AI Script – NOVA App

CONFIDENT DENTIST

This is an excellent example of how you can use AI to develop scripts.

A client, who is a dentist, asked me to do a session to reboot her confidence, because although she knows she is an excellent dentist, she started to feel strangely unsure of herself.

My day was unexpectedly jammed, and I hadn’t had an opportunity to plan my session for her.

**So, I went to my NOVA AI app and said:**

*Create a hypnosis script for a good dentist who is losing confidence. Include induction and deepener, and then use hypnotic and NLP language and visualizations.*

This is the script they sent.

* Steps I added to make it personal for my client is in red.
* And, of course, within the script visualizations, I was added on to make it unique to her.
* I also did a deeper induction and then moved into the short introduction AI provided.

\*\*Hypnosis Script for a Dentist to Renew Confidence\*\* ---

\*\***Induction Phase**\*\*

\*\*Take a deep breath in... and slowly breathe out. As you relax, allow your eyes to gently close. With each breath you take, notice how your body begins to sink deeper into a comfortable, relaxed state. You are safe here, in this moment of peace.\*

As you breathe, visualize a warm, golden light surrounding you. This light represents calmness and confidence. With each inhale, imagine this golden light entering your body, filling you with warmth and reassurance. With each exhale, let go of any doubts or worries. Feel them drifting away, like leaves on a gentle stream\* --- \*\*

**Deepening Phase\*\***

\*\*Now, imagine yourself standing at the top of a beautiful staircase. With each step down, you will feel more relaxed and more confident in your abilities. Begin stepping down now… Ten… deeper… Nine… feeling safe… Eight… relaxed… Seven… deeper… Six… with each step, release any tension… Five… feeling empowered… Four… more confident… Three… getting closer… Two… and One… you are now deeply relaxed and fully in tune with your mind and body.\* ---

\*\*Visualization **Phase**\*\*

\*In this relaxed state, I want you to visualize a bright, inviting dental clinic. The colors are calming, the environment feels safe and welcoming. As you walk through the clinic in your mind, notice the smiling faces of your patients. They are happy to be here, trusting in your skilled hands and expertise.\*

\*See yourself in your office or clinic, where you feel most at ease and in control. As you move through your day, you communicate effortlessly with your patients.

You explain procedures with clarity, and they listen with trust and understanding. Feel the confidence radiating from you, wrapping around you like a comforting blanket.\*

\*Now, picture a patient sitting in the chair, looking up at you with trust in their eyes. You smile at them, feeling a sense of assurance in your expertise. As you begin the procedure, you can feel your hands guiding each movement with precision and care. You are in control, you are capable, and you are a healer.\*

\*As you perform, hear your inner voice affirming: **"I am skilled. I am confident. I provide care with excellence."** Each affirmation strengthens your resolve, anchoring your confidence deeper into your being.\* ---

\*\*Reinforcement Phase:\*\*

\*As you visualize this, repeat these affirmations silently in your mind:\* \*\*"**I am an excellent dentist**."\* \*"**I trust in my skills and my training**."\* \*"**I connect with each patient, and they feel my confidence**."\*

 \*With every repetition, feel a wave of confidence pouring over you, renewing your belief in your abilities. Know that you can draw upon this feeling anytime you need to. Confidence is your constant companion.\* ---

INSERT SCRPT FOR ANCHORS FOR SUCCESS

I am skilled.

I am confident.

I provide care with excellence.

I feel calm, confident and in control.

I AM calm, confident and in control.

I am an excellent dentist.

I trust in my skills and my training.

I connect with each patient, and they feel my confidence.

I feel calm, confident and in control.

I AM calm, confident and in control.

\*\*Re Orientation Phase\*\*

\*In a moment, I will count from one to five. With each number, you will begin to return to the present, bringing back all the confidence, positivity, and relaxation with you.\* \*One… becoming aware of your body… Two… feeling the surface you are resting on… Three… taking a deep breath in, filling your lungs with energy… Four… slowly bringing your awareness back… and Five… **open your eyes, fully present, feeling empowered and ready to embrace your day with renewed confidence**.\* ---

\*Now take a moment, acknowledge how you feel, and carry this positive energy with you as you go forth to continue your important work.\*