This Script has been created by Erin Johnstone, CHt and Healing Soul Hypnosis

**INSTRUCTIONS:**

At the end of the day when your child is sleeping

The blue is what you say, the purple is what you can add in depending on the day. The ... is to indicate a pause.

Speak softly and in a nice easy, slow rhythm.

**SCRIPT:**

"\_\_\_\_\_\_\_\_\_” (insert child’s name here) this is mom/dad.... I'm going to talk to you for a short time while you are sleeping... What I am going to say will help you… You can stay asleep, as you only need to listen with your mind....If you start to become aware of my voice, my voice will remind you to stay sleeping but you will hear what I am saying...

You are calm and happy... you feel safe and strong in every situation... Everyday it is easier and easier for you to feel calm in every situation. You are able to express yourself easily in a calm way using kind words… you love this experience this feeling calm, happy, strong, confident and in control...... Every minute of every day your mind is creating for you happy feelings and calm feelings. Your mind creates a happy and calm way of thinking... feeling... and responding......It is easy for you to (\_\_\_\_\_\_\_\_\_-add here suggestions ie: go to school, make friends, cooperate with family, experiment with new foods, sleep easily, reading, math etc...) all of these suggestions get stronger every day...and every day you feel better and better in every situation when you interact with people you love to listen and respond in a positive way, you show love to others by always being pleasant, happy and calm. You love to smile and laugh. You feel safe and calm and are able to handle anything. …You are brave and strong..... When you wake up tomorrow you feel happy...strong… confident... loved... safe...calm and in control"