



The Script Collection

a resource for therapists

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**Keep Calm
and Carry On**

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The Script Collection

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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.



Keep Calm and Carry On



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You were born with a powerful, robust set of survival instincts that have been tested and refined throughout human evolution. These are the same instincts that have allowed people to survive for months in the wilderness or adrift at sea. In times like that, it's as if a different mindset kicks in, where instead of overthinking things or dwelling on how terrible things are, you focus on what you can control: getting food, shelter, and taking it a day at a time.

There are amazing stories of human beings' will to survive getting them through the worst of times, such as the Burmese fishermen whose ship sank and who floated through shark-infested waters for twenty-five days in nothing more than a large icebox, living off rainwater and the fish that seagulls left behind, until they were finally spotted and rescued. Or the story of Juliane Diller, a teenager who was the sole survivor of a plane crash in nineteen-seventy-one and survived in the deep jungle, following the path of a stream for days and days, coping with her injuries, and keeping going until she finally reached a place of shelter and was found by some loggers.

Now, you may not be listening to this in the wilderness, adrift on the ocean, or on a desert island, but all of us have these same survival instincts, where instead of losing our head in a crisis, we just calmly, persistently focus on what we can control about our circumstances and we keep going.

Sometimes people have to start again in life, like refugees arriving from another country, beginning their lives from scratch. There are people who were once doctors or academics in their country of origin, who then had to work driving taxis or working on building sites when they moved with their families to a new country. It can be a humbling, disconcerting experience to lose the familiarity and the prestige of how your life once was and to begin again somewhere new. But the same principle applies. Rather than overthinking things or dwelling on what was lost, you focus on what you can control, you keep going, and gradually, step by step, day by day, week by week, month by month, you make things better for yourself and your loved ones in whatever way you can.

This has been the case throughout human history. There have always been times of great upheaval, times of great loss and tremendous difficulties when many people's lives were completely upended, and we get through these times by focusing on what we can control, staying calm, and keeping going.

And no matter what the circumstances are that you're currently dealing with, that's what the deeply relaxing, hypnotic part of this session is going to help you do: to keep calm and carry on.

So
as you prepare to **relax very deeply**
you can just allow your eyes to close
if they haven't yet
and if they're already closed
you can now **imagine them slowly closing again**
and as you follow along comfortably to the sound of these words
you can simply allow yourself to **settle back**
and to **settle down**
inside

 Pause

Notice the rhythm of your breathing
and how the breath begins to **smooth out**
naturally and effortlessly
the more you allow yourself to **relax and rest**
as the body receives the message
that here and now
it's okay to **relax**

 Pause

Because sometimes the mind gets too caught up
in stories
in the torrent of information
that comes to us through all the screens and gadgets around us
and it's important to remind ourselves
that the endless chatter
of the media
of the Internet
of phones and computers
and even of newspapers
and people chattering on and on
about the situation in the world
that all of that is only useful up until a point
because it's useful to know what's going on in the world
but more and more chatter

and more and more mental noise
only ends up giving us mental indigestion
it creates unnecessary stress in the body
and it clutters up the mind
and it's not about denying reality
it's about remembering that there is much more to reality
than those stories
that when you **turn off all the screens**
and sit
or lie back
and breathe
and notice what's actually happening
right now
in your current experience
there is a different reality
the reality of how your body needs this time
right now
to settle down and **rest**
completely
to be allowed the peace and quiet it needs
to **come back into balance**

 Pause

That's it
just as the brain needs time to **quiet down**
to **quiet down**
and **re-focus**
on what you can influence
on what you can control
because if a storm is raging outside
you can't control the weather
but you can calmly **take the necessary steps**
to keep yourself and your loved ones safe and comfortable
and you simply **accept the storm**
you **accept the winds**
the flashes of lightning
the rumbles of thunder

as part of reality

part of nature
and you only need to ***focus on what you can control***
on what you can influence
to ensure your own safety
and the safety of those around you
knowing that in time
the storm will
inevitably pass
that in time
the weather will clear
the sky
will clear
that better times
calmer times
will inevitably come

■ Pause

And there is a deep wisdom to your body
and when an animal has been escaping from a threat
and it finds a place of safety and comfort
it instinctively knows it's time to ***rest deeply***
to ***recuperate***
to ***release the old tension***
completely
letting it all go
and to curl up
to settle down
and ***rest***
as everything comes back into balance

■ Pause

And your body needs and deserves the same opportunity
regularly
to ***experience that sanctuary***
of safety and comfort

that you can *create for yourself*
to *rest deeply*
to *recuperate*
to release the old tension
to *relax*
and *rest*
completely

 Pause

And in a moment
I'm going to count from five
all the way down to one
and with each number
you can *relax deeper and deeper still*
and *five*
and you can just allow
the facial muscles to *smooth out and soften*
as the shoulders *loosen*
a little bit more with each and every out-breath
four
a wave of comfortable heaviness
now flowing down through the upper arms
down into the forearms
all the way down into the hands and fingers
three
relaxing down through the core of the body
upper back
chest
abdomen
lower back
relaxing all the way down to the pelvic floor muscles
as you allow yourself to *sink down*
into comfort and rest
two
relaxing down through the thigh muscles
down through the calf muscles
down to *one*

as you relax the feet
and relax the toes
and let yourself **rest now**
in body and mind
resting into
complete tranquillity
calm
and wellbeing

■ ■ Pause

And your inner mind can transport you
to a place of beauty
perhaps somewhere in nature
where you can **breathe in the air**
and **feel renewed**

■ Pause

Maybe a place with a magnificent view
a place you can stroll through
and with each step you take
you can **feel restored**
revitalized
with a beautiful sense of **calm inside**

■ ■ Pause

And your body
can now
feel calmer and calmer still

■ Pause

Your mind
can now
feel calmer and calmer still

■ Pause

And when you rest
like this
you can *feel calmer and calmer still*

■ Pause

And when you focus on what effective action you can take
to *keep going*
to make things better for yourself and for those around you
you can *feel calmer and calmer still*
as you *feel a calm inner strength*
flowing through you
now

■ ■ Pause

And this calm can permeate your body and mind
giving you a wider perspective on things
knowing that there have always been cycles in human history
of change
followed by stability
followed by change
followed by stability
and some of those changes have been dramatic
where there has been upheaval
and major challenges to deal with
and yet it's something we've always had to deal with
through the centuries
no matter what shape or form it took
and one way or another
we *keep going*
we *deal with it*
we get through it
and ultimately it becomes just another story in the history books
another one of those things
that happened many years ago
that children read about in a classroom

a hundred years from now
long after everything calmed back down again

■ Pause

Just as we can look back
to something that happened fifty years ago
or two hundred years ago
or a thousand years ago
from a place of calm clarity
knowing it's just part of the story of history

■ ■ Pause

That's it
a calm
strength
a calm
capability
reminding you
that as a human being
you can deal with more than you might think you can
that the very fact that you're here
means that you come from a long
long line of survivors
that there is an instinctive set of skills
within you
stretching back through the generations
through hundreds
and thousands
and tens of thousands of years
to ***accept changing circumstances***
to ***deal with them***
and to ***calmly focus on what you can control***
to ***calmly focus on what you can influence***
and to step by step
make things better for yourself and your loved ones

■ Pause

Knowing that one way or another
whatever happens
you'll deal with it
because that's who you are
and there is always this calm adult strength in you
that knows the truth of that

■ Pause

And it's okay to *feel what you feel*
it's okay to allow any emotions to be there
because that's part of being human too
and it's also true that you always
always have a deep strength and resilience to you
far more than you might even realize

■ Pause

And you can find
that you are naturally becoming stronger
because of the challenges you are facing
even if you don't realize it at first
that you
become stronger in yourself
as you learn to *focus on what you can control*
to *focus on what you can influence*
to *tap into this calm*
grounded optimism
and *inner strength*
that's always here within you
to *keep a cool head*
and allow the weather outside to simply do what it does
because you can't control the weather
you can't control everything going on in the world
but you can *calmly*
persistently focus on what you can positively influence
what you can control in your own life

■ Pause

And you can remember
to **create time and space for yourself**
to **rest completely**
giving the body that right
to have time out
to **rest and relax**
sanctuary
to recharge
to reset
to restore
itself

■ Pause

The brain now
becoming clearer
calmer
a core strength
flowing through the spine
through the muscles
a determination
and an adult calm
confidence
and pragmatism
knowing that whatever happens
you can and will deal with it
as you **trust in**
this deep inner resilience
this instinctive capacity within your body and mind
to **keep calm**
and carry on

■ Pause

That's it

■ Pause

And you can ***get a sense of yourself doing this***
over the coming days and weeks
and beyond
like watching a future you
looking calmer
more determined
a calm
grounded optimism and pragmatism
in that future you
that's it
noticing the difference it makes
in how you ***deal with things***
in how you ***get the things done that you can do***
and in how you ***create time to care for yourself***
time to ***meet your needs as a human being***
practicing good self-care
knowing that you can do this
even when it feels difficult
knowing that
really
deep down
you have more strength and resilience than you know
and that you can do this

 Pause

And you can ***merge into the reality of this future you now***
and ***immerse*** yourself in this future calm
confidence and clarity
noticing how it feels
to ***feel a deep sense of calm strength***
flowing through you
in body and mind

 Pause

That's it
as you integrate this

fully and deeply
into each and every aspect of your being
here in the future
and here in the present
and bring this future calm
this future resilience and inner strength
back with you here into the present
that's it

 Pause

Knowing that you can *listen to this session often*
and you can *deepen your connection*
to this natural
calm inner strength and resilience
each time that you do
and for now
it's time to prepare to come all the way back
to full alertness
back to the here and now
as I count from one to five
and one
you can just notice the position of your body
and the sensation of whatever it is you're resting on
that's it
two
beginning to *feel refreshed and alert*
three
re-orientating to the room around you
beginning to come all the way back now
that's it
four
feeling very good
coming all the way back now
and five
and you can just have a nice stretch
and whenever you're ready
you can open your eyes.