**Text, application

Description automatically generated with medium confidence**

***Disclaimer:*** *Only use this exercise for pain with clients who have already consulted with a physician. Pain is a warning signal and there for a reason. It should not be eliminated until first diagnosed by a medical professional. Lynn Swearingen (Bay Area Hypnotherapy) will not be held liable in any way, shape or form for misuse of this exercise*.

This simple script is an example of many ways to release discomfort and uncomfortable sensations. It doesn’t matter if the client is visual. The client understands what you are talking about. Even if your client happens to be visual and not kinesthetic, it is always good to enhance these simple techniques by incorporating sensual modalities. Use a brief and simple induction before you do this. A deep breathing exercise and relaxation for 2 minutes or so is sufficient.

June 7, 2014[no responses](http://americanschoolofhypnosis.com/free-hypnosis-script-turning-off-pain/#comments) [admin](http://americanschoolofhypnosis.com/author/admin/)[Free Hypnosis Scripts](http://americanschoolofhypnosis.com/category/free-hypnosis-scripts/) [Health](http://americanschoolofhypnosis.com/category/free-hypnosis-scripts/health/)

**Turning off pain –** *by Ronald P Johnson Jr., CHP*

Imagine you/re standing in front of a circuit breaker box…  
This is a special breaker box…  
It is the breaker box for your body’s individual systems…

I want you to open the door and look at each breaker…  
Notice each breaker has a label on it…  
I want you to look for the breaker labeled old pain…  
When you find it nod your head yes…  
Wait for them to nod…

Now I want you to turn off the breaker…  
As you turn the breaker off you will instantly feel your pain fade away…

Now close the door and take a deep breath…  
Take another deep breath and now notice your pain is in fact completely gone.

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