

SCRIPT #4

BEING FUNNIER AND LAUGHING MORE

So, you would like to be funnier? Then this script is for you.

Your recording starts here:

It's time for a relaxing self-hypnosis session to learn how to be funnier and how to get more laughs. Put your cell phone on silent. This process is for relaxation and never while operating machinery or driving a car. Find a nice, comfortable place where you'll not be disturbed for the next twenty-five minutes. You can be sitting or lying down. Please have your arms by your sides and make sure your legs and ankles are not crossed so you can achieve good blood flow. It's time to relax and let go.

Before you begin, take a moment to physically tense the muscles in the body. Tense the arm muscles, tense the leg muscles. Squeeze your muscles for a few moments and make them feel tight...squeeze...good. Now take a great big deep breath in through your nose, exhale, let the muscles release, let go and relax...

Please inhale and exhale through your nose during the session. You'll be asked to use your imagination, to repeat statements, or to nod your head. Please follow the suggestions to the best of your ability. If any other thoughts come into your mind, simply brush them aside and keep refocusing back on the session. You'll soon discover that by simply listening, you'll feel calm and relaxed.

There is no place you must go now; there's nothing you must do. Give yourself permission to relax and let go as you enjoy the feelings of calm and peace. You deserve it.

Please close your eyes and keep them closed until I ask you to open them. With your eyes closed now, imagine you're looking straight up, as if you're trying to look at your forehead. Rolling your eyes up into your forehead, notice how the eyes feel in that upward position... OK, now let your eyes relax, and let's take a few slow, deep breaths. Please take a nice, big, slow deep breath in through your nose...and let it come slowly out of your nose feeling the air as it passes between your nostrils...Take another nice, deep inhalation...and let it come slowly out, feeling as you begin to let go and relax...This time, fill your lungs as deeply as you can, and hold your breath, as deeply as you can, and hold your breath... hold, hold, hold, and let it out slowly and let go and relax, relax, relax...Every gentle breath helps you drift into deeper levels of relaxation. Gently nod your head *yes, please*... Anytime I ask you to nod your head, you'll find this also helps you feel more relaxed. If you feel like moving or adjusting your position, that's fine.

Listening now simply helps you feel calm and relaxed...Focus on the comfortable position that you're in...notice the body is gently sinking into that position...Imagine the muscles in the body are letting go and becoming soft and supple...it's as if the muscles are starting to sag...it's as if you're feeling like a loose, limp rag doll...It's OK if you're not noticing all the relaxed feelings yet; they'll catch up to you.

As you hear these words, begin to see yourself feeling calm and relaxed...calm and relaxed...calm and relaxed. Please focus your awareness on your eyes and eyelids. Put your attention on your eyes and eyelids. Imagine your eyes feeling very sleepy and very tired. Imagine all the little, tiny muscles around your eyes are feeling heavy, sleepy, and tired...heavy,

sleepy, and tired. Some people may experience a slight flutter around the eyes when they begin to relax—that's just a sign they're letting go...

Imagine it's one of those mornings when the alarm goes off and you feel like you didn't get enough sleep...you just feel so sleepy and so tired. You don't want to open your eyes because they feel soooo good being closed...It's as if it would be too much effort to even open your eyes...Of course, we know you could simply open them, but use your creative imagination to feel a comfortable, tired sensation around your eyes, so they feel heavy, sleepy, and tired...heavy, sleepy, and tired...They're perfectly comfortable being closed...

Create the sensation around your eyes, as if it would feel like too much effort to even open them, because they feel soooo good being closed... Create a sense of feeling where your eyes feel so good being closed, and it will feel like it is too much effort to even open them... Yes, the eyes love being closed now, if that is true gently nod your head *yes, please*...

Very good. Anytime I ask you to nod your head, it will help you feel even more relaxed...now, allow that relaxed feeling around your eyelids to spread to the muscles in your face, allow your cheeks to relax...allow a little space between your teeth, allow your jaw to relax...

Imagine the muscles in your neck just letting go and relaxing, your shoulder muscles are becoming loose, limp, and relaxed... As you hear my voice, that helps you drift into a positive, relaxed, calm state...Imagine the muscles in your chest and stomach are letting go and relaxing...Imagine all the muscles in your back feel soft, supple, and relaxed...Imagine your hips are relaxing...Your thigh muscles are letting go and relaxing...your knees, calves, and ankles are relaxed...the muscles in your feet let go and relax, relax, relax...

You're beginning to feel a wonderful sense of relaxation in self-hypnosis and if this is true, gently nod your head *yes, please*... Very good, you're doing very well.

In a moment, I will count to the number three. When you hear the number three, you'll envision yourself standing at the top of a stairway. This will be the special stairway, the stairway of relaxation, with ten steps going down; the steps may even be numbered from ten to one. At the bottom of the stairs is a beautiful doorway. You'll hear a count down from ten to one. With each number, step down to the next step. As you proceed down, drift into deeper levels of relaxation. On the count of three, imagine yourself standing at the top of the stairway of relaxation...One, two, three...Imagine yourself standing at the top of the stairway. When you can imagine this, gently nod your head *yes, please*...Very good. Notice that there is a beautiful doorway at the bottom of the stairs. By the time you reach the bottom, you'll feel very, very relaxed.

Get ready for the initial step. As the countdown starts, you may feel your foot hit the step. Here we go.

Number ten, stepping down, feeling more relaxed... Nine, stepping down, feeling more relaxed... Eight, stepping down, feeling more relaxed... Seven, stepping down, feeling more relaxed... Six, stepping down, feeling more relaxed...

As the body relaxes, the mind relaxes...

Five, stepping down, feeling more relaxed... Four, stepping down, feeling more relaxed... The more relaxed you feel, the better you feel... Three, stepping down, feeling more relaxed... Two, stepping down, feeling more relaxed... One, stepping off, feeling very relaxed...

If you're feeling relaxed and calm, gently nod your head *yes, please*...Very good. Now, before you there is a beautiful door- way. In a moment, we're going to go through the door. On the other side is a very special safe place just for you, a place where you feel *very safe* and very comfortable in every way. Your safe place may be a room in your house, or a place from your child- hood, a place in nature, or a totally imaginary place like floating on a cloud. On the count of three, go through the door and discover your safe place. One...two...three...open the door and find yourself in your safe place...

When you're in that safe place, gently nod your head *yes, please*...Very good. Get nice and comfortable in your safe place, nice and comfortable. You'll remember where your safe place is. Let's go to an even deeper level of relaxation. I'm going to count down from ten to one. Every number you hear will bring you into a deeper level of relaxation.

Number ten, feeling more and more relaxed...going deeper down,

Nine, feeling more and more relaxed...going deeper down,

Eight, feeling more and more relaxed...going deeper down,

Seven, feeling more and more relaxed...going deeper down,

Six, feeling more and more relaxed...the more relaxed you feel, the better you feel,

Five, feeling more and more relaxed...as the body relaxes, the mind relaxes.

Four, feeling more and more relaxed.... Three, feeling more and more relaxed... Two, feeling more and more relaxed... One, feeling more and more relaxed...

The more relaxed you feel, the better you feel...If you're feel- ing peaceful and calm, gently nod your head *yes, please*...Very good...you're in your safe place. You'll remember your safe place. Experiencing this level of calm is very good for you.

Repeat this phrase three times: "I feel calm now." Do it now... (pause)...

The more relaxed you feel, the better you feel; as the body relaxes, the mind relaxes. This feeling of calm and peace will continue as you're listening.

I'm going to count down from five to one, when you hear the number one allow a positive memory to come into your mind, something that you did on your own that you like, something you did on your own that made you feel positive. It could be an old school memory where you got an A on a test, a sports memory, or maybe you helped someone and that gave you a positive feeling, or maybe you were just enjoying a laughing fit. Counting back to a positive, feel-good memory five, four, three, two, and one allows a positive memory to come into your mind. When it does, just nod your head *yes, please*. Enjoy the feelings of this positive event...imagine the feelings doubling.

Take a slow, deep breath and relax and just enjoy the calm feeling.

In a moment, I'm going to count back from five to one. I'd like you to go back into your memory bank for something that made you laugh, oh it was soooo funny. You were laughing out loud.

Let's see what comes up. I'm counting back now, let a good funny memory come into your mind, counting back, five going back to a funny time, four back, back, back, three, I was laugh- ing so hard, two back, and one, let a funny memory come into your mind, and feel free to laugh now about it...it was funny.... Enjoy the wonderful feelings of laughter!

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Let that fade away...

Let that fade away...and let's do that again, we will go to another time you were laughing at something, I'm counting back now, let a good funny memory come into your mind, counting back, five going back to a funny time, four back, back, back, three, I was laughing so hard, two back, and one, let a funny memory come into your mind, and feel free to laugh now about it...it was funny.... Enjoy the wonderful feelings of laughter!

Very good, this time, I'd like you to let one of your favorite comedians come into your mind, I'll count to the number three and allow one of your favorite comedians to come into your

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mind. Here we go...one, two, and three...let one of your favorite comedians come into your mind. See them being funny...and repeat to yourself, "That is like me. That's like me. That's like me..."

Relax, relax, relax...

Think of someone who you think is funny, maybe someone you know personally or someone in the public eye. Let the person come into your mind. Now imagine you're standing right next to them shoulder to shoulder. You'll hear a count from one to three, this time on the number three, you magically merge your image in with theirs, and you'll be looking out through their eyes, listening through their ears, and feeling their confidence of guiding people to see the funny, guiding people to feel the laughter. One, two, and three...merge the images...and look out through their eyes and feel the confidence of knowing what's funny. And enjoying the laughter it creates...

On the count of three this time, unmerge but keep the feelings of confidence and the funny with you, keep the confidence and the funny with you! Let that fade away and relax. And relax, relax, relax.

It's time for a repeat technique. Whatever you hear, simply repeat the words. You can say them out loud or say them silently to yourself; but allow the statements to be communicated to every level of your body, mind, and spirit.

I can be funny... I can be funny... I can be funny... I can relax...

I can relax...

I can relax...

I have the ability to see the humor in every situation... I have the ability to see the humor in every situation...

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Hypnotize Yourself

I have the ability to see the humor in every situation... I know how to be funny...

I know how to be funny...

I know how to be funny...

I love to laugh and make people laugh... I love to laugh and make people laugh... I love to laugh and make people laugh... People notice I'm funny...

People notice I'm funny...

People notice I'm funny...

I enjoy improving my comedy writing...

I enjoy improving my comedy writing...

I enjoy improving my comedy writing...

I have fun creating comedy...

I have fun creating comedy...

I have fun creating comedy...

I am thankful for laughter...

I am thankful for laughter...

I am thankful for laughter...

Laughter is a beautiful sound...

Laughter is a beautiful sound...

Laughter is a beautiful sound...

It's a positive experience when you laugh... It's a positive experience when you laugh... It's a positive experience when you laugh... I love to laugh and make people laugh...

I love to laugh and make people laugh...

I love to laugh and make people laugh...

And relax, relax, relax, relax...

In a moment, you'll hear a count to the number three. This time, you'll imagine yourself in front of others being funny, see yourself having fun as you say and do things that make everyone laugh and have fun.

Here we go, one, two, and three...

Imagine yourself in front of others being funny, maybe you're in a social situation or maybe you're on stage...

See yourself having fun as you say and do things that make everyone laugh and have fun. And it feels good...

We will be ending the session in a moment, and when it's over, you'll feel like you had a wonderful, relaxing, and rejuvenating nap. And feel like you're a funny person who can guide people into laughter. And the next time you use this session, you'll notice how easily you glide into the focused mental state known as self-hypnosis.

(Start to put a lot more energy back into your voice.)

In a moment, you'll hear the count one to five, and at the number five, you'll feel wide awake and alert. You'll feel like you just had a good nap! (Speak louder here.) One...starting to come up, two...coming up more and more, three...let energy come back into the body, four...start to move your body. When you open your eyes, you'll feel calm and alert. Five...eyes open, wide awake, alert, and feeling great! Wide awake, alert, and feeling Great, feeling Funny and calm!

(End recording here.)