

Self-hypnosis

There are some theories of hypnosis which state that all hypnosis is self-hypnosis. To a certain degree there is accuracy in this, as no person can be hypnotised against their will, so one element of the process is complicity or agreement in undergoing hypnosis. However, there is a reported difference between the experiences of self-hypnosis as opposed to hetero-hypnosis, which is done by one individual (an operator) to another (the subject) (Johnson *et al.*, 1983; Moss and Magaro, 1989). When individuals undergo self-hypnosis, they take themselves into a focused state by using their awareness as the operator. They then make suggestions to influence or access their own unconscious processes and events, such as memories, effectively hypnotising their unconscious mind as the subject, while still remaining conscious and able to make suggestions as the operator. Individuals who have experienced both hetero- and self-hypnosis will often describe the self-hypnosis as less intense, or they find it more difficult to relax as fully as if they were experiencing the same suggestions made by another person. The advantage of self-hypnosis over hetero-hypnosis is that the individual may feel more able to fully control the experience, and can also practise it and gain benefit whenever they need to. They can also improve their ability to experience the phenomena of hypnosis, and will therefore respond more fully when hypnotised by another person.

The best way to learn self-hypnosis is to be taught it while in a hypnotic state. This way the individual learns the process both on a cognitive level, so they can repeat the procedure, and on a physical level, where they experience the event as it is being described to them. The subject will then be able to both control the event and recognise the phenomena which indicate that they are hypnotised when they later come to practise for themselves.

Teaching a patient self-hypnosis has a number of benefits. It gives the patient a new and potentially more appropriate coping strategy for dealing with their condition, it is a method of relaxation for patients who say they do not know how to relax, and it is a framework for continuing therapeutic and beneficial suggestions which patients themselves can control. In addition, the number of formal sessions required can be reduced by incorporating suggestions made by the patient in self-hypnosis.

By learning self-hypnosis, patients can benefit in terms of their general health and well-being, as well as in terms of their presenting symptoms. In addition, the more frequently patients experience hypnoidal states, the more comfortable they become with them. Although there is no known direct correlation between the depth of hypnotic state experienced by patients and their capacity to benefit from the therapy, it is appropriate to suggest that when a patient is at their most relaxed, they are more inclined to take on board suggestions which they might otherwise reject by analysing them in more detail.

This chapter contains the script of the companion audio track (*see* www.radcliffe-oxford.com/clinicalhypnosis). If you wish, you can use this as a template to teach patients self-hypnosis. You can read from the script, modulating your voice in a similar way to that on the audio track, while using the pauses (denoted by the ellipsis [. . .] between phrases) to observe the patient. If you are intending to do this, it is important that you read the whole volume first, as the script is only one component in a hypnotherapeutic session. If your intention is purely to teach self-hypnosis to your patient, you will still need to observe the six stages of the hypnosis session described elsewhere in this book. Attempting to hypnotise a patient 'cold' will rarely work.

If you do intend to teach patients self-hypnosis, you will need to make them aware of the benefits below. The practitioner does not need to discuss all of them with the patient, only the ones which are most relevant. If you try to hypnotise a patient without fully explaining the potential benefits for them, their motivation levels will be much lower than if you do explain the benefits. In this way we are also introducing the concept of suggestions and motivation for change even before beginning the formal hypnosis process. This element is explored in more depth in Chapter 3, 'The structure of a clinical hypnosis session.'

WHAT ARE THE BENEFITS TO THE PATIENT?

The most effective method of motivating the patient to do self-hypnosis is to sell the benefits.

Stress management

When an individual responds to a stress-inducing situation, the body will activate the autonomic nervous system. This consists of the sympathetic and parasympathetic systems. The sympathetic nervous system is responsible for producing biochemical and physiological changes to prepare the individual to respond to the stressor. This is known as the 'fight or flight' response (Goligorsky, 2001). Once this response has been discharged, the parasympathetic nervous system kicks in to reset the biochemistry and physiology back to resting mode. This circuit is known as the 'stress cycle.' Individuals who have started to respond poorly to stress will find that their ability to activate the parasympathetic nervous system is reduced. The result of this is a system which remains on high alert. Self-hypnosis promotes the parasympathetic nervous system responses. Self-hypnosis is a relaxed state,

and is therefore also an excellent way of reducing stress, allowing the patient to complete the stress cycle safely and promote more effective ways of responding to stress (Whitehouse *et al.*, 1996).

Distraction technique

As with many of the techniques used most effectively in hypnosis, the use of self-hypnosis as a distraction technique is an extension of a naturally occurring process. If you look at the faces of people who are travelling on a train, for example, you will see that they absorb themselves in music, reading or watching the landscape passing by. Within this framework, self-hypnosis is used as a state of absorption to take the individual away from their immediate surroundings. The benefit of using self-hypnosis is once again its accessibility, and the fact that while in hypnosis the individual is able to experience hallucinatory states whereby they can alter their perception of the event around them.

This ability to alter the sensory experience is especially useful for patients who are in physical pain or undergoing surgical procedures (Shenefelt, 2003). In these situations, self-hypnosis can be used as a method of distracting attention away from the immediate environment, while producing specific alterations in perception to reduce awareness of pain, or to change it into a different sensory experience. Once pain management has been taught by a practitioner, the patient will be encouraged to reinforce this state on a regular basis (Kohen and Zajac, 2007). Studies have been undertaken which suggest that if hypnoanaesthesia is induced by a practitioner and then reinforced by the patient every four hours during a normal day, for a three-day period, the efficacy of the anaesthetic effect will be twice that found in those who only had the initial session (Buchser *et al.*, 1994).

Personal enhancement tool

In the self-hypnosis script, the patient is encouraged to focus on positive events. Patients with low self-esteem are more focused on the negative aspects of any presenting condition, so are encouraged to use the self-hypnosis to give themselves positive suggestions. They can only make and receive positive suggestions in this state, and will take them on board at a safe and appropriate level. Assurances of this kind also help the patient to begin to be more aware of auto-suggestions of a negative nature, which they may have already been making in relation to their condition – for example, ‘I don’t think I will get better.’ The direct suggestions in the self-hypnosis script instruct the patient to start thinking more positively. This concept is known as ‘ego strengthening’, and is a characteristic of most hypnosis scripts except where contraindicated by the condition – for example, depression.

Improved control

One of the elements of patient care that it is important to be aware of is the aspect of perceived loss of control resulting from the presenting condition, medication or medical procedures. This is particularly relevant for chronic conditions. Self-hypnosis is completely structured and controlled by the patient.

Patients cannot overdose on self-hypnosis, and they can self-medicate, so are thus able to choose when, where and how much benefit they can gain. This is why it is so vital to fully explain what hypnosis is, and what benefits patients might reasonably expect from its use.

In addition to an explanation of the benefits, if you are intending to teach patients self-hypnosis you would still need to take them through the six stages of the hypnosis session. As there is no specific condition mentioned in this self-hypnosis track, the emphasis in the session will be placed on the benefits of learning self-hypnosis and on personal ego strengthening. These benefits then become the therapeutic outcome component of the session. When teaching a patient self-hypnosis within a session, the practitioner should always help to identify a specific benefit. That benefit may be as simple as better sleep or improved control generally. This serves to focus the patient's attention in a positive way, and also helps to motivate them and to increase their confidence in the process when they notice the benefits of the self-hypnosis. The six stages of the hypnosis session are discussed comprehensively in a later chapter.

The practitioner would need to explain to the patient how to prepare for self-hypnosis, including the significance of setting a time limit. This way, when patients do enter hypnosis, they are setting themselves up for a positive experience of the event.

PREPARING FOR SELF-HYPNOSIS

Before undertaking self-hypnosis, certain preparations are necessary. The practitioner will instruct the patient to go through the following process before starting to make suggestions to enter a hypnotic state.

Set a time

Decide how long to spend in the hypnotic state, even when doing this just before waking or sleeping. It is better to start with around 10 minutes, and then increase the time. Aim for approximately 20 minutes as an optimum. The time is to be set internally, rather than with an external alarm. This encourages the patient to start trusting their capacity to control internal states.

The accuracy with which they achieve this time can be a useful calibrating device. If the patient is easily able to assess the time they have set for their self-hypnosis, it can be judged that they are generally functioning healthily. If they wake before the time they have set, this is often an indicator of stress. Conversely, when the patient's assessment of the time in the hypnotic state is longer, this can be an indicator of lack of motivation, or lethargy. It is possible that when an individual is in a hypnotic state they unconsciously use their heart rate as a device for calculating time. If they are stressed, the heart is beating faster and therefore their concept of time will be that it is faster than real time. If the patient is dejected or lethargic, this effect is reversed.

It is useful to get the patient to practise their self-hypnosis first thing in the morning and last thing at night, as they will already be in a physical space where

they can do it, and also the hypnogogic and hypnopompic states lend themselves well to moving into self-hypnosis easily. I encourage patients to use the session in the morning to prepare themselves for the day, and to use the session at night to let go of any of the stressors or tensions that would otherwise disturb their sleep. This works well and encourages the patient to view self-hypnosis as a natural and easy method of mental preparation as well as stress management. If self-hypnosis is done in the morning before rising, I encourage the patient to include suggestions of feeling energised and positive when they count themselves to full awareness, and to get out of bed as soon as they have completed the self-hypnosis count-up.

Find a time and place to be undisturbed

It is important that the practitioner explains that if there is a need for the patient to become fully alert because their attention is required elsewhere, they will be able to immediately bring themselves back to a fully alert state.

Sit down or lie down

If the self-hypnosis is done during the day, it is generally recommended that the patient does it in a comfortable reclined chair rather than prone. This is because there is an association of sleep with lying down. If the self-hypnosis is to be done immediately before sleep, the patient will obviously be lying down and then fall into a natural sleep, from which they will wake at the appropriate time.

Assume a neutral position

The patient is then instructed to arrange their body in a neutral posture, with their arms resting on their lap or at their side, and their feet uncrossed. This is demonstrated as the posture that patients are in when being hypnotised to learn self-hypnosis. A neutral posture is preferable to ensure that no distractions are caused by paraesthesia. In addition, other postures, such as crossed arms and legs, can be counter-productive as they may be associated with tension or stress, or even sleep.

Close the eyes

The patient is then instructed to close their eyes to start the self-hypnosis suggestions. Eye closure alone becomes an auto-suggestion to become more internally aware, and to begin to pay more attention to thoughts and, in this case, suggestions. The patient should also be informed that if they wish or need to open their eyes at any point during the process, they will be able to do so.

DURING THE PROCESS

The patient is directed to be aware that sounds and sensations will be perceived throughout. These should not distract them, and they can treat them as background to their auto-suggestions. If a sound or sensation requires the patient's immediate attention, they can deal with it, and, should full alertness be necessary, the self-hypnosis will end immediately and they will be fully aware.

POSITIVE SUGGESTIONS

People will often have more than one objective for self-hypnosis. Unless the self-hypnosis has been taught so that the patient can supplement suggestions made during a formal hypnotherapeutic session, it is best to keep the suggestions as individual concepts, positively phrased. The most important aspect is that only suggestions of one kind should be made at any one time (McNeilly, 1994). Examples of useful suggestions for self-hypnosis are suggestions of focus, relaxation, confidence or motivation. The suggestions need to be phrased by the patient to refer to the near future, rather than the present. The rationale behind this is explained in greater depth in a later chapter. The patient is encouraged to continue to make these suggestions in self-hypnosis until they have achieved the objective and they can then change the tense of their suggestions to the present rather than the future (e.g. *I am confident . . .* as opposed to *I will be more confident . . .*). Only then is it appropriate to start on new suggestions. The aim of this is to build up a conditioned response to the suggestions in order to begin to respond unconsciously to them.

WAKING UP

The self-hypnosis script gives instructions on how to wake from the hypnotic state. If sleep results from the self-hypnosis, that is natural, and the patient needs to be assured that if this happens, they will wake from their sleep as normal.

THE HYPNOTIC VOICE

When inducing a hypnotic state, the practitioner will modulate their voice to be appropriate to the words spoken. You can listen to the audio track to identify how the voice changes depending on what is being said, and at what stage of the script. When delivering a hypnotic script, the voice is used to maintain the interest of the subject, and to place particular emphasis on certain instructions or concepts.

DELIVERING A SCRIPT

The instructions from this stage to the hypnosis script itself are relevant to most types of hypnotherapeutic sessions. Variations are discussed more fully in Chapter 8, 'Creating the hypnotherapeutic protocol', as is the construction of therapeutic suggestions.

Phase of hypnosis: Induction and deepener

Change in voice quality: slow, gentle, quiet

The purpose of the voice slowing down, and becoming quieter and increasingly gentle, is for the patient to begin to focus their attention on what is being said. The quality of the voice needs to be sufficiently interesting for the subject to begin to tune in to the spoken words. If the subject needs almost to strain to hear, they will pay closer attention, whereas if the voice is dull or kept at a normal sound level, the subject may allow their attention to wander.

Phase of hypnosis: Therapeutic suggestions

Change in voice quality: dependent on therapeutic approach and condition

If the approach is authoritarian, the voice may be raised slightly when making suggestions. When making permissive suggestions the voice remains gentle, but is made more persuasive in tone. There may be times when suggestions are made more rapidly. This is useful with individuals who are analytical or who have secondary gains in relation to letting go of a problem. These individuals often attempt to deconstruct the suggestions. The change in pace reduces their capacity to analyse all of the suggestions, so some of them will slip past their analytical guard and be taken on board.

Phase of hypnosis: Ego strengthening

Change in voice quality: motivational, directive

These suggestions are sometimes interspersed throughout a script. In this instance, the way in which the suggestions are delivered will be congruent with the stage of the script in which they are delivered. In formal hypnotherapeutic scripts, the ego-strengthening suggestions come just before the awakening suggestions, and their purpose is to remind the patient of positive states and to encourage them to stay focused. The direct suggestions can be emphasised with a change in tone, pitch and volume of the voice accordingly.

Phase of hypnosis: Awakening

Change in voice quality: louder, faster, more directive

The voice in hypnosis is soothing, and modulation should be gradual. Care must be taken to ensure that the voice has a non-sexual quality. Keeping the words spoken precise and clear, especially when at the state of therapeutic suggestions, ensures this. The speed, pitch and volume of the voice by the end of the awakening process should be almost that of normal speech. It should never be louder, as the aim is to bring the patient back to a state of normal alertness at a natural pace so that when they are fully reoriented they will then feel normal.

USE OF THE PAUSE

In scripts there are pre-set pauses, usually denoted by ‘. . .’ In these pauses, the practitioner needs to observe the patient and take note of the following.

- Has the patient followed any instruction made?
- Is the patient showing any signs of distress, such as speeding up of breathing rate?
- Are any of the suggestions being particularly well received?

The practitioner can then vary the script by either repeating an instruction, in the first instance, or by modifying the forms of suggestion to alleviate the distress, in the second instance.

In the introduction, deepening, therapeutic suggestion and ego-strengthening stages of the script, the pauses can be timed by silently and mentally repeating the phrase just spoken – twice. By doing this the practitioner will have sufficient time to observe the patient, while giving the patient time to process the suggestions given.

When awakening the patient, the pause can be reduced to one silent repetition of the phrase just spoken. As the practitioner becomes more proficient at delivering hypnotic suggestions, pacing with the patient's breathing pattern will become more natural.

DELIVERY OF SUGGESTIONS

The practitioner may wish to deliver specific ego-strengthening suggestions to the patient when teaching them self-hypnosis. Suggestions are most effectively delivered once the patient has been told that they will soon be awakened. It is considered that at this point the patient will go more deeply into hypnosis as their confidence of experiencing the state is at its height. Suggestions can be delivered as follows:

‘in a few moments’ time . . . I am going to wake you . . . but *before* I wake you . . .
I am going to make a few simple, positive suggestions . . . suggestions which will
be able to help you . . .’

At this point, deliver the suggestions discussed with the patient during the pre-induction talk. Always use positive language, suggesting to the patient something they wish to work towards rather than away from – for example, suggestions to ‘sleep deeply and well’ rather than ‘not stay awake worrying all night.’ As you can see, explicit in the latter statement is the very suggestion that the patient wishes to avoid (stay awake all night and worry).

USE OF SELF-HYPNOSIS FOR THE PRACTITIONER

Battle fatigue or burnout can be a common factor with any individual who works in a one-on-one scenario with individuals who have problems. Self-hypnosis is a useful method of dealing with this potential problem. In addition to this, a calm, relaxed practitioner of clinical hypnosis will inspire more confidence and be able to build rapport more quickly than one who is tense and anxious. Self-hypnosis is recommended as a tool for practitioners to use on a regular basis to reduce their own stress levels. When seeing patients on a regular basis, self-hypnosis can be used as a way of releasing any tension induced by the sessions themselves. It can also be used as a way of preparing for future sessions. It really comes into its own as a stress management tool when practitioners are in a situation where they do not have anyone with whom they can offload. In the self-hypnosis, the practitioner can access a healthy mindset for working with each patient and ensure that any issues

relating to them can be filed safely, and then processed unconsciously. As with the recommendations for patients, I suggest a morning session to prepare for the day, and a session just before sleep to let go of stress or irritations from the day that has just ended.

SCRIPT FOR USE WITH PATIENTS

The accompanying audio track (*see* www.radcliffe-oxford.com/clinicalhypnosis) contains an audio recording of this script. Listen to the track first before attempting to deliver the script yourself.

Induce hypnosis

. . . make yourself comfortable . . .

(if patient is sitting)

. . . place your feet flat on the ground . . . and . . . let your hands rest comfortably on your thighs . . . rest your head back . . . you can relax now . . .

(if patient is lying down)

lie flat on your back . . . and let your arms rest comfortably by your sides . . . place your feet together . . . side by side . . . and then start to allow your body to relax . . .

and just close your eyes . . . let them close . . . and . . . you can relax your eyes now . . . so comfortably relax them . . . that they won't bother to open at all . . . they will remain . . . comfortably closed . . . comfortably closed throughout . . . and . . .

Deepening the state

I would like you to focus in on your breathing . . . take three deep . . . relaxing breaths . . . let them out in your own time . . . that's right . . . and as you do . . . I would like you to notice that your breathing has become deep and even . . . and . . . in a few moments' time . . . I would like you to take control of the process . . . and you will start this by deciding how relaxed you choose to go . . . you can go deep enough to access any information which will help you to make the changes you want in your life . . . deeply relaxed . . . you are in control . . . so ready . . . continue to pay attention to your breathing . . . and as soon as you wish you can take control of the process you can begin a countdown . . . silently and mentally . . . using your out breath to time the numbers . . . you can start when you wish . . . with the number 100 . . . and with each breath out you count down to the next number . . . and with each descending number between 100 and zero . . . you go deeper and deeper into hypnosis . . . more and more in control . . . ever closer to the memories which can help you today . . . you are in control . . . completely in control . . . and as you count . . . you may wish to see the numbers written on the screen of your mind's eye . . . some people hear their own inner voice repeating the word . . . it is entirely up to you . . . you can allow yourself to experience this process in any way

you wish . . . because you are in control . . . and I want you to know that the more control you take of the process . . . the more you will relax . . . and the more you relax the more easily you can access the part of your mind which will help you . . . it is time for you to take control . . . complete control of the process . . . and you will find . . . that when you do . . . there may be times when you focus so hard on counting . . . that you forget to listen hard to the words that I say . . . and there may be times when you forget to count . . . and that will be fine . . . just fine . . . you will pick up at the next number which occurs to you . . . or not at all . . . it really doesn't matter . . . what does matter is that you will hear and remember everything of importance for you to hear and remember . . . whether this is your own inner voice . . . or the sound of my voice relaxing you . . . you are in control . . . and as you count ever deeper and deeper . . . going more and more relaxed . . . you may even notice that the sensations in your body are changing . . . there may be times when you notice that you feel as if you are drifting or floating . . . but that will be fine . . . it is a very pleasant experience . . . similar to the moments between waking and sleeping . . . your body warm and comfortable . . . completely at peace.

Give the following post-hypnotic suggestions:

and . . . now you are deeply relaxed . . . I am going to teach you how to take yourself into this fully relaxed state . . . whenever you need it . . . whenever you want to take time out . . . and . . . you will find that the more you practise . . . the better you become . . . the better you become . . . the more deeply you can go . . . it is very simple . . . all you have to do . . . is find a time and a space where you can make yourself comfortable . . . a place where you can make sure that there is nothing which can disturb you while you practise . . . but I want you to know . . . that if . . . for any reason you need to be immediately alert and aware . . . you will be . . . you are completely in control . . . so for now . . . you can relax . . . knowing that you are able to go as deep as you like . . . when you do this for yourself . . . first of all . . . decide how long you want to be in hypnosis . . . five minutes . . . ten minutes . . . fifteen . . . it is entirely up to you . . . your internal clock will tell you when it is time for you to wake yourself up . . . then . . . all you have to do . . . is sit down or lie down . . . and close your eyes . . . take three deep breaths . . . and . . . on the last one . . . hold your breath for a count of three . . . and . . . let that breath go . . . and . . . as you do . . . allow every muscle of your body to relax . . . continue to pay attention to your breathing . . . noticing your chest rising and falling . . . and be aware that any sounds or sensations around you can just fade into the background . . . just as they do when you drift off to sleep . . . you can now notice your thoughts . . . and let your thoughts connect themselves to your breathing . . . so you can start to allow your thoughts to fade in . . . and out . . . as if connected to your breathing . . . and . . . you will soon notice . . . that some of those thoughts fade away completely . . . while others take a while . . . but it doesn't matter either way . . . as you are going into a state of self-hypnosis . . . you are controlling it . . . and . . . you can now begin to count yourself deeper into this state . . . by using the numbers between ten and one . . . count on your out breath . . . this will help

you to relax ever more deeply . . . more and more relaxed . . . and . . . as you count down . . . any tension in your body fades away . . . any feelings you want to release . . . you can count down to letting them go completely . . . so by the time you reach the number one you will find that you have let go of any stress or tension . . . and can just relax . . . relax and think clearly . . .

Pause for 5 seconds

and . . . once you reach the number one . . . you can use this time to give yourself a positive suggestion . . . something simple . . . something that will come in useful for the next 24 hours . . . you may wish to focus . . . or to be more motivated . . . or to have some extra confidence . . . keep it simple . . . you can do this now if you want . . .

Pause for 5 seconds

. . . then just let your mind drift . . . enjoy the peace . . . enjoy being relaxed and focused . . . after a little while . . . your internal clock will tell you it is time to wake . . . and . . . to wake yourself up . . . all you need to do is count slowly up from one to ten . . . and . . . with each number you become more aware of your surroundings . . . and feel more alert . . . you will wake refreshed and relaxed . . . and . . . these benefits will increase . . . the more often you take time to do your self-hypnosis . . .

. . . and . . . so it is easy for you to fit this into your day . . . you can do it just before you go to sleep at night . . . you can give yourself suggestions to let go of any tension or frustration from the day . . . so that you can fall asleep and sleep deeply and well . . . taking all the benefit from your sleep that you need . . .

. . . and . . . if you want to . . . you can do it in the morning . . . just before you are fully awake . . . to give yourself positive suggestions for the day . . . suggestions on how you are going to be confident . . . energised and in control . . . you can even walk yourself through a situation which you know you have to deal with that day . . . and imagine yourself as completely in control . . . confident and at ease with yourself and your surroundings . . .

. . . you can do your self-hypnosis whenever you need it . . . to give yourself a rest . . . a boost . . . or positive suggestions . . . and the more you practise . . . the better you get at it . . . the more you improve . . . the more easily you will take on board the positive suggestions for change . . .

General ego strengthening

and . . . before I wake you . . . I would like you to know that when you wake you will be able to notice how much better you feel . . . you will feel more relaxed . . . more focused . . . and more at ease with yourself and the world around you . . . you will be aware that you feel stronger . . . and clearer in your mind . . . more

able to make decisions . . . more capable too . . . and . . . you will find that these positive feelings continue to grow . . . as the days go by . . . and . . . from now on . . . just before you sleep . . . you will be able to allow your unconscious mind to work through any of your problems as you sleep . . . so that you can . . . and you will . . . sleep deeply and well . . . and wake feeling refreshed and more positive . . . so positive that you will find that you can feel in control throughout the day . . . helping you to cope better . . . to be stronger and more able to deal with anything . . . anybody . . . any situation . . . and . . . as a result of this you will feel more motivated . . . to make the changes suggested to you today . . . more focused . . . more confident too . . . confident that you can change . . . you can take control . . . you can feel and be different . . . altogether more positive too . . .

Awakening

. . . in a few moments in time I am going to slowly count up from one to ten . . . and . . . as I count . . . you will become more aware of your surroundings . . . more aware of the sensations in your body too . . . all healthy . . . appropriate and normal sensations will return to your body . . . and every healthy . . . normal . . . and appropriate part of you will be back here in the present . . . and at the count of eight your eyes will gently start to open . . . and you can start to stretch your body . . . and at the count of ten you will be fully awake . . . feeling alert and focused . . . your body relaxed . . . your mind refreshed . . . so ready . . . one . . . two . . . three . . . becoming more aware now . . . four . . . five . . . six . . . more alert . . . seven . . . eight . . . open your eyes now . . . starting to stretch . . . nine and ten . . . fully awake . . . alert . . . feeling refreshed and relaxed . . .