



# **Working with Fears & Phobias**



**By**

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Dear Colleague and Fellow Hypnotherapist

Thank you for making the decision to take this training, I hope you find it useful and informative.

It has been personally designed, to take you step by step through a tried and tested process, so that you can start helping your clients to deal with stress and anxiety in a much better manner, feeling calmer, relaxed and able to use coping tools and strategies to help themselves.

Please contact me by email or telephone, if I can offer you further advice in the future.

Helen Breward

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## **Background**

Those closest to me and now you, will know that for many years I dealt with an escalator and height fear. I would go to walk on to an escalator and then just freeze or back off rapidly away from it. It was a complete block, like an invisible barrier in front of me, that stopped me almost every time. Whoever was with me had to literally take my arm and escort me on. With heights, 2 runs up a ladder and I was quaking and would freeze. Many times, I tried to literally get up a ladder and had to be carefully guided down by someone who was with me. I was determined to say the least. I am also thankful to have an understanding family.

However, during my hypnosis training I discovered that my fear of heights and escalators originated from an unexpected split-second jolt on a motorbike in my early teens. It was the height at which I was sitting and the sudden rush out of the corner of my eye to the ground when the bike jolted forwards. The whole thing probably lasted less than a second or two, but the effects lasted for years.

With this knowledge alone, my fear lost its power, coupled with the fast forward technique my fears have disappeared. 8 years later I can happily get on an escalator, climb up ladders, walk out on the glass sky walk over the Grand Canyon, and with a little help walk onto the glass floor in Toronto's CN Tower. I will always keep pushing it and testing myself. Yes, a few things still take a bit of courage, like the CN tower in Toronto, but I think that is a reasonable response to such a great height. The normal everyday things are a piece of cake and I don't even think about them, I just do it.

## **Fears and Phobias**

Fear is our reaction to a perceived danger or threat. It is an unpleasant emotional response to a situation real or imagined. Fears tend to spread out into other areas, just like my fear of heights developed into a fear of escalators. Phobias remain in the one area, for example a spider phobia will remain just with spiders. If it were a fear that may spread, for example, into a fear of bugs as well. Phobias are an extreme form of fear and or anxiety. You may logically know that the spider is harmless but still experience extreme anxiety or fear. For some just thinking or talking about the situation or object is enough to trigger the extreme symptoms. A phobia is often out of proportion to the danger, an extreme response and also impacts your day to day life significantly. However, the way I treat them both is with the same techniques. Phobias can take longer to deal with, so may require 4-6 sessions. Fears can often be treated with a fewer amount of sessions 1-3. That being said there is no hard and fast rule, this is where you have to go with your instincts on the client in front of you.

Essentially, the result is our primal fight or flight response to a perceived danger or threat. I say perceived because dangers and threats are very different now to those that were present when we were evolving. Danger was very real, maybe a Sabour toothed tiger was bearing down, so we needed to be able to run away or stand and fight. Now a days, it could be more like a bus on the road, an observation at work or climbing a ladder. Even though the dangers and threats may have changed, our response has not, fight or flight. In fact, there are two other responses freeze, when animals

especially freeze in the face of danger, like a rabbit in car headlights and fawn, which are your people pleasers, trying to please the person that represents a threat so that they 'leave them alone'. When talking to clients I only mention fight or flight, unless they take the conversation further and want to know more. It is all about survival of the species. One thing that is important to remind clients with a fear/phobia is that they survived the event. It's frequently an overlooked fact that cannot be argued with because they are with you in the room in the present. Reminding them of this can have a huge impact.

This programme consists of 3 sessions, you may have clients that require extra sessions. In those cases you must do what you feel they need at that time.

## **How the body changes in preparation for survival**

When this response is triggered the body is flooded with stress hormones cortisol, adrenaline and noradrenaline in preparation to fight for your life or run for your life.

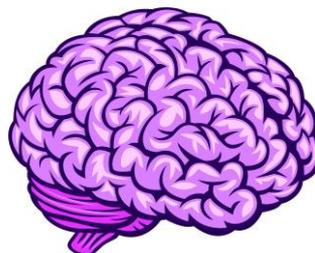
Heart rate increases, blood pressure rises and send more blood to the muscles, which can sometimes leave people feeling colder.



Eyes will open wide, pupils dilate to allow as much light in as possible, so you can see everything around you.



The brain is focusing on the danger & threat, so trouble focusing on small tasks and retrieving information is common. After all you don't need to be able to remember all the lyrics to a song or recall your 8 times table to have a fight or run for your life.



Increase in blood-glucose level to provide muscles with more energy and the addition of adrenalin tenses the muscles ready for work. Oxygen is increased to the lungs.



Non-essential functions & systems are shut down, such as digestive system and immune system, to provide as much energy for emergency functions as possible.

The body also ejects as much excess weight as possible e.g. urine & excrement to lighten the load, so you can run and move faster.



## **The 3 main stress hormones in fight & flight mode**

### **Cortisol**

This is known as the stress hormone. Too much of this hormone can reduce the effectiveness of the immune system, increase blood pressure and sugar levels and decrease the libido. You will notice in the diagrams this is one of the fight or flight body responses to danger.

### **Adrenaline**

Will give the body a surge of energy and is mainly responsible for immediate reactions, increased heart rate, faster breathing, tense muscles and focused attention.

### **Norepinephrine**

This is similar to adrenaline, its main job is arousal, so that you are more focused, aware and awake. It also diverts blood away from nonessential areas to the muscles.

### **Initial Enquiry – What to say**

Often one of the things that concerns us the most is what to say when the phone rings. This is your chance to explain how you can help them to change their own lives. For me my main objective with a phone call is to book them in for a free 30 min consultation, because I know that I will have a much better conversion rate if they are face to face with me and I will find out exactly what they need, which gives me the heads up for the first session. But also, it helps me to weed out the individuals that are not suitable, not committed and time wasters. So, this for me is very valuable. You have to find the process which works best for you.

This is an example of what you can say, based on my own conversations:

1. Could I just have your name please? (*You would be surprised how many times people just assume I know who they are*)
2. How did you find me or hear about me? (*This is very useful for your marketing, so you can do more of what works. Always keep a list of leads & how they found you*)
3. How or what would you like me to help you with? (*I always make a few notes, ready for the face to face conversation*)

4. Would you like to pop in for a free face to face chat, so that we can see if this is really suitable for you? (*book them in, I usually allow 45 mins for this, so I am not rushed, and they feel valued*).

### **Free Consultation 30 mins**

1. I always do a bit of general chit chat here like did you manage to find the clinic ok? Did you get a parking space? Isn't it lovely and sunny today? (*These kinds of comments until we get sat down in my room. Remember, they are likely to be nervous and you want to relax them, so they feel at ease and that they can work with you. No forgetting one of the main purposes of this is for you to see if you can work with them.*)
2. How would you like me to help you? (*This question usually opens the flood gates. You already have a good idea if you can help them, this is just confirmation of your thoughts.*)
3. Have you had hypnosis before? (*Explain how you work; all therapists do not work the same way as you. What it is like, what you expect them to do, that it's a working partnership between you both, that they must do their part, the more they put into it the more they will get out of it.*)
4. Advise the client of the programme you either have or can tailor just for them, how many sessions you think they will need e.g. 4 sessions, 6 sessions. That you will teach them strategies and

tools to use so that if they feel those uncomfortable feelings starting, they will know what to do about it.

5. Advise them of the cost and remind them that that includes however many sessions you think they will need e.g. 4 sessions, recordings to listen to every day and practical tools.
6. Book them in. You can take a deposit, full payment or take full payment on the first session. In my experience the majority of those who 'pay as you go' are not committed and don't always complete the course. So, my advice is not to do it. However, if asking for full payments makes you uncomfortable, you can make individual payments more expensive and tell them that it's cheaper to buy the course in one go.

## Session 1

What is your main goal for these sessions? (*Write this down, so you can keep referring back*)

Find out more details about the client's fear/phobia. You want to know exactly what happens, what they are doing, how they feel/react, when symptoms start and when they go away, who they are with. You also want to know if they know what event triggered the fear/phobia. If they don't know that's ok.

Encourage the client to recall at least 2 happy memories from their past, something that makes them smile or laugh. You are going to use these to help them feel safe during regression.

Ask them what their special place is that makes them feel calm & relaxed where they just feel so peaceful. Also find out what their favourite colour is. If you forget, just look at the colours they are wearing, it's usually a good indicator of what they like.

### Teach - **Breathing from the Stomach**

I do this with every client, no matter what they are seeing me for. It is a very good general tool that helps with stress, anxiety, cravings, hot flushes etc. It is best used as soon as those uncomfortable feelings/emotions are noticed. It's much easier to nip something in the bud, rather than waiting until it is in full flower, which then takes a lot more time & work to bring it down.

I sit and rehearse this twice (2 times), with my clients before we go into hypnosis.

- Take a big deep breath in through your nose, until you can't take in any more.

- Hold it and count to four.
- Then let it out through your mouth, slowly, steadily and controlled until it's all gone.
- Do this anytime you begin to feel stressed or anxious.
- Practise this every day, so that it becomes an automatic response to uncomfortable feelings.

Check on a suds scale from 1 to 10; 10 being the absolute worst their fear could be and 1 the very best /non-existent it could be. Ask them to give you a number, so you know where they are starting from. Do this at every session, it will give you a good indication on their progress.



Describe a Special Place where you feel calm, relaxed and peaceful.

## Session 1 Script

**Wind Back** - You can use this wind back technique for those that know the cause, the event that triggered the fear/phobia and those that don't.

### Induction & Deepener

All I want you to do is just get yourself nice and comfortable, ready to relax for a time. All I'm expecting you to do is sit back comfortably, close your eyes and follow along with what I'm asking you to do. You'll find the closer you follow along the more relaxed and comfortable you will feel. So, when you are ready to relax and feel comfortable you can just allow your eyes to close. ***PAUSE until they close their eyes.*** I'd like you to just let go for a moment. With those eyes closed you can just untwist those muscles, unwind those muscles, that's it just let go of any tensions, stresses and anxieties. As those muscles untwist and relax you'll feel all that they let go of all that stress, that tension that anxiety, releasing it with every outward breath you take. As you continue to drift down deeper and deeper to that comfortable place deep inside. Now with that powerful mind of yours. You can just search around your mind and find that switch, that dial that just lets your brain rest and stop for a time. So, you can either flip it off or just dial it right down towards the lowest setting. That's it. And as that brain slowly stops just like putting the brakes on a car it takes time and distance to stop, that mind slowly stops. Takes a breath. Pauses for a time. Pauses, that allows the body to rest and mind to rest. That's it. The more comfortable you

become the more your mind slows down. The more your breathing slows down. Your mind and body react to how comfortable you feel. Have those muscles unwind and let go even more now.

I'm going to count for you now from 1 to 10, when I get to 10 you can find yourself in that very special place of yours, ***use client's words to describe their special place.*** With every number I say you can feel even more relaxed, even calmer, even more peaceful than you do right now. So, 1, just allow any thoughts to drift away now as your mind slows right down and rests. 2 Any sounds you hear, voices footsteps, doors, any others noises just help you to focus on the sound of my voice and the words I say as my voice goes with you as you drift deeper and deeper. 3 any sounds you hear just help you to feel more and more comfortable, even more relaxed as you drift deeper and deeper, down and down. 4 feeling very comfortable right now. 5 just noticing if any muscles need a little extra help to feel more comfortable. 6 this is time out just for you and no one else, because no one wants anything, no one needs anything and no one's expecting anything, this is just time out for you to feel calm and relaxed. 7 feeling that deep sense of peace and calm right now, spreading throughout your body. 8 allowing any other thoughts to just drift away, drift away. 9 just so calm right now and peaceful, so comfortably heavy right now. 10 find yourself in that special place of yours ***describe client's special place, using their words.*** And as you drift deeper and deeper you can remain in this wonderful place, just feeling so peaceful and calm.

## **Intervention**

Standing in that peaceful place of yours, just absorbing that sense of deep peace and wellbeing, everything here is perfect for you in every way, just what you need at this very moment in time. You just feel that deep sense of peace, peace as you gaze off into the distance looking towards the horizon.

Gazing at the horizon now, you remember a wonderful fun time from the past (**Describe a happy memory from clients past that makes them feel good**), as you are transported back to that wonderful time, you smile and feel even more relaxed, it feels good to remember those times. Pause

Now, your mind drifts back to another happy occasion (**Describe another happy occasion from clients past that makes them feel good**), again you smile, maybe even have a little chuckle or laugh to yourself as you remember a funny joke perhaps. You feel so happy, relaxed and calm as you just drift down even more. You've had many, many happy times in your life, with many more yet to come.

You are now joined by a future you, who is older and wiser, who stands with you, here to help you, to give love, reassurance and help. Here in this place you are safe, secure and protected, you are calm, relaxed and confident, as you now become an observer, watching from a safe distance as you calmly drift back to the event that triggered your fear of \_\_\_\_\_ (**Put in clients fear/Phobia**). From a safe distance you and your older self can observe, just calmly

watch what happens, because you are safe, secure and protected here. Pause

As you watch events unfold with older, adult eyes and wisdom, you gain a new understanding. When you are ready, move over to that younger you, put your arms around her/him, tell her/him they are ok, tell them 'you survived, you survived, I know with absolute certainty that this is true, because I am here with you today, now, this very moment.' Pause

Give that younger you words of advice, reassurance, encouragement. Tell her/him what they really need to hear. Pause

Now with that younger and older you, stand in that event and just play it all backwards like rewinding a movie or film, hearing, seeing and feeling everything backwards, as it rewinds all the emotion just disintegrates and disappears. Do that Now. Pause.

Standing back from the event now, with your powerful subconscious, surround that whole time or memory with your favourite colour. Really infuse it with that lovely favourite colour, feel a shift taking place as you are filled with confidence and a deep sense of calm and peace. Pause.

Give that younger you a big hug, tell her/him how much you love them, what an amazing life they are going to have, how special they are.

Now, that older you gives you a big hug and thanks you for having the courage to **let go of fear**, to ensure a wonderful free future full of amazing adventures.

How great does that feel now to be free, to feel lighter, like a weight has been lifted off your shoulders. You are free to live life your way.

Pause.

So, now I'm going to prepare to bring you back to the here and now, feeling free, feeling peaceful and calm, and fantastic. Here we go. Five, four, three, two, one, feeling fantastic, you can open your eyes.

## **Session 2**

Check progress from previous session and find out how client feels now about the fear/phobia. Check on the suds scale of 1 to 10 where they are. You also need to know why they want to stop the fear & how life will be when it's gone. What will they be able to do? How will they feel? What difference will it make to their life/them?

Teach – **Shield of protection.** Clients can also put a shield around whatever they are traveling in e.g. car, plane, train, boat. Check they know what a shield/forcefield is or can imagine one.

From underneath your feet I want you to bring up one of those forcefield shields you often see in films. Up over the sides, the front and the back of your body. Up over the top. Seal it over the top of your head so that you're completely encased in that shield. Inside you are safe and secure and protected. You feel calm and comfortable and peaceful. Any stresses, any tensions, any worries, negativities at all just simply bounce off and away. Bounce off and away. Bounce off and away.

## **Session 2 Script**

### **Parts Therapy**

#### **Induction & Deepener**

Just get yourself nice and comfortable ready to relax for a time and let go. When you're ready to just relax and let go you can just allow those eyes to close and as those eyes begin to close, your body begins to relax. Those muscles let go. Tensions begin to leave your body. And as those muscles unwind and allow those tensions to just leave your body and disappear. That's it. You begin to feel more and more comfortable. More and more relaxed. Calmer. More peaceful. You begin to just allow yourself to drift. Drift and dream away. As your mind automatically now slows down because it knows that this is what happens next. And as your mind slows down your body slows down. As muscles become looser and limper you come more comfortable. The more comfortable you become, the more your breathing begins to slow down. And the more your breathing slows down, the more comfortable you become. That's it. And as that breathing continues to slow down you find yourself going deeper and deeper. The deeper you go, the more your breathing slows, the more comfortable you begin to feel the deeper you go. Down and down. To that lovely state of comfortable feeling. Relaxed state. And your mind knows what needs to happen next to make you look more comfortable and feel more comfortable from the outside. As you drift deeper and deeper. And I want you to use that powerful imagination of yours and see, know or pretend that set of ten steps is there in the darkness behind your eyelids. Your steps can be as plain as you want

them to be or they can be as intricately ornate as you can imagine. Whatever is right for you is perfect. And every number that I say, every step you go down, you feel more and more comfortable. More and more peaceful. When you get down to that tenth step you'll find yourself in your special place (*Describe clients place*). I want you to just step down now into that first step, step 1, and just allow any thoughts now to drift away. That's it. And 2 Any sounds you hear, voices footsteps, doors, any others noises just help you to focus on the sound of my voice, the words I say, the instructions I give you as my voice goes with you as you drift deeper and deeper. 3 any sounds you hear just help you to feel more and more comfortable, even more relaxed as you drift deeper and deeper, down and down. And 4, drifting deeper and deeper. Down and down. And 5, just feeling so much more comfortable now than you were before. As your body continues to unwind, untwist and relax. And 6, deeper and deeper. And down and down. That's it. And 7, just feeling that sense of comfort and allowing it to spread throughout the whole of your body now. You feel that lovely, comfortable, loose and limp feeling as you drift even more deeper and deeper. Down and down. And 8, just allowing that sense of peace now to spread throughout your body. But also allowing that sense of peace now to become infused into every cell, every fibre, every part of you right down to your very DNA because this sense of peace is part of who you are. Part of the natural way for you to be now is to feel that peace. It's who you are. How you feel. It's a natural thing for you now. And 9, just allowing any last thoughts to drift away off into the universe. That's it. And 10, stepping down now into your special place (*Describe client's place*). Just how

you like it. You get that feeling, that sense of wellbeing in this place that all is good, all is okay. With every inward breath now, you breathe in that sense of wellbeing. That sense of peace. And as you breathe into your body it becomes part of who you are so that you're absolutely full of that sense of wellbeing, that peace, that calm, that confidence. Positivity. There's no room for anything negative at all. It just feels so perfect to be here.

### **Intervention**

Now that you are so comfortably relaxed in your special place, I'm talking directly to that part of you that knows all about **(NAME'S)** issue with **(Put in what they have a fear of)** and the anxiety **(+ any other feelings and reactions they have)** that she/he feels when faced with that situation, to come forward now and let me know when you are ready to work and cooperate with us here today, with a twitch of a finger. PAUSE **(until that happens.)**

Thank you for coming forward today to help **(NAME)** with this issue. I'm sure you will agree that you want what is best for her/him, you want to carry out your instructions to the very best of your ability, to help **(Name)** in the best way possible for them, for their benefit physically & mentally, so they can enjoy life, do the things they want to do, achieve their dreams & goals. Let me know with a twitch of a finger when you agree? Pause.

You have done a good job of alerting **(NAME)** to this problem and you've had your reasons for that, she/he thanks you for all your good work. But now it's time to give you an update, just like an update to programmes on a phone or computer.

You can now let **(NAME)** know what the useful purpose of this fear is. Pause

**(NAME)** I'm going to be quiet for a time, while you negotiate with that part of you, making sure you tell them what your new instructions, updates are, how you want to feel & behave and the difference it will make to your life, from this moment forward. How these changes are really going to make your life so much better. That part of you can also communicate any objections and concerns. This is part of the negotiation between the two of you. When you have a complete and utter agreement with that part, you can let me know with a twitch of a finger. Take as much time as you need. PAUSE

Just check that your new update has been completely integrated and accepted. If there are any objections, carry on negotiating until all has been resolved. Just let me know with a finger twitch when all is resolved to your satisfaction. Pause.

Now that you are in full agreement, you will make the changes necessary quickly and safely, so that **(NAME)**, can begin to benefit now and start living a better life today. Thank you for helping **(NAME)** today, to have a better life. PAUSE **(Short)**.

So, now I'm going to prepare to bring you back to the here and now, feeling changed, free and fantastic. 5, 4, feel that energy flooding back into your body, 3, 2, 1 feeling fantastic you can open your eyes.

### **Session 3**

Check progress from previous session and find out how client feels now about the fear/phobia. Check on the suds scale of 1 to 10 where they are. Revisit goals and see what they have achieved and/or yet to achieve. This session is about rehearsing the client but giving them trigger points to feel calm & relaxed along the way. The script is for a flying fear but can easily be adapted to other fears. Depending on the specific fear, I often use an animal or person they know in the rehearsal e.g. a swan for fear, anything with water a fish of some kind or a person that the client feels behaves in the way they want to. I do try to think of an animal that does whatever it is that they want to do calmly and peacefully, and in a really strong natural manner.

If you can't think of anything or the issues, doesn't lend itself to any obvious animal, then ask the client who or what has the quality's they want to help them behave in the way they want to in those fearful situations.

## Teach - **Fist**

1. Sit somewhere quiet and close your eyes.
2. With your eyes closed, just watch yourself breathing like an observer. Focus only on your breathing.
3. Make a fist with one hand, doesn't matter which. Feel the tension in your arm.
4. Keep focusing on your breathing and holding on to that fist.
5. When you can't hold on to the fist any longer, just let it go.
6. As you let it go you will feel a wave of relaxation wash up your arm and down your body, bit like a tidal wave, washing away the tension, stress and anxiety. This will be closely followed by a second smaller tidal wave, which just washes away any remaining bits of stress and anxiety.

Open your eyes and feel calmer and more relaxed.

## Session 3 Script

You're going to use a lot of clicking fingers, to help them to feel calm & relaxed. Click your fingers and immediately say relax, calm. Now, with fear of flying, it's quite often a few days beforehand, so I start this the night before. This can be adapted to suit the client, starting the rehearsal when the symptoms start to develop before the situation.

### Rehearsal

### Induction & Deepener of your choice

### Intervention

Remember a time when you just got into bed feeling calm and relaxed and peaceful. As you climb into bed now, as your bottom touches the bed, as your back touches the bed, as your head touches the pillow, **(click your fingers)** relax, calm and peaceful with that little tinge of excitement because you know tomorrow, you're going to have an amazing adventure.

As your eyes close, you fall into a deep and peaceful sleep. A relaxed sleep. In the morning when you wake up, as soon as your eyes open, **(click your fingers)** relax & calm, you feel fantastic. You feel calm. You feel relaxed. You feel a little bit excited because you're going on a fantastic adventure. Putting those suitcases into the car, **(click your fingers)** calm & relaxed. As the car drives towards the airport you feel even calmer. You feel that little tinge of excitement building, and as you hand your suitcases over at the check-in desk, **(click**

**your fingers)** relax. Calm & Relaxed. You feel amazing. You feel fantastic.

With every step that you take, you feel calmer, more relaxed, more peaceful, looking forward to the adventure ahead. You go through passport control. You feel even more relaxed, even calmer. Chirpy, chatty, excited. A big smile on your face. It feels amazing because you're going to have such a wonderful time.

As you walk out to the plane, with every step (**click your fingers**) calmer and more relaxed. And as you step over the threshold onto the plane, (**click your fingers**) calm & relax even more now. You find your seat, and as you sit down, as your bottom touches the seat, (**click your fingers**), relax. You feel calm and comfortable, relaxed. As you clip on your seatbelt, you hear the click (**click your fingers**) relax, calm, relaxed, peaceful.

As that plane starts to move, you feel your excitement building, you feel relaxed, (**click your fingers**), relax. You feel wonderful, you feel amazing. And as the plane gently takes off, (**click your fingers**) relax, calm, how fantastic that feels. And I want you to imagine now as that plane starts to move down the runway, that right beside you is the most beautiful swan. The most glorious, the most majestic, strong, beautiful swan. I want you to just step inside that swan now and really see through the swan's eyes, really get a sense or feeling what it's like to be that swan. And as that plane moves down the runway, you just get that sense of peace and calm. As you start to flap your arms, as your feet start to run across the top of the water,

you just know that this is so easy and natural here. And as you take off, as your body lifts up, you just fly so gracefully, that wonderful sense of freedom, peace, up there in the sky. You can see through the swan's eyes, you can see that beautiful blue sky.

As you travel along towards your destination, your arms just naturally and easily gracefully flap up and down, **(time that with the breathing of your client)**, up and down. And it just feels so good up here, so natural, so calm, so relaxed, so peaceful. It feels wonderful. It's just such a great place to be, and it's just such a natural thing for you to do, is to just fly, looking forward to that wonderful adventure ahead. And as you begin to reach your destination and start to get lower and lower and come down, ready to land, you put your feet out. You can see that wonderful lake in front of you. You feel so relaxed and so calm, ready for that adventure now. And as your feet touch the water and the plumes of water spread everywhere it's just such a wonderful feeling, and you gently just sink onto the water, and just float along and come to a standstill. You feel amazing. You feel fantastic. It's so good to be there. Now you can step out of the swan, feeling fantastic, and mentally you can thank the swan for allowing you to become part of it, and absorb its qualities.

As you undo your seatbelt you feel fantastic. You just get that deep sense of excitement. You can't wait to get on that holiday, to get to your hotel, to get to your destination and really enjoy that holiday, whatever it is. Feeling proud of self, feeling fantastic, and the return flight is just a piece of cake. So easy, so natural, and you know now that it's an easy, natural thing for you to do. And any little bumps in

the air are just that, little bumps in the air, and you naturally and easily just go up and down and remain calm and relaxed throughout...PAUSE

So now I'm going to prepare to bring you back to the here and now, feeling calm and relaxed. Free. Really enjoying that sense of freedom now. So here we go - five, four, three, two, one, feeling fantastic you can open your eyes.