



The Script Collection

a resource for therapists

Roger Elliott & Mark Tyrrell

**Stop Touching
Your Face**

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The Script Collection

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Uncommon Knowledge Ltd
Boswell House, Argyll Square, Oban PA34 4BD
United Kingdom

Design by Kathleen Fedouloff
kfedouloff@gmail.com



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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.



Stop Touching Your Face



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There are many times in life when we need to change our habits and our lifestyle in response to the events going on around us. When storms, tornados, and floods happen, people need to take steps to protect themselves and their property. And when someone breaks a bone, they need to be very careful with that part of their body for several weeks or months; they need to change how they move and how they navigate their life while the bone heals.

In the same way, during flu season or when a new virus or bacteria is making the rounds, there are extra measures you need to take to protect yourself. And one of the most important of these is to wash your hands thoroughly and regularly and to avoid touching your face. Because when someone's unwashed hands touch their face – especially their eyes, their nose, or their lips – that's the exact moment when whatever germs or viruses they've acquired on their hands get direct access into the body.

Even then, you still have your immune system to protect you – your inner army of loyal guards who are ready and waiting to fight off any intruders. And your immune system is incredibly sophisticated, efficient, and intelligent about how it keeps you healthy and protects you from harm. But you can make life for your immune system a lot easier if you never let those intruders past “the drawbridge” to begin with, by becoming much better at keeping bacteria and viruses outside of your body.

In fact, there have probably been times for all of us when we picked up some unpleasant bug in the past that really disrupted our lives for a few days or perhaps longer. And if only we'd washed our hands more thoroughly and not touched our face at that particular time, we would never have gotten sick in the first place.

Not touching your face isn't a guarantee that you'll never pick up any infections, but it will significantly decrease the likelihood of it happening to you, meaning that you'll need to take fewer sick days – perhaps even none at all – and that you have a better quality of life as a consequence.

The problem is that it's hard to stop touching your face by willpower alone, because it's something that most people do absentmindedly without realizing that they're doing it. Which is why the deeply relaxing, hypnotic part of this session is going to help you change this pattern at the unconscious level, so that it feels easy and natural for you to protect yourself in this way, whenever it's appropriate and useful for you to do so.

You'll still need to touch your face sometimes – like when you're washing, showering, or bathing or if you use contact lenses – but you can find that you naturally ensure that your hands are clean before you do so, which in turn will help you keep yourself healthy and well over the coming weeks, months, and years.

Now
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
then you can just *imagine them slowly closing again*
as you *take a very slow*
deep breath now
that's it
and hold it for a moment
and then *slowly and smoothly breathe all the way out*
as you allow yourself to *settle back*
and to *settle down*
inside

■ Pause

And as you *follow along comfortably to the sound of these words*
and *breathe smoothly and evenly*
you can get a sense of a place
that you associate with deep relaxation and *rest*

■ Pause

It could be a place you've visited
a place you go to often
or even a place from your imagination
it really doesn't matter
but you can just be curious
about what place comes to mind
now or in a few moments

■ Pause

And to begin with
I'd like you to get a sense
of what it would be like
to observe yourself

relaxing so very deeply
over there
in that special place
as if you can see the restful
comfortable expression on the face of that you over there
a sense of genuine peace and ease within you
the wellbeing
and calm of this place
imbuing that you
over there
reminding you that it's okay to **relax**
completely
and to give yourself this time out to **rest**
now

 Pause

And as I count from three to one
you can **merge into the reality of this**
and **experience this profound relaxation and rest**
from the inside
and **three**
and **two**
and **one**
and now just glide into
and merge into
that deeply relaxed you
and **feel this deep relaxation**
flow through you
as you **let go**
deeper and deeper still

 Pause

Really get a sense of what it's like
to be in this special place
now in your mind
as you **take in the sights**

and the sounds of this place

notice the colours

the shapes

the temperature of the air around you

and allow yourself to ***feel this deep wellbeing and peace***

all over again

 Pause

Like a glowing colour

of deep relaxation

flowing through you

now

from the top of your head

to the tips of your toes

that's it

  Pause

And keeping the hands resting apart

I'd like you to slowly

gently

bring the thumb and middle finger of your right hand together

and at the same time

bring the thumb and middle finger of your left hand together

and then gently squeeze the thumb and finger of each hand together

 Pause

As you ***say to yourself in your mind***

"My health and wellbeing are important to me"

  Pause

That's it

and then let the thumb and finger of each hand

rest apart comfortably

  Pause

And here in this special place
you can *imagine slowly closing your eyes*
and preparing to now make a change
within yourself
at the unconscious level
that's going to keep you healthy and well
in many more ways than you might have imagined
over the years to come

■ Pause

And so here and now
in this special place within
you can just allow the facial muscles to *smooth out and soften*
you can *relax the little muscles around the eyes*
and you can *loosen the jaw muscles*

■ Pause

That's it

■ Pause

And on the next out-breath
you can *allow the shoulders to release*
as a wave of comfortable heaviness flows down the upper arms
down into the forearms
down into the hands and the fingers

■ Pause

And just get a sense
in your imagination
of what it would be like
for those arms
and those hands

to begin to **develop a statue-like stillness**
a statue-like heaviness

■ ■ Pause

You can **notice which arm feels heavier**
already
right now
than the one that's left
to be ready and willing
to **relax twice as deeply**
into
a restful
comfortable
ease and stillness
a heaviness in the fingers
a deep heaviness in the hands
a deep heaviness in the arms

■ Pause

That's it

■ ■ Pause

And those hands are part of the team
deeply loyal to the rest of the body
and they rely upon the rest of the body
they rely upon the heart
and the lungs
and the immune system
and the entirety of the body
to **keep healthy and well**

■ Pause

And those hands can be proud
to **support the body**
proud to keep themselves clean
proud to **nurture and look after the body**

■ Pause

And when it's flu season
or when there's a particular bug or virus going round
then you can **remain calm and cool-headed**
you can **keep things in perspective**
because everything comes in cycles
this too shall pass
and there are times when there are more bugs going round
and other times when it's not something anyone even thinks about
because the sun is shining
and you're well
and everyone around you is well

■ ■ Pause

And in times when there's a bug going round
you can **take appropriate protective measures**
and those hands can support you in that decision
because from now onwards
those hands can be absolutely steadfast
in their refusal
to inadvertently sabotage the body
so that when those hands have any kind of contaminant on them
then the very thought of lifting those hands to the face
the very thought of letting that contaminant through
the drawbridge of the body's defenses
can make those hands **feel instantly heavy**
deeply heavy
with a steadfast refusal
to get too close to the face

and their deep loyalty to the body
means that those hands can instinctively keep themselves away from the face

■ Pause

And as those hands keep any germs or viruses
at arm's length
away from the face
they can look forward
to washing themselves thoroughly
with an appropriate regularity
during the day

■ Pause

And there is a balance
a middle path
to find in any situation
just as your skin
only needs the right amount of washing and cleaning
so that you are being respectful and nurturing towards your skin

■ Pause

And you can keep things in perspective
you can ***remain calm and clear-headed***
and you can ***be steadfast and consistent***
in how you ***take appropriate measures***
to ***keep yourself well***

■ ■ Pause

And when a person has been chopping certain kinds of food
like red hot chilies
or raw ingredients that it wouldn't be safe or healthy
to let into their mouth
then they are instinctively more careful
about what they do with their hands

they instinctively know that they need to wash those hands
before they do anything else

■ Pause

And if you can't wash your hands
then you use hand sanitizer
or you might touch your face with a tissue
and it's not about trying to be perfect
it's about setting up strong
good habits
that are going to massively reduce the chances
of any contaminant getting past the drawbridge

■ Pause

And you can just get a sense now
of the old
absentminded pattern
what it used to be like
when those hands would have touched the face unnecessarily in the past
the way the fingers would have lifted up to the face
but now before they do
stop
drift right outside of yourself
and ***watch yourself do something different***
watch yourself ***take command of yourself***

■ Pause

That's it
the way that a person can ***gently squeeze***
the middle finger and thumb
of each hand
together

■ Pause

The way that a person can say to themselves
in their mind
“My health and wellbeing are important to me”

■ Pause

And as they do so
they can *relax inside*

■ Pause

As a deep
unconscious heaviness
flows through their arms and their hands

■ ■ Pause

And you can just *do that now*
as you slowly
gently
bring the thumb and middle finger of each hand together
and *think to yourself*
“*My health and wellbeing are important to me*”

(12 seconds)

And then you can *relax even deeper still*
as you *let the thumbs and fingers drift apart*
and as those arms and hands *rest*
comfortably heavy
that's it

■ ■ Pause

And again
get a sense of recalling what it was like
to be able to remember
that old feeling

of having been about to
have been touching your face
in the old
absentminded way
and then just before you do so
just stop
take a deep breath
and in your imagination this time
just **bring the thumb and finger of each hand together**
and say inside your mind
"My health and wellbeing are important to me"
notice how you can **get on with doing something different**
something different with your hands
something different
with your attention

■ ■ Pause

As you **relax even deeper still**
that's it

■ ■ Pause

And there may be times during the day
when you instinctively bring
the middle finger and thumb of each hand together
to give yourself that extra unconscious reminder
of the importance of this new habit
and then there will come a time
when you just realize
you haven't been touching your face at all
because
you just haven't
you haven't even had to think about it
that the hands have deeply learned this new
healthier pattern
that's keeping you healthy and well
both for the coming weeks and months

and also for the long term
because you've got a new
simple
healthy way to *protect yourself*
and to *look after yourself*
and that can *feel very good*

■ Pause

And you can *listen to this session often*
and each time that you do
you can *strengthen and reinforce this simple*
natural
healthy habit
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 three
and one
just notice the position of your body
and the sensation of whatever it is you're resting on
that's it
two
coming back refreshed and alert
feeling very good
that's it
back to the here and now
and three
feeling wide awake now
having a nice stretch
that's it
and whenever you're ready
you can open your eyes.