Addiction Scripts

Alcohol Free
Alcohol Cessation
Alcohol Moderation
Binge Drinking
Caffeine Addiction
Cannabis
Chewing Tobacco
Chocolate Addiction
Cocaine Addiction
Coming off Anti-Depressants
Compulsive Spending
Cutting Down on Smoking
Drugs - Freedom from
Gambling
Gambling - The Fool
Heroin Addiction
Methadone Addiction
Nicotine Craving
Nicotine Gum
Pipe Smoking
Pornography Addiction
Salt Addiction
Secret Smoking
Smoke Free House
Smoking Addiction
Smoking Association
Smoking Aversion
Smoking Aversion 2
Soft Drinks
Stopping Smoking
Stopping Smoking 2
Stopping Smoking - Driving towards Success
Stopping Smoking - The Road to . . .
Stopping Smoking with Time Distortion
Stop Smoking with Self Hypnosis
Stop Shoplifting
Sugar Addiction
Tranquilizer Addiction

Anger Hypnosis Scripts

Anger Management
Anger Management 2
Forgiveness
Road Rage (Parts Therapy)
Stopping Swearing

Inductions

Arm Levitation
Beautiful Day
Blue Light
Bubble
Candle Flame
Clasped Hands Free
Closed Eye
Cloud Induction
Deep Relaxation
Difficult Clients
Echo Induction
Eye Focus
Eye Roll
Facial Massage Induction & Deepener
Glued Hands
Group Induction
Hammock Induction
Island Walk
Magic Carpet
Odds Even
Overload
Painting Picket Fence
Pendulum Method
Postural Sway
Rapid Induction
Rose Induction
Rigid Arm
Scottish Castle Library
Scottish Highlands Double Dice
Seven Steps
Sleep Hypnosis
Snowman Induction
Spiral Induction
The Andy Moore Induction
Yogic Breath

Coping with Loss

Finding Lost Objects
Losing a Pet
Separation Anxiety

Memory and Learning Scripts

Accelerated Studying (Short Version) Free
Accelerated Studying (Longer Version)

Stop Self Harming
The Tool

Body Image
Anti Aging
Better Posture
Body Dismorphic Disorder
Breast Enlargement (Shorter Version) Free
Breast Enlargement (Longer Version)
Breast Reduction
Building Muscle Mass
Facial Slimming
Face Lift
Facial Hair Removal
Firmer Breasts
Hair Growth with Hypnosis
Hair Growth 2
Height Increase
Penis Enlargement

Business Skills and Finance
Affluence Free
Attracting Abundance
Beach Worker
Career Change Confidence
Creating Wealth
Executive Skills
Facing Bankruptcy
How to Build a Successful Hypnotherapy Practice
Lottery Winner
Make Your Own Hypnosis Recordings
How to Write Your Own Hypnosis Scripts
Natural Negotiation
Prosperity
Selling Skills with Hypnosis techniques
Sensible Spending
Stepping Back from your Business
Successful Interviews
Time Management
Wide Awake Business Meetings

Childbirth & Fertility
Baby Bonding
Breastfeeding Adopted Baby

Computer Confidence
Concentration
Dyslexia
Foreign Language Study
Listening Skills
Memory and Concentration
Memory Recall
Mental Blocks
Photographic Memory
Presentations & Exams
Speed Reading
The Joy of Reading
Time Distortion
Writers Block
Writing Skills

Hypnotic Metaphors
Premature Ejaculation
Sleep Temples

Pain Relief Hypnosis Scripts
Autogenic Programming
Creating Numbness
Glove Anesthesia - Mountain Cabin
Melt Away Pain
Menstrual Pain
Muscular Relaxation
Pain Control (Rapid)
Pain Management
Pain Relief
Pain Relief (Longer Version)
Pain Relief for Children
Phantom Limb Pain

Performance
Accepting Yourself
Best Mans Speech
Better Handwriting
Camera/Media Shy
Dance the Night Away
Great Guitar Playing
Hypnotic Power Nap
Inappropriate Laughter
Interrupted Sleep
Living in the Now

Caesarean Preparation
Childbirth, Natural
Childbirthing Cycle
Coping After An Abortion
Crying Baby
Drug-free Childbirth
Failed IVF Treatment
Fear of Childbirth
Healthy Eating during Pregnancy
Healthy Pregnancy
Increased Sperm Count
Infertility
IVF
Miscarriages
Morning Sickness
Over Protective Mothers
Placenta Previa
Post Natal Depression
Pre-IVF
Premature Baby Care
Smoke Free Pregnancy

Children's Issues

Attention Deficit Hyperactivity Disorder
Balloon Room (OCD)
Bedwetting
Childhood Defiance
Childhood Infections
Child Meditation
Children - Hypno-Relaxation
Children's Health
Concentration for Children
Confidence for Children
Coping with Divorce
Eagle Child (Pain or Fear script)
Encopresis (Soiling)
Enuresis 2
Fear of Being Alone
Fear of Dentists for Children
Fear of Needles for Children
Fear of Swimming for Children
Fear of Tornados for Children
Fear of Vomiting for Children
Flying Blanket Free
Football - Visualization (for children)
Hypno-Relaxation for Children
Increased Appetite

Peak Performance
Perfect Pianist
Perfectionism
Personal Pride
Procrastination
Song Writing
Stage Fright / Auditions
Successful Step Parenting
Tone Deafness
Unlock your Artistic Ability
Velvet Voice
Wedding Day Nerves

Personal Development

Accepting Responsibility
Appreciation
Assertiveness
Become Tidy & Organized
Charisma
Creativity - New
Creative Painting
Curbing Control
Emotional Baggage
Emotional Calm
Happiness
Inner Adviser
Life Changes
Luck and Intuition
Make Your Dreams Come True
Motivation
New Year - New You
Patience
Reinvent Yourself
Tuning into Emotions
Unlocking your Visual Ability

Psychic and Paranormal

Developing ESP
Hypnotic Mediumship
Inner Truth (Meditation Script)
Meeting Your Spirit Guide
Out of Body Experience Free
Psychic Ability
Psychic Protection

Juvenile Diabetes Management
Magic Carpet Induction
Magic TV Free
Perfect Parenting
Problem Solving
Oak Tree Free
Opposition Defiance Disorder
Safe Sleeping
School Phobia
Selective Mutism
Secret Place
Sick Sibling Jealousy
Teenage Time Management
Thumb Sucking
Thumb Sucking 3

Confidence

Blushing Free
Bullying
Circle of Confidence
Confidence Free
Confidence Building
Confidence for Dating
Confidence for Hypnotherapists
Confidence (Longer Version)
Confidence at Work
Confidence - Crystal Ball
Confidence - Garden of Life
Ego Strengthening
Increased Self Esteem
Making Decisions
Powerful Public Speaking
Self Belief (Protective Shield)
Stuttering
The Steam Train
Timidity Free
Timidity (longer version)

Deepeners

Amnesia - Creating
Best Friend Free
Blackboard
Candle Free
Cascading Waterfall
Colors

Regression and Progression

Affect Bridge Technique
Age Regression
Automatic Writing
Back to the Womb
Candle Gazing
Celebration Free
Chakra - Regression
Christos Technique
Crystal Revelation
Earth Magic
Future Life Progression
Future Projection
Hidden Files
Higher Consciousness
Karma
Life Script
Memorabilia
Past Life Rainbow
Past Life Regression
Path of Life
Rainbow Regression
Regression
Regression Script
The Time Machine
Tree of Life

Relationships

Accepting Alcoholism
Attracting Love
Co-dependency
Dealing with Divorce
Draw Love into Your Life
Forgetting an Ex-Lover
Hypnosis for Lovers
Inner Child
Jealousy Free
Jealousy - Full Version
Moving on in a Relationship
Overcome Marital Abuse
Perfect Partnership Free
Possessiveness
Rebuilding Trust
Relationships
Unrequited Love

Dream Destination
Horse Deepener
Jumbo Playing Card Experience
Lagoon
The Lift
Numbered Staircase - Deepener Free
Old Oak Tree
Puppet
Seven Doors
Ski Slope
Stairway to Heaven
The Playground
The Staircase Free
The Star
The Twenty Six Step Deepener

Exams

Driving Test
Driving Theory Test Nerves
Exam Nerves Free
Exam Success
Practical Exams
Stress-free Studying
Test Anxiety

Fears and Phobias

Agoraphobia
Claustrophobia Revised
Fast Phobia Technique (NLP type)
Fearless Flying
Fear of Anaesthesia
Fear of Authority
Fear of Balloons
Fear of Bees or Wasps
Fear of Being Alone
Fear of Birds
Fear of Blood
Fear of Bodily Functions
Fear of Buttons
Fear of Cats
Fear of Commitment (Parts Therapy)
Fear of Criticism
Fear of Crowds
Fear of the Dark
Fear of the Dark for Children

Self Hypnosis

Hypnotize Yourself
Complete Guide to Self Hypnosis

Sexual Problems

Cross Dressing Confidence
Erectile Dysfunction
Frigidity
Healing the Survivor of Child Abuse
Impotence
Increased Libido
Intimate Sex
Masturbation Addiction
Premature Ejaculation
Rape Recovery
Saying No to Sex
Sexual Confusion
Sexual Fulfillment
Vaginismus

Skin Problems

Acne
Cellulitis
Eczema
Excessive Sweating
Facial Cysts
Healthier Complexion
Hives
Itching
Psoriasis
Psoriasis Warrior
Rosacea
Skin Problems Free
Warts - Elimination

Sport & Pastimes

Back Handspring, perfecting
Better Basketball
Better Snooker
Better Rock Climbing
Bike Riding Confidence
Boxing Boost
Championship Cricket

Fear of Death
Fear of Dental Treatment
Fear of Doctor's & Dentists (White Coat Syndrome)
Fear of Dogs
Fear of Driving
Fear of Eating in Public
Fear of Escalators
Fear of Failure
Fear of Fainting
Fear of Falling over whilst Walking (Balance)
Fear of Fear
Fear of Flying
Fear of Flying (Everyday)
Fear of Flying (3)
Fear of Germs
Fear of Insects
Fear of Inserting Contact Lenses
Fear of Inserting Eye Drops
Fear of Internal Examinations
Fear of Intimacy
Fear of Going Places Free
Fear of Heights (or Bridges)
Fear of Hospitals
Fear of Injections
Fear of Lifts/Elevators
Fear of Lizards
Fear of Long Flights
Fear of Loud Noises
Fear of Monsters
Fear of Moths
Fear of Motorway (Freeway) Driving
Fear of MRI Scan
Fear of Needles
Fear of Old Age
Fear of Passenger Travel
Fear of Pregnancy
Fear of Rats and Mice
Fear of Rejection
Fear of Shopping Centres/Malls
Fear of Sleep whilst Driving
Fear of Snakes
Fear of Spiders
Fear of Spiders (for children) Free
Fear of Success
Fear of Talking on the Telephone
Fear of Technology
Fear of Thunderstorms

Champion Darts
Chess Master
Endurance Training
Exercise for Fun
Excel at Sport
Football Confidence
Golf Improvement
Hypnosis for Martial Arts Free
Improve Yourself (Sports)
Perfect Pitching (Softball)
Perfect Poker
Play Better Rugby Union
Rugby League
Running / Jogging
Show Jumping Confidence
Sport Improvement
Swim with Hypnosis
Tennis Improvement NEW
Wrestling Excellence

Stress and Anxiety

Anxiety Release
Anxiety Release Fast (NLP type)
Balloon Negative Emotion Release
Blow Away Stress
Calm-mm
Emotional Release
Gagging
Gagging 2 (Easy Swallowing)
Guilt Complex
Morbid Thoughts
Nightmares
Negative Release
Negativity
Negativity 2
Panic Attacks
Post Traumatic Stress Disorder
Silver Sack - Negativity
Stress
Stress Management
Wash Away Stress
Work Worries
Worrying

Suggestibility Tests

Balloon and Book

Fear of Travel
Fear of the Underground/Subway/Metro
Fear of Viruses
Fear of Vomiting
Fear of Water
Fear of Water 2
Homophobia
Phobias - Helping Your Clients to Overcome
Phobia Release
Social Phobia

Grief

Anniversary Syndrome
Bereavement (Loss of a Loved One)
Loneliness
Saying Goodbye

Habits and Disorders

ADHD (for Adults)
Altitude Sickness
Anorexia
Anticipatory Nausea
Appetite Increase
Asperger Syndrome
Bulimia
Balloon Room OCD
Bladder Control
Bruxism
Chewing Annoyance
Compulsive Lying
Creating Alternatives
Depression
Depression (Healing White Light)
Dissociative Identity Disorder
Drink Driving Aversion
Dystonia
Enuresis (Adults)
Excessive Burping
Insomnia
Insomnia 1 Free
Insomnia 2 Free
Insomnia - Black Door
Insomnia - Guardian Angel
Knuckle Cracking
Maintenance Insomnia
Cheek or Chin
Finger Technique

Time Lines

Calendar
Canvas
Space Odysessy
Train Journey

Visualizations

Balloon Ride
Cairngorm Mountain Experience
Cottage Garden
Dolphin Dreams
Fireside Visualization
Football (for children)
Forest Walk - Visualization Free
Forest Walk - Full Version
Holiday Stroll Free
House of Life
Jigsaw Free
Lake
Magical Stream
Motorbike Visualization
Mountain Free
Glove anesthesia - Mountain Cabin
Private Garden
Rock Pool
Roman Fortress
Rose
Sunset
Swimming
Temple of Ages
The Paragliding Experience
Tropical Island
Wise Old Man
Wolds Experience
Zero Gravity Experience

Weight Loss/Gain

Control Room
Easy Weight Loss
Eating and Drinking More Slowly
Emotional Eating
Escape from Prison

Mind Clutter
Morning Person
Motion Sickness
Mouth/Cheek Biting
Nail Biting
Nail Biting 2
Nervous Cough
Nervous Fainting
Nervous Twitch
Nicer Nails
Obsessive Behavior
Obsessive Compulsive Disorder
Obsessive Compulsive Disorder (3)
Restless Leg Syndrome
Sea Sickness
Sleep Talking
Sleep Walking
Shy Bladder
Snoring for the Listener
Snoring - Stopping
Swallowing Pills with Ease
Thought Stopping (for Unwanted Thoughts)
Thumb Sucking (Adult)
Trichotillomania (Compulsive Hair Pulling)
Trichotillomania 2
Vertigo - Balancing your Body

Exercise in your Sleep
Fasting
Fit, Trim and Healthy
Healthy Eating
Hypnotic Stomach Stapling
Ideal Weight and Shape
Letting go of Excess weight
Motivation for Exercise
NLP Type Approach
Nocturnal Eating
Personal Weight Loss Program
Regaining Slimness
Sensible Eating
Slimmer You
Speed Up Your Metabolism
Timeline Slimming
Ultimate Slimming
Weight Gain for Women
Weight Loss - Attic
Weight Loss Maintenance

Health

Acid Stomach
Allergies
Alopecia
Amenorrhea
Arthritis
Asthma
Ataxia
Bell's Palsy
Blood Pressure
Brain Tumor
Cancer Treatment
Candida Overgrowth
Chronic Fatigue Syndrome
Colitis
Colonoscopy
Constipation
Coping with Chemotherapy
Crohn's Disease
Cyclic Vomiting Syndrome

Cystitis
Deep Vein Thrombosis
Depression/Anxiety Combination
Diabetes
Diverticulitis
Edema
Emphysema
Endometriosis
Endoscopy
Enjoy Fruit & Vegetables
Essential Tremor Disorder
Eyesight Improvement
Eye Surgery (Whilst Awake)
Fibroids
Fibromyalgia
Food Intolerance
Fruit and Vegetable Aversion
Gallstones
Halitosis
Hay Fever
Headaches and Migraine
Healing Angel
Healing Script
Health Matters Free
Hepatitis
Herpes
HIV (Coping with)
Hormone Imbalance
Hypochondria
Improve Immune System
Increased Renal Function
Indigestion
Irritable Bowel
Irritable Bowel Syndrome (IBS)
Irritable bowel syndrome
Life Energy Lower Cholesterol
Lupus (Auto Immune Disorder)
Lymphedema
Macular Degeneration
Menopausal Symptoms
Migraine
Motor Neurone Disease
Multiple Sclerosis
Muscular Dystrophy
Osteoporosis
Pancreatitis
Parkinson's Disease

Perimenopausal Arthalgia
Phantosmia and Parosmia
Polyneuropathy
Post Surgery
Post Nasal Drip
Pre Menstrual Syndrome
Pre Surgery
Prostate Cancer
Prostate - Body Journey
Raynauds Disease
Seasonal Affective Disorder (SAD)
Scoliosis
Shingles
Sinusitis
Sjogren's Syndrome
Sleep Apnea
Speedy Healing (Broken Bones)
Stroke
Stomach Ulcers
Tinnitus
Turning off Unwanted Genes
Urge Incontinence
Varicose Veins