the time, but seems pretty insignificant now... just think about that now...

■ Pause

And that is the kind of thinking you'll be able to develop about that relationship, and you'll find you can actually practise getting that more detached feeling on a daily basis.

Now before you *start to experience yourself deeply relaxing* I'd just like to mention another important aspect.

Often people think that the latest relationship was somehow '*meant to be*' or that it was '*the one*', which can lead to feelings that you may never have another relationship as good or intense in the future. This is an illusion.

There are literally millions of potential partners out there, hundreds of thousands of which would meet your needs. It's the *emotion* you are feeling at the moment that leads to that sort of thought, but it is not true, so please don't be fooled by the feeling that there's only one person for you... it's so easy to get that idea.

There will be opportunities for you in the future, whether you believe me or not... *the fact remains...*

So now you can *settle yourself* in a nice *comfortable* way and allow yourself to begin to appreciate the possibility that you can *relax deeply and calmly* and just let the eyes gently close as *relaxation* starts to drift all about you and laps gently through your muscles sweeping

deep rest

and a wonderful

kind

of *release* through that body and

your mind can take a vacation away from usual thoughts and feelings, seeing

them get more distant as you *relax* through time and

even the air around the skin can start to

feel so much more relaxed

■ ■ ■ ■ Pause

And of course any of the good old times are still there

from anything that you've experienced

and that's fine

but the real thing that your unconscious mind needs to learn

and *really learn*

is that good feelings from good times actually come

from inside you and

therefore

will be there again

in the *future*

in different types of times

with different people

that's it

and you know that actually a very deep part of you

can now start to feel very *soothed* and *reassured*

in such a *comforting* way as a part of you notices that you can

just continue to

relax deeper

so beautifully and serenely like the surface of beautifully calm water

so clear and *calm*

■ ■ ■ ■ Pause

And there comes to be a *kind* of strange *comfort* in knowing
that all things pass and that we can benefit from others
on our individual paths through life but that all people
move on and
*look forward to drinking in future benefits of people
you haven't even met yet*
with an unspoken sense of excitement and optimism
at future possibilities which are there whether you know it or not
that's it
and even as you continue to drift so *soothingly* in a trance
of pure *rest* and *tranquillity* you can really begin
perhaps even for the very first time
to review that whole relationship from a totally new and distanced
point of view
like watching it from a great *calm* distance
through space and time
notice what it's like to view it through a different lens
much further away
with incredible objectivity and *soothing* detachment

■ ■ ■ Pause

And you
like everybody, have experienced the flow of time
many years ago
what now feels like the dim and distant past the present
at that time felt very real
present concerns and interests were very current
but now
feel so unimportant and *distant* in time
people you knew at the time
on a daily basis even
felt very relevant
then
but that was years ago
and time and associations and experiences
move on
with your life

changing
things you really worried about at that time you can't
even remember now
time moves on like the fast and slow currents of a stream
sometimes flowing over smooth pebbles
sometimes *soothing* over rocks and underwater river sand
as *times move on*

■ Pause

And one day
this time now
will *feel very distant in time*
like when you are close up to something
seeing only the trees, and then as you *move away*
the whole wood comes into view
with the *distance* and *perspective* of time seeing the whole
picture
and having great detachment on the situation
as just a part of the over all picture of your life

■ Pause

This very time
right now as you *relax to this*
will one day be exactly a year ago
and how does that feel when this point in your life is a year ago?
the feeling of that relationship settling down
into its appropriate place in your life

■ ■ ■ Pause

And it's true that this time will be ten years ago
and much has changed and moved on in ten years
new and exciting things have happened and are happening
and on the rare occasion that you look back
from your future to the past relationship
in question

notice how it really feels now like a long time ago
and also *notice the new healthy aspects to your life*
now in the future

look back from that far distant place in the future
at that past relationship and just review it
dispassionately and objectively
the way a scientist might just examine a past curiosity
and really

notice what it feels like
when it doesn't matter much to you any more
really learn and notice that
when *it now feels so distant*

■ Pause

And life is made up of many different aspects and parts
and many different focuses
and we can sometimes over-focus– for a while – in one direction
at the expense of things we used to do and *enjoy* and it can
feel good
to focus again on
things to enjoy

■ ■ Pause

Like it's just fitted back into it's natural place as just another part
of life's overall pattern
down to experience
and *really beginning to notice things to*
look forward to
from the future

■ Pause

And you can repeat this experience
in *deep rest* and *relaxation* any time you need to
and for now you can
just begin the process of starting to drift back to the room

feeling very refreshed and revitalised and with
a very real sense of growing *calm* about things
that's it
really starting to come back
and opening those eyes feeling alert and relaxed
good!