

ORAL FIXATION - Script

SUGGESTIONS:

For you oral fixation is a thing of the past.

As you inhale ... you breathe in a gentle yet strong ... inner calm and control.

I feel calm, confident and in control.

As you exhale ... you breathe out the thought and all urges and cravings as you exhale.

I feel calm ... unconcerned ... carefree ... peaceful and self-assured.

I feel at ease in my mind and body ... I feel at ease in my mind and body ...

From now on, and more so over time, this new outlook of your calm spirit grows stronger and the unnecessary feeling of needing something in your mouth fades away.

Your subconscious helps you ... without effort, struggle or strain ... your subconscious helps you.

I feel at ease in my mind and body ... I feel at ease in my mind and body ...