

The Script Collection

a resource for therapists

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Overcome
cannabis
addiction

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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.

Overcome cannabis addiction

Just before you close your eyes and relax deeply, I just want to say a few words about the misuse of cannabis.

Cannabis is sometimes known by different names such as dope, ganja, grass, hash, hemp, pot, skunk, spliff and weed. People used to think that smoking dope was harmless or some how healthy. You certainly don't need me to tell you of the dangers of cannabis. You don't need me to tell you that cancer rates are three times higher in regular cannabis smokers than in regular tobacco smokers, or that it can lead to diseases of the lungs, heart and other organs, or that regular cannabis smokers have a much increased risk of developing psychotic illnesses such as schizophrenia. All this you are no doubt aware of.

If we look at *any* addictive behaviour we can see that the behaviour really steals from the person. For example, heavy and prolonged use of cannabis steals time and, above all, motivation from you. A centrally important part of being human is motivation. Once a person loses motivation, then plans, aspirations, dreams, goals and the ability to get out there to learn and experience life in all its richness is just stolen away. You experience *less* what it means to really have your own life! If an actual person had stolen all this from you, and had demanded regular financial payments and continually threatened your health, you would no doubt start to resent and distrust them.

Yet this is what we find with long term use of cannabis. You may have in a way 'fallen in love' with the substance to start with. However, as time goes by, you start to see through it. You begin to **notice that it doesn't always deliver what it promises**. You begin to see what it takes from you. And it becomes clear that it takes more than it gives. This is usually the point at which people decide to stop the relationship they've had with cannabis. Because, like any relationship, when the downsides start to outweigh the good sides, the relationship can start to become very unhealthy. It may be time to terminate the relationship you had with cannabis because all it's doing is taking from you – like a parasite!

Now there are certain triggers that have become associated to smoking. It may be being with certain people, or a certain time of day or even putting the kettle on for a cup of tea! Think about that right now. What particular associations have you built up around cannabis smoking? Just bear those times in mind as you *go into a nice relaxed trance* because it's those associations we want to change...

So now you can just close your eyes
that's good
and take a few moments to just get the sense of **breathing
a bit of relaxation** into and around your body

That's it
and your body is designed to be able to **relax more deeply**
than maybe you had any idea of
and you can imagine the types of things that can allow you to
relax deeper
such as a very comfortable place
sometimes an image even comes to mind of the type of place
either inside or outside
that really promotes deep rest and relaxation
the types of colours that would be there
or the type of shapes
and even the way the light would look
in such a **relaxing calming** comfortable serene and tranquil place
and even as your body is **relaxing more** deeply and completely
you can just get a sense of seeing such a peaceful place
and in a moment or so I just want you to
strongly imagine being in such a place
feeling so calm and relaxed
that's it
just getting a sense of being there
and notice how even the air of this place in your mind
and even the light and colours
allow you to **rest so deeply and calmly**

 Pause

That's good
and in your mind you could take a little journey
down towards somewhere perhaps even more restful and relaxing
and just spend a few seconds right now
getting the sense of strolling or just drifting
along a pathway in your mind
towards such a profoundly relaxing and tranquil place

a place of **super** relaxation and calm
just drift there in your mind
and once there
find a place to sit or **rest deeply** within that place

■ Pause

Good
and within this place I'd just like you to get a sense
of really imagining and thinking about some things
the sort of things you'll be doing when
you've stopped being manipulated and dictated to by cannabis
think of some of things you get back into your life
it might be more activity
more money
more of a sense of free will and self esteem
just get a sense of what it's going to be like
to **reclaim those things**
that cannabis had been cheating you of

■ ■ Pause

That's good
and you can think about one of those trigger times
you know the sort of time in which you were conned by cannabis
conned into feeling that it was a natural time to take it
and I'd just like you to **get a sense of watching yourself**
as if on a TV screen
behaving and responding in a different way
not smoking that cannabis
just get the sense of watching a video from the future
and seeing yourself looking so **relaxed and in control**
doing something different instead
barring those carcinogens from your body
keeping your motivation and will intact
that's it

■ Pause

That's right
and now just get a sense of drifting into that video
and *really experience*
easily and naturally standing up to the cannabis
and *doing something healthier* and more productive
experience that from within the time right now

■ ■ Pause

And each time you practise this in your mind
you can *experience being free of cannabis* toxins
in all kinds of situations
where before would have felt natural to smoke

■ Pause

And now just get the sense of *experiencing*
from start to finish
rapidly and flowing
in your mind
a whole day
a relaxed cannabis-free day
on the type of day where before you would have smoked
just *notice the difference*
from getting up in the morning
to going to bed at night
as a freed up non-smoker

■ ■ ■ Pause

And now
just get the sense of drifting into the future
days weeks months and years
total freedom from the dictator cannabis

■ ■ ■ Pause

Excellent
and you will notice
you are now going to find that at those old trigger times
you are going to find that *all those reasons not to smoke
are going to just pop into your head*
and you are also going to get a strong sense
of *building up all the benefits of remaining free* of cannabis toxins
as part of reclaiming your life

■ Pause

That's good
now the more you experience this
the more deeply you are going to relax each time
and the greater the benefits can be

■ Pause

Now
in a few seconds you can just begin to come back to the room
feeling wide awake and relaxed
that's it
and just begin to get the sense of re-orientating
feeling rested, energetic and calm
and you can open your eyes!