



Student Practice Scripts

1. Cooling / Acute–Inflammatory Pain Script
2. Chronic Pain / Nervous System Recalibration Script

These types of pain require different hypnotic techniques/strategies

IMPORTANT NOTE: These two scripts are very basic starting points. They are not meant to be a baseline ... not an entire session, but these will help you get off on the right foot. When you practice, within this short script you can expand, enhance, include imageries/techniques as you feel appropriate.

STUDENT PRACTICE SCRIPT 1

Cooling & Soothing Acute / Inflammatory Pain

Best for:

Arthritis flare, migraine, acute injury, post-procedure discomfort

Primary Skills Practiced:

Pacing, sensory matching, cooling imagery, signal reduction

SETUP (Student Reads Aloud)

“This is a brief hypnosis exercise for comfort. You are in control at all times.

If anything feels uncomfortable, you can open your eyes or let me know.”

INDUCTION & FOCUS

“Go ahead and get comfortable... and bring your attention to your breathing.

No need to change it... just notice it.

With each exhale, allow the body to settle just a little more.”

“Now, bring awareness to the area of discomfort... without trying to change it yet... simply noticing it.”

COOLING & RELIEF

“And as you focus there, you may begin to imagine a gentle cooling sensation...

like a cool breeze... or soft blue light... moving into that area.”

“The heat begins to drain away...

the intensity softens...

signals quiet down as the area becomes calmer... more comfortable.”

“If there’s a dial or volume control, you may notice it turning down...

from where it was... to a level that feels manageable... acceptable... comfortable.”

FUTURE PACING

“And notice how your body remembers this feeling...

so that comfort becomes easier to access each time.”

REORIENTATION (Emerging)

“In a moment, I’ll count from one to three...

and at three, you can open your eyes, feeling calm and comfortable.”

STUDENT PRACTICE SCRIPT 2

Chronic Pain & Nervous System Recalibration

Best for:

Long-term pain, fibromyalgia, central sensitization, pain with emotional fatigue

Primary Skills Practiced:

Reframing, dissociation from pain identity, control imagery

SETUP (Student Reads Aloud)

“This exercise focuses on helping the nervous system recalibrate.

You remain aware and in control the entire time.”

INDUCTION

“Begin by noticing the surface supporting you...

how it holds your body without effort on your part.”

“With each breath out, imagine the nervous system settling...

like a system powering down unnecessary alerts.”

EXTERNALIZING THE PAIN

“Now imagine that the pain is not you...

but a signal your system learned at some point.”

“You might picture it as a sound... a light... or a message on a screen.”

CONTROL PANEL METAPHOR

“Imagine a control panel for your nervous system...

with settings for volume, sensitivity, and alert level.”

“Notice where those settings are now...

and slowly, comfortably... begin adjusting them downward...

until they reach a level that feels safe and supportive.”

RELEASING IDENTITY

“This signal does not define you...

and your system can learn a new baseline of calm.”

“Comfort becomes more familiar...

and the body remembers how to feel safe again.”

REORIENTATION (Emerging)

“When you’re ready, bring your awareness back...”

feeling steadier... clearer... and more at ease.”