



BOOSTING YOUR SCRIPTS WITH FUTURE PACING

A Typical Script - Suggestions for Ego-Strengthening by John Hartland, M.B. (Hammond, p.148-149, 1990)

You are going to feel physically stronger and fitter in every way. You will feel more alert . . . more wide awake . . . more energetic. You will become much less easily tired . . . much less easily fatigued . . . much less easily discouraged . . . much less easily depressed. Every day . . . you will become so deeply interested in whatever you are doing . . . in whatever is going on around you . . . that your mind will become completely distracted away from yourself. You will no longer think nearly so much about yourself . . . you will no longer dwell nearly so much upon yourself and your difficulties . . . and you will become much less conscious of yourself . . . much less preoccupied with yourself . . . and with your own feelings. Every day . . . your nerves will become stronger and steadier . . . your mind calmer and clearer . . . more composed . . . more placid . . . more tranquil. You will become much less easily worried . . . much less easily agitated . . . much less easily fearful and apprehensive . . . much less easily upset. You will be able to think more clearly . . . you will be able to concentrate more easily. You will be able to give up your whole undivided attention to whatever you are doing . . . to the complete exclusion of everything else. Consequently, your memory will rapidly improve . . . and you will be able to see things in their true perspective . . . without magnifying your difficulties . . . without ever allowing them to get out of proportion. Every day . . . you will become emotionally much calmer . . . much more settled . . . much less easily disturbed. Every day . . . you will become . . . and you will remain . . . more and more completely relaxed . . . and less tense each day . . . both mentally and physically . . . even when you are no longer with me.

And as you become . . . and as you remain . . . more relaxed . . . and less tense each day . . . so . . . you will develop much more confidence in yourself . . . more confidence in your ability to do . . . not only what you have . . . to do each day . . . but more confidence in your ability to do whatever you ought to be able to do . . . without fear of failure . . . without fear of consequences . . . without unnecessary anxiety . . . without uneasiness. Because of this . . . every day . . . you will feel more and more independent . . . more able to 'stick up for yourself' . . . to stand upon your own feet . . . to hold your own . . . no matter how difficult or trying things may be.

Every day . . . you will feel a greater feeling of personal well-being . . . a greater feeling of personal safety . . . and security . . . than you have felt for a long, long time. And because all these things will begin to happen . . . exactly as I tell you they will happen . . . more and more rapidly . . . powerfully . . . and completely . . . with every treatment I give you . . . you will feel much happier . . . much more contented . . . much more optimistic in every way. You will consequently become much more able to rely upon . . . to depend upon . . . yourself . . . your own efforts . . . your own Judgment . . . your own opinions. You will feel much less need . . . to have to rely upon . . . or to depend upon . . . other people.

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What is Future Pacing?

'Future pacing' is a phrase adapted from neurolinguistic programming (NLP) which describes imagining taking the agreed outcome/direction into specific future events where this outcome will give the client benefit. This imagined experience will not only test the results of the change but will also condition this new response both cognitively and neurologically.

- Testing the work & establishing conditioned response
- Specific events (at least 3 events)
- 1st person and 3rd person experiences with visual, auditory and feelings experiences

Structure of a Hypnotherapy Session

1. **Preinduction**
2. **Induction & Deepening**
3. **Utilization (script, regression, inner child work, etc).**
4. **Post hypnotic suggestions**
5. **Count out of trance**

Preinduction Talk, Interview, & gathering information. Along with general information about the person, their experience in hypnosis, and the problem they would like to change. Include:

- *"What do you want instead (of the problem)? What will that achieving that do for you?"*
(Find the benefit and make sure it can be controlled and initiated by them, positive, and specific).
- *"How will you know you have achieved it? What will you see, hear or feel?"*
(collecting sensory information that you will use to future pace)
- *"Where, when and with whom do you want it?"*
(collecting exact situations to future pace)
- *"What are you already doing to move forward toward that outcome? What else can you do?"*
- *"What has stopped you from reaching that outcome? What qualities, skills, states do you need to reach that outcome?"* (the work of the session – utilization of the hypnotherapy)



Post Induction & Future Pacing. While still in trance, have client imagine the change in specific instances of the future.

- At least 3 specific instances in the future using the changed behavior (Use specific events from the interview. NLP anchor location/situations to change).

“And now imagine yourself getting ready for bed. It’s 11 pm and you have completed cleaning up and are getting ready for your 30 minutes of leisurely reading before tucking yourself to sleep as Dad would tuck you in after reading a story to you.”

“Now imagine you are in the meeting with the new client. As you sit down and look over smiling at the new client, confidence surges through you.”

- Use problem to ‘trigger’ the changed behavior (anchor solution to problem = NLP swish)

“And every time you are surprised at how late it is, you remember the cozy feeling of tucking yourself in.”

“And every time you get out of your car and feel the twinge in your knee, you remember just how comfortable you are right now, laying here, so in control of your comfort, so in control of your life.”

- Repetition. Repetition. Repetition.
- Use as many modalities to experience the change: sight, hearing, feeling. As if the event is happening to them (1st person) and watching them in the future events (3rd person).

“And as you are there in the crowd, you can see people moving around you, and hear their feet and conversations. You take a long deep breath in and experience inner calmness, inner stillness.

“Watch her out there moving easily through the crowd. Here the rustling of people, conversations, traffic in the background. And there, she is. Watch as she draws in a long breath and her face transforms into the expression of inner calm and stillness.”

- Return to the present moment seeing their future self out there (locate future direction) as you end the session.

“And you can now return to the present moment. And as you return back here, into my office, you can still see her out there in your future guiding you forward and reminding you that you do have inner calmness and that it is with you always and every time you take a long deep breath in.”

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Updated Script Paragraph and Post Hypnotic Suggestions

Case A: Women Who Feels like a Little Girl:

*And as you become . . . and as you remain. . . more relaxed . . . and less tense each day . . . so . . . you will develop a **much greater sense of your adultness. . . an adult with confidence in your ability to listen to other opinions calmly and then state your opinion. . . without fear of overbearing fathers . . . without fear of feeling like a little girl . . . without remaining quite . . .** And anytime you experience a boastful person, their chests puffing up, you remember your adult confidence and your ability to share, not only what you have to share, but your ability to share whatever you want to share and share it calmly and collectively. Because of this . . . every day . . . you find that you see boastful people and treat boastful people like the adult that you are and you see and treat yourself like the adult that you are . . . able to hear others puffed chested opinions and able to share your opinions because you are an adult, equal to all. And because you are equal to other adults, you feel more independent in your opinions and ideas... **more able to stick up for your views** and stand on your own two feet. . . no matter how difficult or trying things may be.*

Post Hypnotic Suggestions:

So now imagine yourself in a meeting with your Boss. He has stated his opinion on the project you've worked on. You listen to his words, his ideas, his views. Then you pause, take it in and, then calmly and collectively, like an adult that you are, share your ideas and your views in your words. Life at home has also become more collaborative. As you prepare Thanksgiving dinner, your husband comes in and asks about the ingredients of the apple pie. You listen to his views and ideas. You pause, taking in his words, and, like an adult that you are, you calmly and collectively share your ideas and views on what makes a good apple pie. You have shared your views with Peter, your son, so now you feel capable of sharing your views with others in your life. You even share your views to your Doctor. See yourself there in his office. Watch him express so boastfully his views as you watch yourself calmly listening. Then watch yourself pause, your demeanor calm and collected. And listen as you express what you, as an adult that you have now become, think and feel is best for your health. Because now, every time you get that gut feeling of being a little girl, you remember this experience of calmly collectively sharing your views.

Case B: Man Who Wants to Be More Fatherly and Less Partier and Drinker

*And as you become . . . and as you remain. . . more relaxed . . . **and more responsible** so . . . you will develop much more confidence in yourself. . . more confidence in your ability to **express your views such as the amount of beers you will drink and the amount of time you will spend out with friends and away from family... you even choose the day when you play with friends and the day you choose to play with your kids instead... and you do so without fear of rejection . . . without fear of others desires . . . without unnecessary anxiety . . . without needing to please... because you are a model of fatherhood, you are a Dad now. You are supposed to act this way, have these priorities.** Because of this . . . every day . . . you will feel more and more*

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independent in your choices of when, how many, and how long you will be out . . . more able to 'stick up for yourself and the needs of your kids . . . to stand upon your own feet . . . to hold your own . . . no matter how tempting your friends requests are.

Post Hypnotic Suggestions:

Because now you are a father. And every time you raise your arm to look at your watch, you remember that you are a father with duties to your family. Every time you feel the fullness of the belly finishing that second beer, you remember, you are a father and switch to a single soda before heading off to your family. You are a father and every time you raise your arm to look at your watch, you remember that you are a father with duties to your family. And every time you hear your friends say "come on John, one more beer", you remember you are a father, leaving early to attend to your fatherly duties" And when your friends suggest a new bar in the middle of the evening, you suggest a new day. You are a father and early goodbyes with your friends are pleasing to your kids. So see yourself out there now, you are having a few beers. Then watch him as he pats his belly, orders a soda and soon says his goodbyes so he can head home. His evening, your evening now ends with the sweet faces of your kids as you tucks them into bed each night.

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