



# Stop Blushing

## Hypnosis Script

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## Stop Blushing Hypnosis Script

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Using the Ruler Method, blushing can be controlled both in and out of hypnosis.

Drift deeper into hypnosis now as you listen carefully to the sound of my voice - because my voice can take you deeper and deeper into gentle hypnotic rest and after a little while you will find yourself being able to visualize - in your mind's eye - the things that I am suggesting to you - and as you visualize these things you will go deeper still.

And of course, if, after a while - you find your mind wandering away - that's fine - because nobody wants anything - nobody needs anything - there is absolutely nothing at all for you to do but relax - and let go - so - just relax - and let go.

For a long time now you have been experiencing a problem which you have found embarrassing and difficult to control - and that problem - is blushing - but now you have decided to use your own mind power - your wonderful subconscious mind - to gain control over this - and gain control you will - because your subconscious mind is the part of you which caused you to redden and flush - as it governs the autonomic nervous system - just as it controls your breathing and heartbeat and the flow of blood to your muscles.

Of course - breathing and heart beats and blood flow are essential to life - but you can live without blushing - so all we need to do is to reprogram your mind and teach it new methods of dealing with potentially embarrassing situations - without resorting to blushing.

And because imagery is the language of the brain - I would like you to use your wonderful, creative mind to visualize the scenes that I am about to describe.

I would like you to imagine a ruler standing two meters from the ground, with the numbers from one hundred down to zero etched and marked clearly on

it.

A pointer which can slide easily, up or down, measures your subconscious rate of comfort. When you are very calm and relaxed the pointer will be way down, probably somewhere between zero and ten and when you are tense and uptight the pointer will soar up to eighty - ninety - or even almost a hundred.

In this state of deep relaxation, look at the pointer and tell me the number it points to.

Wait for response.

Good. Now I'd like you to think of a recent, embarrassing situation, one that made you feel tense inside, remember how you could feel the blood rising up into your face as your face began to redden.

**Note:**

Wait for response - if the subject is experiencing a vivid memory of an embarrassing situation then their facial expression should reveal this - so you can pause a short while until you notice changes of breathing or expression.

Now look at the ruler and tell me the number it points to.

Good. That's fine. Now let that memory go, its done with, its past, it doesn't bother you any more, let it go. Relax even deeper than before, calm, and relax.

Now look at the ruler again and see how the pointer has dropped.

Tell me the number.

Wait for response.

Good.

You're going to find that you can always feel calmer and more relaxed when the pointer is down. And I want you to practice this for the future, lowering the pointer, down, and down and down.

And as the pointer goes down to a lower number, perhaps lower than ever before, you become more comfortable, perhaps, than ever before, calmer and more relaxed, more confident, more in control.

And as you do this, your face quickly cools down and returns to its normal color.

And if you find, in the future, that you begin to redden from embarrassment, all you need to do is mentally lower the pointer, down and down and down and the lower the pointer goes - the more comfortable and relaxed and confident you become - until - after just a short while - you find the episodes of blushing becoming far less frequent - far less troublesome.

In fact you feel so comfortable that you begin to forget that you ever blushed at all - it is a thing of the past - something that you used to do - but do no longer.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

They grow stronger by the day - stronger by the hour - stronger by the minute.

In a moment I'm going to count from one to five and at the count of five you will be wide awake - feeling refreshed and alert.

So - when you are ready - one - two - three - four - eyelids beginning to flutter and five - eyes open wide awake - mind and body feeling absolutely wonderful.