

The Script Collection

a resource for therapists

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Control
gag reflex

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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.

Control the gag reflex

In a moment, you are going to relax very deeply. Firstly, I'm going to consider some aspects of the gag reflex.

Your gag reflex is, of course, a reflex action – that is, an automatic response to a stimulus. 'Gagging' is a contraction at the back of your throat which stops objects entering the throat except as part of normal swallowing. If you touch the soft palate at the back of your throat you'll discover that you can trigger a natural gag response. The gag reflex is nature's way of stopping you from choking. It is one of the body's essential natural defence mechanisms.

However, the trigger mechanisms for reflex actions can sometimes become oversensitive if triggering occurs in anxious situations, or as part of a traumatic experience. If this happens to the gag reflex, too frequent gagging can begin to get in the way of natural and necessary procedures like eating out, going to the dentist, wearing dentures, swallowing necessary medication or even just brushing your teeth!

Feelings of loss of control and panic can set in, and it's easy to get caught up in a pattern of avoidance in order to ensure 'triggering' won't happen.

It is certainly possible to train yourself to resist the gag response. People can train themselves to do sword swallowing, for instance, by overcoming the nature response to gagging. This is a little extreme, but it illustrates how seemingly involuntary processes like the gag reflex can be brought under control. Hypnosis is an excellent fast track way to change autonomic (unconscious) responses.

Other helpful tactics you can use in conjunction with this session are:

- breathe deeply and slowly through the nose during the situation;
- flex your foot or hand and focus all your attention down in to that part of the body;

- put a small amount of table salt on the end of your tongue (believe it or not, many dentists swear by this approach when helping patients who gagged during treatment!)

This session will focus on retraining your gag response to be more subtle and discerning. The gag reflex is an essential tool, but like any tool, we need to know when to use it and when it can stay out of the way.

Hypnosis is the perfect way to diminish the old excess gagging pattern and get you feeling so much more relaxed and in control.

And you can allow that body to begin to *relax*
as you *rest* right where you are
and you can choose to close those eyes
or just to allow them to become a little heavier
as you listen to my words
or perhaps the spaces in between
and you know
that you don't need to *listen to me*
because *your unconscious* can do that
and respond all by itself
and as you breathe in
you can allow a calming relaxation to flow through that body
so easily and naturally
caressing and comforting each and every cell within
and you already know how to experience pleasant sensations
such as the warmth of the sun on your skin
imagining how that relaxing warmth
can reach every single part of you
gently deepening that *relaxation* within
so comforting and restful
and perhaps you can get a sense of that warming relaxation
becoming a colour within you
intensifying with each breath that you take
flowing easily around that body
wrapping each area in a warming blanket of colour
flowing in and around and over you
those shoulders sinking into even *deeper relaxation*
that mind flowing freely
that stomach digesting that surrounding warmth
taking a few moments to *rest and relax* so easily
taking time out from the events of the day
to allow that body to repair and recuperate
such a wonderful flow of comforting relaxation within you

 Pause

And you could easily get a sense of
walking down a magical pathway

a path with great soaring arches of colour above it
stretching ahead as far as you can see
the many colours of the rainbow
and **with each step** you take beneath the arches
noticing how that relaxation lets **you go deeper within**
noticing the feel of the path beneath those feet
the texture and temperature of the ground below
maybe the sound each step makes
perhaps the crunching of gravel
or the susurration of soft sand
as it flows between your toes
and as you continue along the path
becoming aware of a wonderful yellow arch above you
illuminating your skin
perhaps reminding you of sunshine
and how on a beautiful summer day it can warm your skin
so **relaxing**
so **restful**
or maybe of bees
buzzing about their business
collecting pollen
and a few steps further along
noticing a vivid blue above you
maybe reminding you of a beautiful sky
dotted with fluffy white clouds
birds singing high above
or perhaps of crystal blue water
surrounded by brilliant white sand
those sands of time
and after the blue
becoming aware of a **deeply calming** green
reminding you of trees
leaves rustling in a breeze
or perhaps long grass swaying from side to side
and as you continue forwards
noticing a beautiful purple above you
maybe reminding you of lavender
dancing in the air

or perhaps that beautiful purple colour of a deep ocean
like amethyst
glinting in the sunlight
and with the next few steps
a fantastic red and orange above you
moving ever closer
perhaps reminding you of a wonderful sunset
or maybe of a warming and **comforting fire**
keeping you warm on a winter day
flames burning brightly
lighting the way
and
you can notice an archway or door at the end of the path
and through this archway or door
is a very special place
perhaps somewhere you have been to before
or maybe somewhere that you would like to go
taking those last few steps now and entering that place

■ Pause

Becoming aware of just how relaxing this place is
taking in the sights around you
the colours and shapes
and how they change in the changing light
the aromas in the air
so intoxicating
filling you with a deep sense of **calm and comfort**
taking a few moments to explore this place
full of **new possibilities**

■ Pause

And as you **rest** in this relaxing place
I would just like you to get the sense of a TV screen
coming gently to rest in front of you
and you have the remote control
and we have all heard of 'out of body experience' have we not

and perhaps you can become just a little curious about this
and you can just get the sense that you can
drift out of that you in front of that TV
and come to rest at the side
after the count of three
and one
and two
and three

■ Pause

Great
and as you look at that you in front of the TV from the side
you can take a moment to notice just how relaxed that you is
how **calm** and **comfortable** you are over there
and you can just watch that you
as they watch that TV screen
and in a few moments on that screen
they will be able to watch
in fast forward
one of those less agreeable triggering experiences
from the very beginning
when all was calm
like fast forwarding an old movie
and **you can gently rest** at the side
just watching that you
as they press **fast forward**
and begin to watch that old out of date memory
forwarding through very very fast
and you can **notice just how relaxed that you is**
over there during that time
as that movie reaches the end
after that event ever happened at all
when everything was relaxed and comfortable again

■ Pause

Great
and imagine that you can now drift into that TV
to the end of that old movie
to that time afterwards
when everything was *calm* and *safe*
after the count of three
and one
and two
and three

■ Pause

Good
imagining now that you can take part in that old movie
backwards
rewinding back through
from the every end
right to the beginning
before anything ever happened at all
after the count of three
and one
and two
and three
rewinding back through that old time
very very fast
backwards through time and space
back to a time before that old time ever happened before
back to the very beginning
back to a time when everything was calm

■ Pause

Great
allowing yourself now
to gently drift out to *rest* in front of that TV

■ Pause

Good

getting the sense of that TV in front of you
as you are about to watch that old out of date time
in very fast forward
after the count of three
and one
and two
and three
forwarding faster and faster through time
through time and space
to a time after that event was over
faster and faster
right to the end after the old time had happened
when everything was *relaxed and calm*

■ Pause

Excellent

and after the count of three
getting the sense of drifting back into that TV screen
to that time after that old out of date time had happened
when everything was *calm*
and one
and two
and three

■ Pause

Good

getting the sense now of being able to take part in that movie
in *very fast rewind*
hearing the sounds,
happening so quickly
the colours
after the count of three
and one
and two
and three

rewinding back through that time
backwards and backwards in time

faster and faster

moving backwards throughout that old time
to the time before that old time ever happened at all
when all was *relaxed*

■ Pause

Great

and now drifting back to that comfortable place in front of that TV

■ Pause

Good

and now getting the sense in a few moments
of being able to watch that old out of date time
in very fast forward again
at your own pace
at whatever speed you like
after the count of three
and one
and two
and three
watching that time
from the very beginning
right through to the very end
moving forwards through time and space
to a time after that old event had happened
when everything was *relaxed* and *comfortable*

■ Pause

And after the count of three
drifting back into that TV screen
after that old out of date time had happened
when all was *relaxed*
and one

and two
and three

■ Pause

Excellent
getting the sense now
of rewinding back through that old time
in very fast rewind
even faster than before
and one
and two
and three
rewinding back through that time
faster and faster
whizzing through space and time
faster and faster
right back to that time before that old event ever happened
when all was *calm and comfortable*

■ Pause

Great
and after the count of three
drifting back to that comforting place in front of that TV screen
and one
and two
and three

■ Pause

And for the final time
as you *relax* in front of that TV screen
watching that time again in really fast forward after the count of three
and one
and two
and three
whizzing through that old time

faster and faster
quicker and quicker through time and space
whizzing through so fast
right to the end of that old time
when everything was *calm and relaxed*

■ Pause

Excellent
and I would like you to imagine that screen gently fading
and turning to black
as you *relax further*
resting in this special place
once again enjoying the surroundings
taking in the refreshing air around you
and as you look at the TV screen
I would like you to become aware
of a new image appearing on that screen
slowly forming a picture in front of you
of an old time that was once less agreeable
but noticing how different it is this time
as you are so relaxed and comfortable in that situation
noticing what it is about that you
that tells you that you're so *relaxed and calm*
during that time
noticing all the *differences* about you
of how that time could have been

■ Pause

And after the count of three
drifting into that time
to really *experience those differences* now that you are so *relaxed*
and one
and two
and three
noticing the place around you
your surroundings

the other people
perhaps hearing those conversations
and just feeling so relaxed and calm during that time
so **comfortable** with that time and space

■ Pause

Good
allowing yourself now to drift back to that special place

Pause

Excellent
and imagine that on that screen
you can see yourself in the future
perhaps today
tomorrow
or in a few days' time
noticing how calm and relaxed you are
during times when you don't want that unnecessary response
noticing the differences
how easily you can drift from one situation to the next
so naturally
so relaxed and comfortable with it

■ Pause

And after the count of three
you can just drift into that you in the future
and one
and two
and three
noticing the colours and shapes around you
seeing the future from your own eyes
how relaxed you are
how comfortable with this time
so **naturally relaxed**

taking a few moments to drift from one time to the next
really noticing and experiencing those differences

■ ■ Pause

And just imagine
that you can access that area in your mind
that is responsible for that gag response
really focussing on that area now
and you can agree and negotiate with that area of your body
making sure that gag response only *goes off* when it's really necessary
really making sure that message gets through

■ ■ Pause

Great
and beginning to think about that future again
those many times and places you will experience
forming that picture
watching those times again
noticing just how *relaxed and comfortable* you are with those times
drifting from one time to the next
from one place to another
just so *comfortable* and *confident*

■ ■ Pause

Good
and allowing yourself to drift into that time
now
really experiencing those differences
the *positive change* that you have made to your life
how different everything is now
so *naturally relaxed* and calm
a wonderful *confidence* about you
really experiencing those *new times*

■ ■ Pause

Excellent
and once that part of you apart from you part listening to me now
knows that it has *absorbed that experience*
and will *keep it for your benefit*
in your own time
you can awaken
just as you do after a long refreshing sleep
coming back to room and opening those eyes