

The Script Collection

a resource for therapists

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Pain relief

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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.

Pain relief

Before you ***begin to relax very deeply*** I just want to say a few words about the nature of pain and pain relief. Pain is a signal. It signals that something needs attention.

If you are lifting heavy weights, then the discomfort in your muscles signals that you need to stop at a certain point. A pain in the mouth may be a signal that dental attention is required and muscular pain from a sporting injury may signal you need to rest up for a little while. So pain is a signal. It's always trying to tell us *something*. But there are *always* psychological factors involved and because of this we can help ease pain through psychological means. And hypnosis can help!

You feel more comfort when ***you are rested, relaxed, calm*** and feel in control. Emotional arousal, hunger, tiredness and expectation all play a role in how open your 'pain gates' are. Pain gates are closed when the signal from a particular part of the body stops being transmitted up your spinal cord. Certain things close pain pathways or pain gates and certain things open them. Anxiety and depression can open them up, leaving people experiencing greater levels of pain. ***Positive expectation and rest and relaxation can close these pathways*** or at least make them smaller – which gives you a greater sense of overall comfort.

It's important to understand that you are seldom either completely in pain or completely pain free. It is not black or white; completely this or completely that. Pain is a continuum. ***You can be more*** or less ***comfortable***.

Think about any discomfort you may be experiencing now. If 100% was the very worst and 0% the very best then where would you rate it at the moment? Maybe it's 70% or 65% or 30% or higher or lower. Once you have graded it, then you really begin to ***notice gradual improvements*** as well as the more dramatic ones. Now I just want you to think about that discomfort – whether you're feeling it now or not. How would you describe it? Some people talk of a stabbing pain or a burning pain. Others describe their pain as a dull ache. Some people describe it as a cold drilling pain. Think about how you would describe that discomfort, in your own words...

Now **make yourself comfortable** and just **let your eyes close** now
as your body begins to **relax**
and just think about that discomfort of yours
if you could give it a colour
what colour would it have?
Would it be red or maybe some other colour?
That's it
just get a sense of giving it a colour right now

 Pause

That's good
and if that discomfort you'd been feeling had a shape
what shape would it be?
Just get a sense of that now in your mind
at the same time as you can
just begin to **breathe a little relaxation** and calm
throughout your entire mind and body

 Pause

Excellent
and perhaps you could also give that discomfort a texture
maybe sharp or rough or smooth
if you gave it a texture what would that be?
Just notice that now

 Pause

And as you **begin to notice an increased calm** tranquil rest
begin to soothe its way through and around your body

 Pause

I just want you to notice that colour **beginning to change**
and what happens as it does
that's it
maybe it gets paler

or *changes hue*
that's it
just notice that colour beginning to alter

■ Pause

And as that happens *notice what begins to happen*
to the shape and texture
sometimes it gets smaller or really begins to fragment and break
into smaller pieces
that's it
almost like disintegration
that's it
and you may *like to notice it* beginning to disperse
that's it
and your unconscious mind can *become very good at doing this* for you
more and more *rapidly*

■ ■ Pause

Now I'd just like you to notice that as *you rest deeper*
to each and every word
you can imagine *seeing relaxation* as a new restful colour
just *flowing* all around you
like cool water
calming and soothing and quenching heat in any areas
just notice that now

■ Pause

That's good
and in your mind just get the sense of *relaxing more and more*
completely
with each word
or maybe to the spaces
between the words

■ Pause

And you can really get the sense of *wandering down*
to a very restful place
because some places are just so *relaxing*
you know the colours
and shapes and the whole atmosphere is just peaceful
soothing and comfortable and restful
it may be the light or the colours
or the shapes
or just something about the place you can imagine that is just
so comfortable and calming
and as I count from one to ten
just get a sense of beginning to *settle down*
in a very peaceful and comfortable sanctuary of peace
in your mind and body

■ Pause

And with each step *you can relax* towards a sense of this place
in your mind
and one and two
that's it
and three
and it may be a place you'd been to or a place you'd like to go
and four and five
and six
that's it

■ Pause

And seven
just noticing a kind of healing light drifting and flowing
closer
towards you
as you *continue to rest* so completely
gently easing and soothing each and every part of you
that's good

■ Pause

And eight and nine
and ten
and **just now** as that relaxation really begins to
wash and soothe over you
take a few moments now to **really settle comfortably** within your mind
into such a relaxing and comfortable place
that's good
just notice which part of your special place allows you to relax the most
whether it's the gentle colours, or the way the light is
or shapes and sounds around as you
rest deeper

 Pause

And within this place I just want you to **notice** as **you feel**
more completely relaxed
a wonderful colour of calm going where it needs to
in this wonderful place
that's it

 Pause

Now you may have heard the expression 'out of body experience'
and in a few moments I just want you on the count of three
to get the sense of drifting out of yourself
and just **observing yourself** in that special place
looking so **relaxed and comfortable**
and the you observing can just feel so **comfortably detached**
from that physical you **relaxing deeper** in that special place
that's it
and one and two and three
that's good
just drifting out from yourself **feeling so relaxed and comfortable**
settling so comfortably just watching yourself
receiving the almost magical benefit of being in that special place

 Pause

That's good
and as you rest deeper I'd just like you to take another journey
into your mind
and you know *your mind can close off signals* and restrict them
allowing you to *feel so comfortable* for good periods of time
and you can just get the sense
right now as you *drift deeply relaxed* of wandering into a control room
like a metaphor of the mind
that's it
and just get the sense of looking at buttons and screens and dials
in your mind
and take a few seconds now just to locate the electronic dial
that can *switch pain* on and *off*
because you can really *begin to use this dial* a lot
so take a few seconds now just to locate it
that's it
notice its shape and colour and texture

■ Pause

That's good
and when I count to three I just want you to *notice*
what it's like to turn that dial right down
closing those sensation gates
and each time you do this they can *be closed* for a good period of time
and one and two and three
notice the sensation of turning this pain dial until
it feels more like a *comfort dial*

■ ■ Pause

That's good
and as you *rest more completely* right now
you can be aware of just floating back into the you there
in your special, calm and comforting place
that's good

■ Pause

And now just begin to get the sense of strolling
or drifting
back to the room in a few moments
feeling so rested and relaxed
as I count back from ten and nine and eight
that's it
and seven and six
and five
and four and three and two
and drifting all the way back and one
that's good
and you can open your eyes right now
feeling rested and so relaxed
and you can really start to feel more alert and awake

Excellent!