

# The Script Collection

a resource for therapists

Roger Elliott & Mark Tyrrell

**Fibromyalgia  
Pain Relief**

[HypnosisDownloads.com](http://HypnosisDownloads.com) is wholly owned by Uncommon Knowledge Ltd.

[Uncommon Knowledge Ltd](http://Uncommon Knowledge Ltd) was set up in 1998 and is a well-established hypnotherapy centre. We specialise in the provision of hypnosis resources online and offline in accordance with the education, training and experience that we have.

### The Script Collection

© 2019 Uncommon Knowledge Ltd

All rights reserved worldwide

No part of this publication may be stored in a retrieval system, transmitted or reproduced in any way, including but not limited to digital copying and printing (except for strictly personal use), without the prior agreement and written permission of the authors.

You must not use any hypnosis downloads or hypnosis scripts for any commercial purpose, unless you are a practising professional hypnotherapist in which case you may use the hypnosis downloads and hypnosis scripts for the purposes of your own professional development, by which we mean that:

- you may use any hypnosis downloads and hypnosis scripts that you purchase as reference materials for your own one-to-one therapy sessions with clients in accordance with acceptable practices; but
- you may not make available copies of the downloads or scripts or play any of the hypnosis downloads to your clients; and
- you may not claim to be associated with us in any way or to use our name in connection with your own practice.

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

Design by Kathleen Fedouloff  
kfedouloff@gmail.com



Get new therapy ideas  
and techniques every week  
in our practitioners' newsletter  
**Clear Thinking.**

[Subscribe free here](#)

## 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.



# Fibromyalgia Pain Relief



Fibromyalgia can be triggered by stress, viral infections, a physical or emotional trauma of some kind, or for some people it occurs with no obvious trigger. The exact cause is still unclear and it may be something that some people are genetically predisposed to, but what is known is that in fibromyalgia sufferers, the hormones of the body go out of balance and then the brain starts to process pain signals from the tendons and ligaments differently. This can cause you to experience pain, stiffness, and sensitivity in certain parts of your body, along with fatigue and disrupted sleep.

There are a number of treatments for fibromyalgia and it's important that you're being treated by a medical professional who can advise you as to the most effective treatment for your specific condition. This session is designed to support any other treatment methods that you've been prescribed.

There is good reason to explore how hypnosis and guided imagery can provide real, lasting relief from the symptoms of fibromyalgia. For example, a two thousand nine study at the University of Birmingham in the UK used an fMRI scanner to measure the neurological effect of hypnotic suggestion on fibromyalgia patients. The researchers found that the patients who were given suggestions for pain relief after a hypnotic induction experienced a significant amount of relief from their symptoms and that the pain centres in their brain measurably quieted down as this happened.<sup>(1)</sup> In other words, hypnosis isn't about pretending that the pain isn't there – hypnosis can measurably reduce or even eliminate the pain itself.

Hypnosis can also give you a way of reducing your emotional reactions to the discomfort of fibromyalgia. In any chronic pain condition, it's important to do all that you can to both reduce the physical discomfort you experience and learn how to stay calm and clearheaded in how you deal with your symptoms. Emotions like anger, frustration, and even grief and despair are all perfectly natural and understandable; a condition like fibromyalgia can get the better of anyone at times. Nonetheless, the extra tension and stress generated by these kinds of emotions can actually worsen your symptoms. So, the calmer, more focused, and more

positive and determined you can train yourself to be, the more in command of your symptoms you will begin to feel.

So, this session is going to help you increase your physical comfort and help you feel mentally stronger, calmer, and more positive, so that you can effectively deal with your symptoms and increase your overall quality of life in the process.

**Note:**

Derbyshire, S.W.G., Whalley, M.G., Seah, S.T.H., Oakley, D.A. (2017). Suggestions to Reduce Clinical Fibromyalgia Pain and Experimentally Induced Pain Produce Parallel Effects on Perceived Pain but Divergent Functional MRI-Based Brain Activity. *Psychosomatic Medicine*, 79(2), 189-200. doi: 10.1097/PSY.0000000000000370. Retrieved from [https://journals.lww.com/psychosomaticmedicine/FullText/2017/02000/Suggestions\\_to\\_Reduce\\_Clinical\\_Fibromyalgia\\_Pain.9.aspx](https://journals.lww.com/psychosomaticmedicine/FullText/2017/02000/Suggestions_to_Reduce_Clinical_Fibromyalgia_Pain.9.aspx)

Now  
as you prepare to *relax very deeply*  
you can just allow those eyes to close  
if they haven't yet  
and if they're already closed  
you can just *imagine them closing again*  
as you *take a very slow*  
*deep breath now*  
filling your lungs with air  
hold it for a moment  
and then *slowly and smoothly breathe all the way out*  
that's it  
as you allow yourself to *settle back*  
and to *settle down*  
*inside*

 Pause

And your body  
instinctively knows  
how to *relax very deeply*  
and there have been times before in your life  
when you've naturally experienced  
deep  
deep *rest*  
like on a vacation or a holiday from years ago  
perhaps a time when you were lying back  
without a care in the world  
it could be a place with a beautiful view  
a time in your life  
that brings a real smile to your face

 Pause

And you can allow yourself to get a sense of *drifting*  
*now*  
back and back  
towards a you in the past

who was experiencing that kind of deep  
deep comfort

 Pause

Getting a sense of that deep ease and comfort  
from the outside  
and then merging into it  
merging into this comfort and ease  
and allowing it to flow through you  
as you see what you saw  
in this time in your life  
in this place of deep wellbeing and comfort  
as you hear what you heard  
and as you *immerse yourself in the reality of this now*

  Pause

And as you breathe in  
smoothly and evenly  
you can *breathe in this comfort deeper and deeper*  
through body and mind

 Pause

And as you breathe out  
you can *let go of any tension*  
that needs to be released  
completely now

 Pause

That's it

 Pause

Breathing in comfort and *rest*  
breathing out whatever it is that needs to be let go of

 Pause

And here  
or at other times throughout the past  
you can notice what it's like  
to *sleep deeply and soundly at night*  
because your body has a physical memory of  
how deep  
sound sleep feels  
of how it feels to *drift into a comfortable*  
*deep*  
*sound sleep*  
and of how it feels  
deep inside  
to *be well-rested*  
to *feel completely at ease in yourself*

 Pause

That's it  
and from this place  
here  
inside  
this experience of deep comfort and *rest*  
you can notice how every night when you do  
*drift off to sleep*  
*in this place within*  
your body naturally relaxes for you  
because it knows how to do this  
and the body can remember the relaxation that was and is  
always flowing through you  
now through time  
and in time  
for you to rest  
outside of time

with all the time you need  
all the time in the world  
to *relax completely*  
*now*

 Pause

The way that time can expand  
here  
like a grandfather clock  
ticking  
more slowly  
the pendulum slowing down  
as you listen to the space  
and the silence  
between and behind each tick  
and each tock

  Pause

That gleaming brass pendulum  
swinging left  
and right  
more and more slowly  
everything slowing down  
inside now  
that's it

  Pause

The body starting to *rest easily*  
*now*  
*letting go*  
and quietly  
anticipating the deeper  
and deeper  
wonderful relaxing rest  
that you can immerse yourself in here



anticipating just where within you starts to relax the most deeply first  
perhaps in the shoulders  
or the tips of those fingers  
a loosening of the jaw muscles  
a sense of relief flowing down through the legs  
and you can feel drawn  
to the place of greatest comfort within  
becoming absorbed  
into that place inside  
which feels especially comfortable now

 Pause

That's it  
and noticing how easily  
that part of you can teach rest  
to the rest of that body  
so you can *rest so deeply*  
and you might want  
to allow that feeling of relaxation to start to spread  
noticing how each breath starts to *slow down*  
carrying that wonderful calm right through that body

 Pause

And getting a sense  
now  
of that wonderful dreamlike state just before sleep  
when everything slows right down  
almost as if time begins to stand still  
and rest with you  
when even the soothing tick of a distant clock  
far away  
in another time  
and another space  
can slow right down  
that sound drifting away  
until you just can't hear it any more

perhaps my words can drift off as well  
as you *rest further*  
because you really don't need to pay attention to what I'm saying  
because your unconscious mind  
the part of your mind that keeps you breathing  
that keeps your heart beating  
that dreams dreams at night  
without you ever consciously planning those dreams  
knows how  
to *listen*  
*and digest*  
*and internalize these words*  
*in a way that works uniquely right for you*

 Pause

And I'm wondering if you'll start to notice  
those familiar restful sensations that body associates with sleep  
as that mind rests  
and the brain starts to process sensations differently  
your unconscious mind listening out for you  
as any background sounds drift far away from your conscious mind  
filtering out anything that might disturb that inner *rest*  
those breaths naturally slowing down further  
that conscious mind emptying  
leaving behind all those less relaxing thoughts  
that mind clearing  
allowing space for the unconscious mind to dream  
beautiful calming dreams  
noticing how everyday sensations just cease when you *sleep*  
each muscle relaxing  
becoming aware of how any less comfortable areas of that body  
can *become so comfortable*  
because that brain can just *filter out any discomfort*  
when you *sleep*  
giving you a complete rest now  
time for deep recuperation

deep healing  
in those wonderful hours when everything really is so comfortable

  Pause

And you might begin to *notice*  
*a lovely soothing warmth spreading through you*  
like a soothing  
glowing  
kind  
of healing  
light  
permeating you  
from the top of your head  
to the tips of your toes

 Pause

That's it  
immersing yourself in deeper and deeper *comfort* and *relaxation*  
*now*  
suffusing the whole body  
as if lying in a soothing bath of relaxation  
a glowing soothing light  
surrounding you and permeating you  
healing you from the outside in and the inside out

 Pause

And knowing this comfort will be here for you  
through the days and weeks and months to come  
whenever you need it  
on into the years ahead  
flowing around those muscles  
tendons and ligaments  
massaging and soothing them  
wrapping them in comfort  
helping and *healing*  
allowing those parts of the body

some time to really **enjoy this comfort**  
deeply and completely now

 Pause

Good  
and you know everybody dreams when they go to sleep  
perhaps you don't always remember  
but each night when you drift off  
there are periods when you dream  
those lovely calming dreams where anything is possible  
and the impossible seems quite normal  
those times when you naturally **drift**  
**outside of day-to-day life**  
leaving all that behind when you **sleep**  
noticing how you also **drift outside of your body**  
leaving those sensations behind as well  
a kind of out-of-body experience  
as if leaving that body behind while you float outside yourself  
getting a sense now  
of drifting out of yourself and floating above  
seeing that you there below  
resting so comfortably  
noticing just how relaxed that you looks  
that face looking so peaceful  
perhaps almost a little smile at the enjoyment of such comfort  
reflecting the smile within  
watching that body receiving exactly what it needs  
to **be more comfortable generally**  
so much more comfortable day to day  
getting a sense of how  
the unconscious mind can **take this comfort on board**  
remembering clearly  
how to **access this soothing**  
**calming**  
**healing energy**  
**whenever you need it**

 Pause

Excellent  
resting further as you get a sense  
of drifting higher  
and even higher above yourself  
looking down from high above  
watching that you below resting so deeply  
looking so wonderfully comfortable  
that peaceful smile widening  
noticing how you can *be aware*  
*of a vibrant healing energy* surrounding that you down there  
bathing that you in healing light  
noticing the colour of that energy  
as it washes over and through you  
soothing every joint and fibre deep within  
noticing that  
now  
taking it in  
absorbing that at the deepest level of your being

  Pause

That's it  
and this energy can give this you down there inner strength  
inner calm  
allowing you to *calmly acknowledge any remaining sensations of tension*  
allowing you to *calmly acknowledge any remaining sensations of discomfort*  
and *breathe calm into them*  
deeper  
and deeper  
to *relax with them*  
to direct soothing  
healing light  
into them  
and to move through them  
to move beyond them  
as any remaining discomfort dissolves  
completely

 Pause

Into complete relaxation  
and rest  
now  
when you need to  
rest  
is a good thing  
to allow yourself to do  
even more completely  
and thoroughly  
each and every time you *listen to these words*

 Pause

And you can *float gently back down into that you  
now  
really enjoying that feeling from within*  
the sensation of this healing energy flowing through you  
this wonderful soothing comfort  
knowing  
you can *access this sensation any time you need to*  
as these healing waves of energy pulse through your every cell  
letting yourself *enjoy this even more*  
as the intensity of this wonderful energy  
comfortably  
and effortlessly  
adjusts to a background level  
of everyday comfort  
that's right for you  
that's it  
as you *relax deeper and deeper still*

 Pause

And you can *bring this deep relaxation and ease*  
with you  
through the present  
and on into the future  
into the days and weeks to come

and get a sense now  
of being able to easily and effortlessly  
*dial down that old discomfort*  
*or even switch it off completely*  
being comfortable with that  
quieting it down  
dialling it down  
and then switching it off  
intuitively  
instinctively  
breathing calm comfort  
determination  
and positivity through body and mind  
knowing that  
the more you *relax to this session*  
the more comfort you can experience

 Pause

And floating further into the future now  
perhaps months  
or even years  
noticing just how expert you've become  
at dialling down  
and switching off  
any and all of that old discomfort  
naturally and easily  
allowing your unconscious mind to take you there  
now  
as you *integrate this completely*  
at the very deepest level of your being

  Pause

And you can *listen to this session often*  
and you can *experience more comfort*  
*relief*  
*and deep wellbeing flowing through you*

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  
bringing these wonderful soothing sensations with you  
as you notice the position of your body  
and the sensation of whatever it is you're resting on  
that's it  
feeling refreshed and alert  
and you can begin to *come all the way back now*  
that's it  
feeling very good  
all the way back now  
and you can *have a nice stretch*  
that's it  
and whenever you're ready  
you can *open your eyes*.