



The Script Collection

a resource for therapists

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**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 intended to be delivered with normal tone and pace.

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



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The end of a relationship can be a time of tremendous emotional upheaval. Depending on how the relationship ended, you might be feeling a range of intense emotions, ranging from grief, anger, loneliness and self-doubt to a yearning desire to get back what was lost, or even a sense of despair about what the future holds for you. And whether it's been a short time since the relationship finished, or whether it ended quite some time ago, the fact that you're listening to this session suggests you've been experiencing repeated thoughts and feelings about your ex-partner, and you've been finding it hard to let them go.

The intimacy and security of a relationship meets a variety of emotional needs within us, and when that relationship ends, it can feel like the rug has been pulled out from under you, as your vision of how you imagined the future was going to be disappears, and it can take some time to find a new sense of direction in your life. Even though the *rational* part of you might know that one way or another you will get through this difficult period, and that things will get better for you in time, at an *emotional* level you might still feel overwhelmed at times by what's happened.

You need to find a balance in dealing with these difficult emotions. If you try to shut them out completely, you'll only end up in an endless inner battle of thought suppression, and trying *not* to feel what you *do* feel. Studies show that trying to completely suppress thoughts and feelings actually only ends up intensifying them. But you don't want to wallow in grief and despair either. So it's best to **find a balance** of being **kind and tender** towards yourself, letting yourself feel what you feel, and not expecting to get over it right away, while at the same time being **firm and disciplined** with yourself about still getting out and doing things, meeting up with friends, exercising, **doing things that you know are good for you** and that will lift your spirits, even if it's a bit of an effort to make yourself do them at first. By taking care of yourself in this way, you're ensuring that you meet your core emotional and physical needs as a human being, which will give you a greater sense of inner strength and confidence to be able to move on with your life.

This session is going to help you to activate the natural processes in your brain for letting go of the past and moving on, so that you can find your feet again, and build a positive vision of your future.

Now
if you haven't yet closed those eyes
you can do that right now
and you can **begin this process of deep relaxation**
and letting **go**
inside
by taking five or six really slow
deep breaths
one after the other
right now

■ Pause

That's it
and just make each breath
a little smoother
and slower
and deeper
than the one before it
so that you allow yourself to slowly sigh with comfort and rest
just as you would at the end of a long
long day
and **hear the sound** of a deep sigh of relief
in your mind
that it's okay to **relax now**
and just allow the muscles of your body to **soften**
and **relax**
more and more
each time you breathe out

■ Pause

That's it
facial muscles softening
shoulders loosening
breathing smoothly and deeply

■ Pause

And you can notice a few good friends
or family members
or supportive people from your past or your present
can come to mind as you *relax*
and also people from whom you have drawn strength
even though you may not know them personally
people who inspire you
or are role models for you
and even fictional characters
from movies or books
who speak to something deep within you
and all of these people can be here with you now
around you
here for you
as inner resources
to support you in this healing
this time of transition
reminding you that *you are loved*
and supported
people from the past or the present
who have been there for you when you needed them
who have inspired you

 Pause

That's it
really take the time to *notice who these people are*
supportive voices
supportive faces
perhaps one person to your left
another to your right
maybe old friends
looking at you with real kindness
compassion
humour
support
encouragement
letting you know

it's okay
you'll get through this

■ Pause

And this support is always here
available within you
these people are here for you
always
as inner allies
inner resources that you carry with you
wherever you go
and you can *relax* in the knowledge
that you can always *draw on this inner support*
and strength
whenever you need to

■ Pause

And you can continue to *allow this growing sense of relaxation*
and comfort
to *flow all the way around that body*
a comfortable heaviness in the arms and the hands
a comfortable heaviness in the legs and feet
letting go
that's it
deeper and deeper

■ Pause

And just for a moment
you can *glimpse the face of a future you*
looking really content
a little *smile*
at the corners of your mouth and the corners of your eyes
just noticing for a moment
that warm
fulfilled

positive image
of who it is you want to be becoming
that's it
as you *relax deeper and deeper still*

■ Pause

And it's common when you're driving a car
to begin to identify with the boundaries of the car as you drive
it's as if you extend your sense of self
to include the body of the car
so that if another driver comes a bit too close
it feels like they're invading your personal space
and you might find your body tensing a little
as they pass
because in that moment
you are identified with *your car*
and then later on
when you get out of the car
you're just you again
your boundaries shrink back
and return to being the boundaries of your physical body
and you *leave the car behind*

■ Pause

And when you're taking a class at school or college
for a while you're part of that class
that group of students
that's who you are
a member of that group
there's a sense of group identity there
and then when you graduate
and move on to the next stage of your life
you leave behind that identity of being a student
and *open up to discovering who you're going to become next
in this new chapter of your life*

■ Pause

And you have an intuitive sense
of the flow of time through your life
of how something that happened many years ago
now feels dim and distant
of how things that were very important to you when you were much younger
and at that time felt very real and consequential
become less and less important
and more and more distant over time
people you knew back then
people you perhaps encountered almost daily
back in that distant era of your life
felt very relevant back then
but that was years ago
and time and associations and experiences
all **move on**
with your life
changing
as it always does
there were things you used to worry about
once upon a time
back then
that you can hardly recall now
because **time moves on**
like the fast and slow currents of a stream
sometimes bubbling rapidly over pebbles
sometimes slowly soothingly meandering over rock and sand
as **time moves on**

■ Pause

And one day
this time now
will feel very distant
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 **feeling calmly detached** from the situation
seeing it for what **it is**
just one episode
a single chapter
in the journey of your life

■ Pause

And this very time
right now
as you're **relaxing to these words**
will one day be exactly a year ago
this day that you were listening to these words
will be twelve months ago
four seasons will have passed
and although all this is crystal clear to you right now
you may find **you can hardly remember this day** in any detail
because time will have moved on
and you might notice how **that old relationship**
feels somehow calmer
and more distant already
looking back on it from out here in the future

■ Pause

And there will come a time
when this moment
right now
will be **ten years ago**
and so much has changed and moved on in ten years
new and exciting things have happened
and are happening
and from this time
ten years in the future

you can take a moment to look way way back
at that far off past relationship
and just review it
with an objective fairness
acknowledging the good times and the bad
like watching it from a vast
calm
distance
across space and time
and **notice what it's like**
to **view it through a different lens**
much further away
just as a scientist might study a curiosity of the past
and really **notice what it feels like**
when **it simply doesn't matter so much to you any more**
maybe just a faint flicker of nostalgia
a vague remembrance of that distant time
thinking way back to that different era in your life
way back then
because it really is okay to **appreciate the good times** and the bad
to **appreciate all the different stages** of your journey
all the different stages you've been through
as you **continue to develop** as a human being

 Pause

And looking back from ten years in the future
you can see with calm clarity
the face of the you back there
in the present
that younger you
who was going through that difficult time
at the end of that relationship
and as you see the face of that younger you
you can **notice a heartfelt compassion growing** inside you
just as you'd feel if you saw a really good friend of yours
having to go through that kind of emotional upheaval
and you can really **feel a deep compassion**

for the younger you back there in the present
and you can find yourself now *sending* that you
back there in the present
the *reassurance*
strength
and *support* they need
letting them know
it's okay
they'll get through it
new adventures are waiting
a gentle stream of *kindness*
of *strength*
flowing back through time
entering deep into the heart
and the mind
of that you in the present
allowing something inside them to *release*
and *dissolve*
allowing the you back in the present
to begin to *let go*
and *open up to the future*

■ Pause

And life is made up of many different aspects and elements
there are so many different things we can focus on
and we can sometimes focus too much
for a while
in only one direction
at the expense of things we used to do and enjoy
and it can feel so good
to *refocus*
on things to enjoy
activities
places
things that interest you
perhaps meeting up with good friends
maybe *forming new connections* with people who are kind

and supportive
and good humoured
enjoying *rediscovering yourself*
and all the different ways *you can be fulfilled* as a person
some of which you may have forgotten about
and *it's time*
to commit to really taking the next step in your journey
with a calm sense of inner resolve
and curiosity
and a simple inner *trust in yourself*
now

■ ■ Pause

And you can *listen to this session often*
and *let go of what you need to let go of*
and *reconnect with your confidence and inner strength*
even more thoroughly and completely
each time that you do
and for now
you can begin to *feel more alert and refreshed*
that's it
and prepare to *come all the way back*
with a real sense of good feeling
that's it
by noticing the position of your body
and the sensation of whatever it is you're resting on
and then whenever you're ready
you can just *have a nice stretch*
and open your eyes.