

Script A Initial Induction (Garden Theme)

Close your eyes (*Clients Name*) and the first thing we are going to do is relax the body and then we will go on to relax the mind. So, to relax the body, please take a deep breath ... now just concentrate on your breathing for a few moments ... slow ... steady ... deep breaths ... because breathing is all important to help your body relax ... and it also helps you to focus on your body and become aware of the tensions held there in the muscles.

Now allow your breathing to become normal and relaxed ... slow .. steady ... rhythmic breaths ... and the next thing I would like you to is look inside your forehead as if it was a screen and see the word relax . just see the word relax ... Concentrate on the word relax and become aware of those tiny little muscles in your forehead ... there are little bits of tension there and I want you to just let that tension go.

We carry a lot of tension in the muscles from the everyday stresses and strains of life, but by being aware of this tension, we can let it go.

So now bring this awareness down to your jaw ... feel your jaw loosen ... feel it drop slightly as it reaches its most natural comfortable position ... free of stress and tension.

And now take your awareness down onto your shoulders ... another area where we carry a lot of tension ... feel the shoulders loosen ... feel that tension just melting away.

And as you do this (*Clients Name*) you become aware of how heavy your body is feeling as you just let the tension go.

Now concentrate on the muscles on either side of your spine ... letting those muscles soften ... allowing that tension to leave your body now.

And now to the chest ... and down to the stomach ... feeling more relaxed all the time ... further down to the pelvic area ... and feel this wonderful wave of relaxation flowing down further ... to the thighs ... the knees ... calves and shins ... and onto the ankles and feet.

A wonderful feeling of relaxation passing down through your body ... feel this feeling at your shoulders once more ... and bring it down your arms ... wrists ... and hands.

You are now beautifully calm and relaxed ... and from now on (*Clients Name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful feeling of relaxation ... every time you hear the words calm and relaxed ... you will drift deeper ... and deeper.

And now, in this wonderful feeling of relaxation, you become aware of how heavy your body feels ... and I want you to become aware of the chair (*or couch*) you are lying on (*or sitting in*) ... let that chair (*or couch*) support your body completely now ... give your body up to the chair (*or couch*) ... and let it do all the work of supporting you.

It is a lovely feeling being warm, comfortable, calm and relaxed ... and now as you allow your body to relax completely ... just let it rest there ... as you now go on a journey in your imagination.

Just use your imagination for me (*Clients Name*) and find yourself in a beautiful garden on a warm summers day ... just imagine yourself standing here in this beautiful place ... the air is still and the sun is shining ... a clear blue sky ... and all around you here are wonderful flowers, trees and shrubs ... become aware of the beautiful colours of the flowers ... smell the fragrance of the blossoms on that warm summer air ... watch butterflies as they dance around ... their lovely coloured wings catching the sunlight ... and you can hear birds singing in the trees ... and in the background, there's the gentle hum of insects.

And the feeling you get in this beautiful place is one of peace ... and tranquillity ... and this wonderful feeling allows you to drift deeper ... becoming more calm and relaxed as each moment passes.

Now, as you stroll through the garden, taking in the sights and the sounds on nature ... I want you to come across some steps ... ten steps which will lead you down to a lower level in the garden ... In a moment I will ask you to walk down these steps ... and you will find that with each step you take ... you will drift deeper and deeper into this wonderful relaxing feeling ... with each step you take ... you will drift deeper and deeper ... and as you walk down the steps I will count them down for you.

Just to indicate to me that you are aware of the steps in front of you now *(Clients Name)* please slightly lift a hand ... *(wait for a response. Repeat if no response)* ... good thank you ... now make your way down the steps ... 10 ... 9 ... 8 ... drifting deeper and deeper ... 7 ... 6 ... feel yourself sinking down with each step ... 5 ... drifting down and down ... 4 ... *(pace numbers with clients breathing)* ... 3 ... 2 ... deeper now ... 1 ... and onto a lower level.

You are now in an even more beautiful part of the garden ... and over to your right is a comfortable, reclining garden chair ... make your way over to this chair and settle yourself down ... and as you settle feeling so warm, comfortable, calm and relaxed ... you close your eyes ... feel the warmth of the sun on your face ... and drift deeper ... drift deeper and deeper ... just drift away ... into a wonderful deep, deep feeling of relaxation *(Continue to deepen if you feel it is appropriate)*

And now in this beautiful state of relaxation ... we have access to your subconscious mind ... and that part of you is willing and able to retrain today to allow you to leave here and embark upon that journey to become the new *(Clients Name)* in *(Number of weeks)* time when you will weigh just *(Target Weight)*. Your subconscious will retrain today and you will become the new *(Clients Name)*.

Just rest there for a few moments *(Clients Name)* and enjoy the peace and serenity of your surroundings and in a moment when you hear my voice again, it will be time to return to normal conscious awareness.

Script B. The Return (Garden Theme)

Ok (*Clients Name*) this is an exercise for the time being and we now need to return to normal conscious awareness and we do this by retracing our steps.... so I want you to leave the chair now and make your way back to the foot of the steps again.... and in counting you to the top, I shall bring you safely back to normality I will count you up as you climb. Make your climb now... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now.... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Script C. Second Induction (Garden Theme)

Make sure you are comfortable and relaxed once more and close your eyes.

Once again (*Clients Name*), take a few deep breaths and blow away any tension that you are aware of in your body ... Just feel all those muscles relax once more as your body starts to feel calm and relaxed once again ... feel all that tension going ... This beautiful feeling of calmness is passing all through your body once again ...

Now you are beautifully calm and relaxed ... calm and relaxed.

Imagine again that beautiful terraced garden. That warm summers day in this tranquil place ... Stroll through the garden to the steps which lead down to the lower level In a moment, once more, I will ask you to walk down these steps, and with each step you take, you will feel more and more calm and relaxed ... with each step you take you will feel more calm and relaxed and as before, as you walk down these steps, I will count you down.

Now, make your way down the steps 10 ... 9 ... 8 feel that lovely sinking down feeling again ... 7... 6 ... getting calmer and calmer ... 5 ... drifting down and down ... and down ... 4 ... 3 ... 2 ... 1 ... 0 ... you are now in that part of the garden where you find the chair....

Make your way over to the chair once again ... all the work is done from this place ... settling yourself down in the warm sunshine ... closing your eyes ... and drifting ... just drifting ... drifting down and down ... drifting deeper now ... *Deepen as appropriate.*

Script A. Initial Induction (Building Theme)

Close your eyes (*Clients Name*) and the first thing we are going to do is relax the body and then we will go on to relax the mind. So, to relax the body, please take a deep breath ... now just concentrate on your breathing for a few moments . slow ... steady ... deep breaths ... because breathing is all important to help your body relax ... and it also helps you to focus on your body and become aware of the tensions held there in the muscles.

Now allow your breathing to become normal and relaxed ... slow .. steady ... rhythmic breaths ... and the next thing I would like you to is look inside your forehead as if it was a screen and see the word relax ... just see the word relax ... Concentrate on the word relax and become aware of those tiny little muscles in your forehead ... there's little bits of tension there and I want you to just let that tension go.

We carry a lot of tension in the muscles from the everyday stresses and strains of life, but by being aware of this tension, we can let it go.

So now bring this awareness down to your jaw ... feel your jaw loosen ... feel it drop slightly as it reaches its most natural comfortable position ... free of stress and tension.

And now take your awareness down onto your shoulders ... another area where we carry a lot of tension ... feel the shoulders loosen ... feel that tension just melting away.

And as you do this (*Clients Name*) you become aware of how heavy your body is feeling as you just let the tension go.

Now concentrate on the muscles on either side of your spine ... letting those muscles soften ... allowing that tension to leave your body now.

And now to the chest ... and down to the stomach ... feeling more relaxed all the time ... further down to the pelvic area ... and feel this wonderful wave of relaxation flowing down further ... to the thighs ... the knees ... calves and shins ... and onto the ankles and feet.

A wonderful feeling of relaxation passing down through your body ... feel this feeling at your shoulders once more ... and bring it down your arms ... wrists ... and hands.

You are now beautifully calm and relaxed ... and from now on (*Clients Name*) every time you hear the words calm and relaxed ... you will drift deeper and deeper into this wonderful feeling of relaxation ... every time you hear the words calm and relaxed ... you will drift deeper ... and deeper.

And now, in this wonderful feeling of relaxation, you become aware of how heavy your body feels ... and I want you to become aware of the chair (*or couch*) you are lying on (*or sitting in*) ... let that chair (*or couch*) support your body completely now ... give your body up to the chair (*or couch*).... and let it do all the work of supporting you.

It is a lovely feeling being warm, comfortable, calm and relaxed ... and now as you allow your body to relax completely ... just let it rest there ... as you now go on a journey in your imagination.

Just use your imagination for me (*Clients Name*) and find yourself on the flat roof of a large building ... You feel perfectly safe as there is a wall around the edge of the roof ... Beyond there is a wonderful view ... In one corner of the roof you can see a small building with a door in it ... walk over to this door and open it ... step through to the other side and close it behind you ... You now find yourself standing in front of a stairway with ten steps leading down ... In a moment I will ask you to walk down these steps ... and you will find that with each step you take ... you will drift deeper and deeper into this wonderful relaxing feeling ... with each step you take ... you will drift deeper and deeper ... and as you walk down the steps I will count them down for you.

Just to indicate to me that you are aware of the steps in front of you now (*Clients Name*) please slightly lift a hand ... (*wait for a response. Repeat if no response*) good thank you ... now make your way down the steps ... 10 ... 9 ... 8 ... drifting deeper and deeper ... 7 ... 6 ... feel

yourself sinking down with each step ... 5 ... drifting down and down ... 4 ... *(pace numbers with clients breathing)* ... 3 ... 2 ... deeper now ... 1 ... and onto a lower level.

You now find yourself in a beautiful hallway and over to your right is a comfortable armchair beside a warm crackling log fire ... Make your way over to the armchair and settle yourself down ... and as you settle, you close your eyes ... feel the warmth of the fire on your face and drift deeper ... drift deeper and deeper ... just drift away ... into a wonderful deep, deep feeling of relaxation *(Continue to deepen if you feel it is appropriate)*

And now in this beautiful state of relaxation ... we have access to your subconscious mind ... and that part of you is willing and able to retrain today to allow you to leave here and embark on the journey to become the New *(Clients Name)* ... your subconscious will retrain today and you will become the New *(Clients Name)*.

Script B. The Return (Building Theme)

Ok (*Clients Name*) This is an exercise for the time being and we now need to return to normal conscious awareness and we do this by retracing our steps ... so I want you to leave the armchair now and make your way back to the foot of the stairs again ... and in counting you to the top, I shall bring you safely back to normality I will count you up as you climb.

Make your climb now... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now.... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Script C. Second Induction (Building Theme)

Once again (*Clients Name*) close your eyes and take a nice deep breath ... and as you start to feel calm and relaxed once more ... just scan your body for any tension that you are still holding on to ... and I want you to know that you can just breathe this tension away ... just breathe this tension away ... and replace it with relaxation ... so just breathe in relaxation (*synchronise with clients in breath*) ... breath out tension ... and as you do this your body feels heavier and heavier as you feel more and more calm and relaxed ... your limbs are limp ... and your eyelids are so heavy that it is so much easier to keep them closed ... and once more allow the chair/couch you are lying on to support your body ... as you let it rest completely.

And now as you let your body rest there ... calm and relaxed ... once again find yourself on the roof of that building, connecting with that wonderful feeling of peace as you look out over the beautiful views ... and now stroll across to the corner where the building with the door is, feeling more calm and relaxed as each moment passes ... open the door ... and find the stairs ... These stairs are symbolic of a deeper level in the building and a deeper level of relaxation and consciousness ... make your way down the stairs now ... 10 ... 9 ... feel yourself sinking deeper and deeper with each step ... 8 ... 7 ... going down and down ... 6 ... 5 ... 4 ... deeper now ... 3 ... 2 ... 1 ... and onto the lower level. As before, make your way over to the armchair ... all the work is done from this place ... settling yourself down now ... closing your eyes ... feeling the warm log fire ... and drifting ... drifting down ... deeper and deeper ... and as you drift ... my voice drifts with you ... (*Continue to deepen as much as you feel is appropriate*)

Long Script 1. Making Choices

It is time for you to confirm your commitment and choose your new path as you embark upon the journey to become the New You ... You must face this choice and decide which way you wish to go ... Will you remain on the same destructive path leading to ill health and misery or will you commit to the changes which will lead you to the slimmer healthier person you now wish to be...

I want you to leave the chair now and walk behind it and on the other side of the garden you can see a wide pathway ... This pathway leads you out of the garden and into a woodland ... please make your way to the path now ... This is a pleasant wide open pathway through the woods ... the sun is shining down on you and you feel warm, comfortable, calm and relaxed ... As you walk along this pathway now I want you to think about the choices that you have and of the decisions that you need to make ... Think about your commitment to make changes to your lifestyle and eating habits ...

The pathway now leads you to a T-junction and as you approach the T-junction you see a signpost here ... and the signpost points to the left and to the right ... Tell me when you see the signpost in front of you ...

Wait for a response.

The two directions here represent your two choices and you can explore each direction to allow your mind to symbolically show you which feels the right way to go ... As you look at the signpost you see words on the signpost symbolising the choices that you have ... One direction is marked 'obese' and it is representative of the path that you will continue on if you do nothing to take control of your weight issues ... The other direction is marked 'slim' and is symbolically representative of the change of direction you can make to become the person you now wish to be, the new (*Clients Name*) ... Tell me when you are clear which way is which.

Wait for a response.

And now please choose the direction marked 'obese' so that you can see where your present path will lead ... And as you go down this pathway

you become aware of how this feels and what you see ... There are shops on the side of the pathway and as you draw closer you can see that these are food shops, bakeries and take-away establishments ...

There are other people here as well, heavy people, fat people and some are so big that they are having difficulty moving about ... you see them shuffling into the shops and there are others emerging with pasties, fish and chips and cakes ... They flop down onto benches outside the shops and eat their disgusting food ... The sight of this feels really uncomfortable ...

Please describe what else you see as you go down this direction marked 'obese'.

Wait for a response.

Now tell me how it feels here ... Be aware of all feelings, emotions and the energies that you find in this direction.

Wait for a response.

Okay, thank you ... Please walk further down this pathway now and as you do you see that it goes slightly downhill showing you that this is quite an easy direction to take ... The shops are plentiful and easy to go into and you can move quite easily with the downward slope to help you.

Now look further down the pathway into the distance but at the same time noticing that this is not actually very far down the path ... This path is really quite short ... a short journey for you to take ...

Now you can see a hospital and beyond the hospital you see just one more thing ... A cemetery.

Tell me what you find yourself thinking about as you see the hospital and the cemetery.

Wait for a response.

Thank you. I want you now to look for something important ... a symbol of some sort. Something that your mind will show you now ... something that will help you understand whether this is the right direction for you or not.

Look for this symbol now ... it could be anything. Tell me when you have found it.

Wait for a response.

Please describe the symbol ... this object. Tell me what it means to you.

Wait for a response.

Thank you. You may now turn around and walk back along this path ... back to the T-junction where you find the signpost ... Make your way up the path and tell me when you have reached the signpost.

Wait for a response.

And now it is time to walk in the other direction ... in the direction marked 'slim'. Make your way now along in this direction ... in the direction of 'slim'.

Become aware of how it feels walking in this direction ... be aware of your feelings and emotions.

This path is slightly inclined so you find yourself walking uphill ... so it is actually a harder path to take. Beside the path you find more shops, greengrocers, health food shops ... and then there's a gym.

There are people here as well ... slim people, happy and smiling as they move effortlessly around. Be aware of what you see around you and tell me what else you observe.

Wait for a response.

Thank you. As you move along this path you can see that this path goes on for a very long time ... gently climbing into the hills beyond.

Although this is harder than the other direction because of the incline you find yourself making good progress as your commitment to take this path strengthens.

Keep climbing now to see where this pathway takes you and as you reach the top of the hill you are presented with a beautiful view and in the far distance the path still winds on.

This is a much longer path to take but is it a much more rewarding path to take? What do you think?

Wait for a response.

Thank you. And now once again look for a symbol ... a sign which represents this direction. Something ... an object that will help you understand the nature of this direction ... this choice.

Tell me when you have found it and then please describe it to me and what it means to you.

Wait for a response.

Thank you. And now it is time to return once again ... and you are returning now back to the T-junction with all the knowledge that you need for the choices that you now need to make.

Tell me when you have reached the T-junction and standing by the signpost once again.

Wait for a response.

Now that you have explored the two choices ... you can make your decision ... which path you choose. Tell me what your decision is.

Wait for a response.

Thank you. And now it is time to return back up the main path through the woods towards the garden and the comfortable reclining garden chair ... your safe place. Make your way back down the pathway ... approaching the garden, ... into the garden now and back to the comfortable reclining garden chair.

Long Script 2. Benefits Therapy

For our next journey I want you to imagine that this is *(target date)* and you are now at your desired weight ... you have become the person you wanted to be ... the New *(Clients Name)* ... I want you to feel how good that feels to be in that lighter body ... just imagine walking around ... looking good ... feeling great.

Now that you feel so much better about yourself, imagine standing in front of a mirror ... a full length mirror so that you can see your whole reflection ... see how good you look now ... slim ... attractive ... wearing size *(state size)* clothes ... and these clothes look absolutely great on you.

And now lets think about the benefits that you now enjoy as the New *(Clients Name)*:

If Health:

Feel how good that feels to be so much healthier ... knowing that your body is functioning so much better ... your muscles and joints are now free from the stresses and strains that they used to endure ... your heart and lungs can perform comfortably without unnecessary exertion ... and the healthier you have become ... the better you have felt ... and with that health comes fitness.

If Fitness:

You are now enjoying a wonderful feeling of fitness ... with more agility ... more vitality ... and the fitter you have become ... the better you have felt ... and you find more ways to enjoy your fitness ... you can walk so much further now ... up those hills and stairs ... free from those old feelings of breathlessness and exhaustion.

If Clothes choice:

Think about the clothes that you can now wear ... whether you go to the shops ... use catalogues or go online ... you have a wonderful choice of styles and materials ... Shopping for clothes is a pleasure again.

If Self Confidence

See yourself here as the New (Clients Name) ... reflect on how you feel about yourself now ... there's a wonderful feeling of confidence ... increased self esteem ... a greater feeling of self respect ... I want you to really focus on those feelings ... that confidence is growing and growing.

If Pride

And you can now feel good about yourself ... you deserve to feel proud of your achievement ... you decided to make that change and you succeeded.

Continue with all the other benefits previously stated by client.

Now lets really concentrate on your most important benefit your (state benefit at top of list) ... feel how good it feels to be enjoying (most important benefit) to such a degree that you feel it is now a part of you.

These are your benefits (Clients Name) ... and if this is what you want ... if you want these benefits, then please show me that commitment by lifting a hand.

Wait for lifting of hand.

Thank you. What you have done here is very important ... you have taken control ... you have shown your commitment to have those benefits ... and this commitment will allow you to have full control over your eating habits ... this commitment allows you to undergo the Virtual Hypno Gastric Band therapy and this allows you to become the person you see in the mirror in front of you now. That strong confident slim and attractive person you see in that reflection is you, you as the new (Clients Name).

Now, once again, concentrate on your most important benefit your (state benefit at top of list) ... feel how good it feels to be enjoying (most important benefit) to such a degree that you feel it is now a part of you.

As you reflect on your new found strength and commitment which is bringing these benefits to you ... I want you to know that everything that has been rehearsed here in the imagination will be remembered and will become a part of your subconscious ... a part of who you are ... because this is what you choose ... and this is what you deserve.

The desire to become the new (*Clients Name*) grows stronger and stronger with each and every day that goes by ... the desire to take the path to becoming slim causes you to eat smaller portions ... the desire to become the new (*Clients Name*) causes you to choose only healthy food from now on ... from now on you move away from that other destructive path ... you remember that image of you in the mirror every time you need to eat ... it reminds you of the path you have chosen ... you look forward to becoming the new (*Clients Name*).

From now on (*Clients Name*) you will find that every time you hear my voice during hypnosis you will relax more and more and go deeper and deeper into this wonderful feeling of being totally calm and relaxed ... and as you relax more and more you will receive much more benefit from the suggestions that are made to your subconscious ... and your subconscious will respond to those suggestions more powerfully and completely with each session ... it is preparing you for your Virtual Hypno Gastric Band therapy. You will totally believe in this therapy and feel that you have totally experienced the Gastric Band surgery procedure.

Find yourself back there on the chair in the garden and we are now going to return to normal conscious awareness ... so leave the chair and make your way to the foot of the steps and I will count you up.

Make normal return.

Long Script 3. Eating Habits

Induce into hypnosis and get to the safe place:

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

Now lets think about meal times ... and preparing food ... think about a meal you have just cooked and you are serving it onto a plate ... Imagine yourself placing each ingredient onto the plate ... perhaps a few potatoes ... maybe some vegetables now ... see all the food there on the plate in full colour ... looking really tasty.

Now look at the amount of food on that plate ... there's too much food ... you know your body requires less food than you see on this plate ... far to much food ... where will all that excess food go? ... Onto your body as fat ... fat ... the excess food on your plate is excess fat on your body.

The sight of too much food on your plate now feels uncomfortable to you ... and you now see something different as you look at your plate ... as your physical and emotional appetites harmonise you see something different on your plate.

A certain amount of the food on your plate now turns grey ... as you look at the food on this plate, a some of it turns grey ... and your subconscious will choose how much turns grey ... it turns grey as your subconscious only recognises what is required for your body ... and as you watch ... the grey part fades away ... just see it fade away ... and what you now see on your plate feels comfortable and you know it is the right amount to satisfy your appetite.

From now on (*Clients Name*) with every meal you prepare you will only be satisfied seeing a part of that meal ... you will find the other part repulsive ... and only feel comfortable once it has been removed ... when once you had four potatoes ... perhaps you will only feel comfortable with

two or maybe three ... It will be the same with all the other food on your plate.

And when you eat your meal ... you will find that you eat slowly ... slowly ... so that your physical and emotional appetites harmonise ... allowing your body to tell your mind when it has had the nourishment it requires ... did you know that there is always a delay between your stomach telling your mind that it is full and your mind accepting that this is so ... so to help this you eat slowly.

And then ... your eating is complete ... your appetite is satisfied ... regardless what is left on your plate ... because you now feel comfortable leaving food on your plate ... you feel comfortable leaving food on your plate ... as you now see this as a useful guide to how much food needs to be put on your plate next time ... the food you leave on your plate this time is the food you can leave off your plate next time.

So once more (*Clients Name*) see yourself serving your meal ... see the food on your plate.... see some of it fading away ... and feel how good that feels.

Let those images fade now (*Clients Name*) and find yourself back there on the chair in the garden (*or alternative safe place depending on theme*) as we now prepare for our next journey.

Long Script 4. Stomach Shrinking

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

Now we are going to go on a very interesting journey ... a journey inside yourself. Within your imagination anything is possible ... your subconscious knows what is needed here ... it is all knowing ... and as you imagine ... you find that you relax even more ... going deeper and deeper into this deep, deep relaxing feeling.

Imagine that you can travel inside yourself ... working down through your body ... and your subconscious understands and will help you make this journey now ... and you find yourself starting your journey inside your head and we want to travel down inside your body now to find your stomach ... this is easy to do and your subconscious helps you make this journey.

Work your way down your spinal cord now ... down your neck ... you are travelling inside your own body now ... further down ... past your lungs ... hearing the gentle ebb and flow of your breathing ... further down again ... passing your heart now ... hearing the throb of your heart as it pumps the blood around your body ... further downwards towards your destination ... your stomach.

And now in the distance you can see your stomach ... imagine how it looks as you approach it ... it is huge and towers over you as you get closer and closer ... you stand in front of it now looking up at it ... see how big it is ... so full of food ... so stretched ... bulging with too much food.

Now you can see the stress that your stomach is under ... forced to stretch with all that food ... always stuffed full ... never being given the chance to rest and return to it's normal size.

But now you can help your stomach ... you can take control ... if you wish. Do you want to take control of your stomach?

(Wait for a response)

That's good ... it is great to be in control ... so take control now and will your stomach to change ... as you stand there and watch your stomach you see it starting to change ... you see it starting to shrink ... shrinking to a much smaller size ... and as you watch your stomach shrink you know that this is actually happening to your physical stomach ... your subconscious makes it so ... watch as it becomes smaller and smaller now.

This is happening as you choose to eat smaller portions of food ... your stomach shrinks as smaller portions of food are put into it ... and it feels good ... and it feels right ... and it feels comfortable ... your stomach shrinks so that it can accommodate the right sized portions ... the smaller portions that you now eat ... and as your stomach reaches it's new size just see how much it has reduced by ... compare the new size with what you first saw when you came here.

It is like comparing a football with a table tennis ball ... just imagine the difference between a football and a table tennis ball ... you stomach reminds you now of that table tennis ball ... and from now on *(Clients Name)* every time you have a meal you will imagine the table tennis ball ... a symbolic image of the new size of your stomach.

This is the size of your stomach from now on ... so much smaller that it was before ... and it will feel full and satisfied with those smaller portions ... and those portions will satisfy your appetite.

It is time to leave your body now ... feel yourself growing and floating out of your body ... to full size now and you settle back down in the comfortable reclining garden chair ... feeling calm and relaxed.

Long Script 5.Aversion Therapy

I want you to imagine now for me (*Clients Name*) a time when you really enjoy a snack ... when you have (*your favourite snack*) ... Imagine yourself sitting down and holding (*your favourite snack*) in your hand ... now see yourself unwrapping it.

But as you do ... as you unwrap this (*your favourite snack*) ... you become aware of the faint smell of (*your worst food*) ... a distinct smell of (*your worst food*) ... and as you take some of (*your favourite snack*) from the wrapper this smell gets stronger ... the smell of (*your worst food*) becomes stronger and stronger ... it's the (*your favourite snack*) ... it smells really strongly of (*your worst food*).

Now you try to take a bite of this (*your favourite snack*) ... but as you bring it towards your mouth the smell of (*your worst food*) gets stronger and stronger ... making you feel uncomfortable ... making you feel sick.

Now take a bite of (*your favourite snack*) ... (*pause*) ... it tastes of (*your worst food*) it tastes really strongly of (*your worst food*) ... it feels uncomfortable ... it makes you feel ill ... so reject that (*your favourite snack*) ... see yourself putting it in the bin.

From now on (*Clients Name*) any food which your mind and body knows is unbeneficial for you will taste and smell just like (*your worst food*).

Long Script 6. The Chart

From the safe place

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

And now I would like you to think about the chart that we have just discussed ... the graph which you will use to plot your weight ... imagine seeing it there in your kitchen ... perhaps on the front of the fridge or on a cupboard where you keep your food.

Imagine the red section ... imagine the green section.

Now imagine that you have just weighed yourself and you have put a mark on that chart ... and imagine that this mark is placed on the chart in the red section ... see that mark in the red section.

Feel how it feels seeing yourself there in the red ... think about what it represents ... failure ... disappointment ... ill health ... a feeling of sluggishness ... a feeling of guilt ... the thought of being in the red makes you think of someone who is unattractive ... someone who has bad eating habits ... someone who needs to take control.

But you (*Clients Name*) you see this as a challenge ... you are better than the sort of person who is in the red ... for you, being in the red gives you greater strength and determination to get to the green ... to be in the green section because that is where you deserve to be.

You know that with the Gastric Band therapy you can be in the green section.

Imagine again you have just weighed yourself and you have put a mark on that chart ... and this time it is placed on the chart in the green section ... see that mark in the green section.

Feel how it feels seeing yourself in the green ... think about what it represents ... success ... satisfaction ... good health ... a feeling of vitality ... a feeling of achievement ... the thought of being in the green makes you think of someone who is attractive ... someone who has good eating habits ... someone who is in control. Someone who has accepted the power of the Gastric Band therapy.

Allow the wonderful positive feelings of being in the green expand and grow ... and you will stay in the green ... you will stay in the green.

Long Script 7 -Parts Therapy

Find yourself back on that comfortable garden chair here in the garden *(or alternative theme safe place)* ... relax ... and drift deeper ... drift deeper and deeper ... *(deepen further if appropriate)* ...

We talked earlier about the different parts of our character which form together to make us who we are ... and while relaxing here in the garden, I can ask the part of you; which is responsible for your eating habits, to come forward as a separate entity ... lets call it the Food Manager ... and all you have to do to identify the Food Manager is say out loud to me now “I am here”.

Wait for response.

Thank you ... you are the Food Manager within *(Clients Name)* and thank you for coming forward ...

You see that *(Clients Name)* has decided to become the new *(Clients Name)* and has taken on the commitment to change *his/her* eating habits in order to do this ... are you prepared to allow this process to start today?

Wait for client to say “yes”

Thank you for that commitment. I have a new role for you ... your role in the past has been to encourage *(Clients Name)* to treat *him/herself* to some foods which were of less benefit to *his/her* well being, such as *(favourite snack)*.... but of course as *(Clients Name)* becomes the new *(Clients Name)*, your role must change ... so this is your new role ...

I want you to be there for *(Clients Name)* and support *him/her* with the choices of food that he/she makes ... helping *him/her* to choose only foods which are of benefit to *him/her* now ... are you prepared to take on this new role?

(Wait for client to say yes).

Thank you again for your support ... you may now return to the whole person who is *(Clients Name)* there on the chair in the garden.

Long Script 8. Preliminary

Usual induction to the safe place:

Make your way to the comfortable garden chair here in the garden (*or alternative theme safe place*) and as you settle down you drift deeper and deeper ... the sun is warm ... this is a place where you feel very safe ... as you lay and rest here ... with the warm sun on your skin ... a feeling of safety and calm washes over you ... peaceful here ... you sense that this is a place where many other people have found safety ... a place of wisdom where you can lay and drift to ever deeper levels of relaxation and rest ... deeper and deeper levels of calm ... and whenever you want to ... in the future ... as you go about your daily life ... you can recreate this feeling of being totally relaxed just by thinking the words 'calm and relaxed' and remembering this feeling ... this feeling of being calm and relaxed is in your body and in your mind.

And as we start our preparations for your Gastric Band surgery your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these suggestions sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

As you rest there so deeply relaxed I am going to ask you to imagine ... just use your imagination ... and I am going to ask you to imagine things ... and as you imagine these things ... you will find that you will become more and more calm and relaxed ... with everything I say and with everything you hear ... you will become more and more calm and relaxed ... drifting ever deeper and deeper into this wonderful deep relaxed feeling ... with everything you hear and with every breath you take ... you drift deeper and deeper ... deeper and deeper.

In a little while we will start our journey in the imagination ... and you will find that you will feel that you are really there ... there in those places that I describe to you ... you will see all these things as if you are really there ... and the sight of these things that I describe will help you to become more and more calm and relaxed ... and the sounds that you will hear will also help you to become more and more calm and relaxed ... and

the smells that you become aware of will also help you to become more and more calm and relaxed ... and as you feel the things you touch this will also help you to become more and more calm and relaxed.

And now you are fully prepared ... but before you go off to have your band fitted we are just going to return to normality for a few moments for a brief chat ... so I want you to leave the chair now and return to the foot of the steps ... and I will count you back up the steps to normality.

Make your climb now ... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now ... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Return to normal conscious awareness

Long Script 9. Operation Procedure

Make your way to the comfortable garden chair once again (*or alternative theme safe place*) and as you settle down you drift deeper and deeper ... you feel the warm sun once again ... the feeling of safety and calm washes over you ... enjoying the peace here ... you drift to ever deeper levels of relaxation and rest ... deeper and deeper levels of calm.

And we now start our preparations for your gastric band surgery ... and your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these suggestions sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

As you rest there so deeply relaxed I am going to ask you to imagine once again ... just use your imagination ... and I am going to ask you to imagine things ... and as you imagine these things ... you will find that you will become more and more calm and relaxed ... with everything I say and with everything you hear ... you will become more and more calm and relaxed ... drifting ever deeper and deeper into this wonderful deep relaxed feeling ... with everything you hear and with every breath you take ... you drift deeper and deeper ... deeper and deeper.

In a moment we will start our journey in the imagination ... and you will find that you will feel that you are really there ... there in those places that I describe to you ... you will see all these things as if you are really there ... and the sight of these things that I describe will help you to become more and more calm and relaxed ... and the sounds that you will hear will also help you to become more and more calm and relaxed ... and the smells that you become aware of will also help you to become more and more calm and relaxed ... and as you feel the things you touch this will also help you to become more and more calm and relaxed.

And now you are fully prepared ... ready for your operation ... ready to have your Gastric Band fitted.

The first thing I want you to imagine is being in your own bed at home ... waking up on the morning of your trip to the hospital ... you feel rested and ready but you also feel a little hungry because the last thing you eat was last night ... your stomach must be empty for the fitting of your band.

Now you find yourself at home getting ready for your journey to the hospital ... you have an overnight bag ready packed ... just see it there by the door ready to go. Just check the bag to see if you have everything. (*Run through the list of things stated on the questionnaire*)

And now it is time to leave for the hospital ... and now you leave your home and make your way to *(pre-discussed method of travel to the hospital)* ... and now you start your journey ... looking forward to having your band fitted ... knowing that this will lead you to become the new *(Clients Name)*.

Describe some of the journey.

You are nearing the hospital now ... see it in front of you now ... the *(name of hospital given in previous notes)* Hospital there in front of you now and you get out of the *(pre-discussed method of travel to the hospital)* and enter the hospital ... and you become aware of those clinical smells of the hospital as you go through the main entrance ... and you hear all those sounds that you find in the hospital ... you see other people ... and patients ... and nurses.

You know the name of the small private room beside the operating theatre that you must go to now ... the *(name given previously)* room ... and you make your way there.

You now find yourself entering the *(name given previously)* room ... the room where you get prepared for your operation ... and the nurse here gives you a hospital gown to put on ... and once you are wearing the gown you rest on a bed while she makes a few checks ... blood pressure ... temperature ... and asks you questions for her paperwork ... you have a plastic bracelet wrapped around your wrist.

Your surgeon now comes in to see you ... he enters the room and sits down beside you ... he tells you exactly what will happen now ... he tells you about how you will be heavily sedated and relaxed yet still conscious and aware of what is happening ... he talks about the local anaesthetic that will be used around your stomach area ... and then he tells you about the band that he will use ... and how he fits it around your stomach using keyhole surgery ... and it is all easily understandable and you know it will transform your life ... as you become the new *(Clients Name)*.

And as all this is going on you can imagine the result of all this ... the new *(Clients Name)* ... and you can see *(him/her)* in your minds eye looking absolutely wonderful weighing just *(state target weight)* and wearing size *(state target clothes size)* clothes.

And now someone else enters the room ... it's the anaesthetist ... ready to give you a pre-med to make you sleepy as you are prepared to have your band fitted ... you feel a slight scratch on the back of your hand as a small drip tube is fitted and the pre-med is administered ... and the effects of the premed are almost immediate and you start to feel more and more drowsy ... feeling really relaxed now ... ready now for your operation.

And now you are being taken to the operating theatre ... a porter comes in to push your bed out of the room and down the corridor ... you watch in your sleepy state as all the lights pass by overhead ... you feel the slight vibration through the bed as it passes over the hospital floor ... the slight rocking movement of the bed makes you feel even more sleepy and relaxed.

And now you become aware that you are being taken through some large swinging doors ... into the operating theatre ... and with the pre-med working really well ... you are free from any fear or intrepidation ... you are just looking forward to the results ...

And as all this is going on you can imagine the results ... the new (*Clients Name*) ... and you can see (*yourself*) in your minds eye as the new (*Clients Name*) looking absolutely wonderful weighing just (*state target weight*) and wearing size (*state target clothes size*) clothes.

You feel hands underneath you as you as you are moved from the bed onto the operating table ... in your sleepy state you feel a feeling of moving sideways as you are put onto the operating table ... in your deeply relaxed sleepy state you are aware of people moving around you ... they are all dressed in theatre clothes known as scrubs ... you are just vaguely aware of their colour ... and as they move around you feel various sheets and other things placed over your body ... a drip is inserted to continue your sedation ... and you hear that familiar voice of the surgeon talking to you ... just letting you know that this is a simple and safe procedure.

The local anaesthetic is now given to you ... you feel a very slight scratch feeling around the top of your stomach area as the local anaesthetic is injected ... and then your stomach becomes totally numb ... totally without feeling ... all you feel now is a slight tugging sensation as the surgeon works around your stomach ... creating a small tunnel right around the top of your stomach through which the gastric band can pass.

And now he starts to fit the band ... you vaguely hear the noises made by the band as he prepares to fit it ... and again you feel that odd sensation around your stomach as he inserts the band into the channel that he has made ... he works away and as he does he chats with his colleagues in a calm and confident way ... making you feel at ease.

And through the haze of your sleepy feeling you hear the words “All done” and you know that the operation is nearly over ... the surgeon asks one of he helpers to finish off ... and a couple of stitches are used to close the area where the band has been inserted.

The surgeon talks to you again and tells you that your band has been successfully fitted and you will be able to go home soon ... and then you are

wheeled back to the *(name given previously)* room so that you can recover and become awake enough to go home the following morning.

And as you rest there on the bed in your room you can imagine the results ... the new *(Clients Name)* ... and you can see *(yourself)* in your minds eye as the new *(Clients Name)* looking absolutely wonderful weighing just *(state target weight)* and wearing size *(state target clothes size)* clothes.

And now it is the next morning and time to leave the hospital ... and now you leave the *(name given previously)* room and make your way to *(pre-discussed method of travel to the hospital)* ... and now you start your journey ... looking forward to your new life ... knowing that you are becoming the new *(Clients Name)*.

You arrive home now and go indoors ... sit down in your favourite chair and rest.

Just let those images fade now as you find yourself back on the comfortable reclining garden chair in the garden ... and it is now time to return to normal conscious awareness for the final time ... leave the chair now and go to the foot of the ten steps ... make your climb now ... 1 ... 2 ... 3 ... 4 ... 5 ... mind and body slowly returning to normality now ... 6 ... 7 ... 8 ... 9 ... 10 ... mind and body fully refreshed and returned to normality.

Return to normal conscious awareness

Long Script 10 - Replacement (Contingency)

I would like you to use your imagination for me (*Clients Name*) and imagine that you are really hungry and you are craving (*your favourite snack*)..... a lovely (*describe favourite snack*).... Imagine holding it between your fingers ... just enjoying the sight of it ... and now you can take a big bite ... take a nice big bite and feel that strong feeling of satisfaction ... the feeling that we talked about earlier ... feel that wonderful satisfying feeling ... that (*use client's words*) there in your head ... feel how good that feels ... and you also now get a comfortable feeling of fullness in your stomach ... feel that now ... a nice comfortable feeling of fullness in your stomach.

Now I want you to really focus on those wonderful feelings ... those satisfying feelings that a much desired snack brings ... and now ... while imagining those feelings ... I want you to take a deep breath ... a very deep breath ... fill your lungs and hold that breath in for as long as you can ... feel those wonderful feelings connecting to that deep breath on a subconscious level ... allow your mind to connect that deep breath with those satisfying feelings ... exhale when it is comfortable to do so and then relax ... just relax ... feel warm, comfortable, calm and relaxed.

In a moment I will ask you to take another very deep breath and as you inhale and hold that breath, I want you to totally absorb yourself into the wonderful satisfying feelings which are now connected to the deep breath ... the feelings which used to be provided by (*your favourite snack*) are now provided by the deep breath.

Now take the deep breath in ... fill your lungs and hold that breath in ... feel those feelings of satisfaction ... exhale when it is comfortable to do so and relax once more.

From now on (*Clients Name*) every time you choose to take that deep breath whenever you crave (*your favourite snack*) you will immediately feel these feelings of satisfaction ... and this satisfaction will be provided without any calories, without any guilt and without any damage to your body.

And when you do this exercise (*Clients Name*) when you take control, the longer you hold the breath in, the greater the feelings ... and when you breathe out, you will feel just like you used to feel when you had finished a snack ... totally satisfied.

So once more (*Clients Name*) just for practice ... take a deep breath in ... and feel those wonderful feelings in the mind and in the stomach. Breathe out ... and relax ... feel warm comfortable calm and relaxed as you find yourself once again in that comfortable chair there in the garden.

Long Script 11. Benefits (Contingency)

Let's again focus on the goals we have set and what you will enjoy once you have become the New *(Clients Name)* ... imagine again that this is *(target date)* and you are now at your desired weight ... you have become the person you wanted to be ... the *(Weight Loss)* pounds lighter New *(Clients Name)* dressed in size *(state size)* clothes that you can now wear ... I want you to feel how good that feels to be in that lighter body ... just imagine walking around ... looking good ... feeling great.

Now that you the happier, slimmer New *(Clients Name)*, imagine standing in front of that full length mirror once again ... see how good you look now ... slim ... attractive ... wearing those size *(state size)* clothes ... and these clothes look absolutely great on you.

And now lets really enjoy the benefits that you now have as the New *(Clients Name)*:

If Health:

Feel how good that feels to be so much healthier ... knowing that your body is functioning so much better ... your muscles and joints are now free from the stresses and strains that they used to endure ... your heart and lungs can perform comfortably without unnecessary exertion ... and the healthier you have become ... the better you have felt ... and with that health comes fitness.

If Fitness:

You are now enjoying a wonderful feeling of fitness ... with more agility ... more vitality ... and the fitter you have become ... the better you have felt ... and you find more ways to enjoy your fitness ... you can walk so much further now ... up those hills and stairs ... free from those old feelings of breathlessness and exhaustion.

If Clothes choice:

Think about the clothes that you can now wear ... whether you go to the shops ... use catalogues or go online ... you have a wonderful choice of styles and materials ... Shopping for clothes is a pleasure again.

If Self Confidence

See yourself here as the New (Clients Name) ... reflect on how you feel about yourself now ... there's a wonderful feeling of confidence ... increased self esteem ... a greater feeling of self respect ... I want you to really focus on those feelings ... that confidence is growing and growing.

If Pride

And you can now feel good about yourself ... you deserve to feel proud of your achievement ... you decided to make that change and you succeeded.

Continue with all the other benefits previously stated by client.

Now we need to concentrate on one of these benefits. One you consider to be very important to you ... tell me, which one do you choose? *(wait for response)* ... feel how good it feels to be enjoying *(just stated benefit)* to such a degree that you feel it is now a part of you. *(elaborate here if you wish)*

You have previously shown your commitment to have those benefits ... and you know that this commitment is allowing you to have full control over your eating habits ... this commitment is allowing you to undergo the Virtual Hypno Gastric Band therapy and with this you to become the person you see in the mirror in front of you now. That strong confident slim and attractive person you see in that reflection is you, you as the new *(Clients Name)*.

As you reflect on your new found strength and commitment which is bringing these benefits to you ... I want you to know that everything that has been rehearsed here in the imagination will be remembered and will become a part of your subconscious ... a part of who you are ... because this is what you choose ... and this is what you deserve.

The desire to become the new (*Clients Name*) grows stronger and stronger with each and every day that goes by ... the desire to take the path to becoming slim causes you to eat smaller portions ... the desire to become the new (*Clients Name*) causes you to choose only healthy food from now on ... from now on you move away from that other destructive path ... you remember that image of you in the mirror every time you need to eat ... you have the table tennis ball in front of you when you have a meal ... these things remind you of the path you have chosen ... you look forward to becoming the new (*Clients Name*).

Make normal return.

Script 12. Transition (Contingency)

Now (*Clients Name*) I want you to leave the chair (*or other safe place depending on theme*) and this time I want you to walk behind it and you can now see a small building in front of you with a large door at the front.

Please walk up to this door ... open it ... and step into the building, closing the door behind you ... and now you find yourself in a wide well lit corridor ... and in this corridor are some glass doors which divides it into sections ... like small rooms ... and you can see through all these doors right to the other end of the building.

This is a very special symbolic building ... one of belief and capability ... a building of transition ... where you can symbolically make that journey from the old (*Clients Name*) to the new (*Clients Name*) ... You will have tasks to perform as you make this journey towards the new (*Clients Name*) and your subconscious mind will help you make this transition now.

As you look through all the glass doors towards the end of the corridor, you can just make out a figure standing there ... the image is a little distant and hazy at the moment but it will become clearer as you make this journey ... and as your eyes focus a little more you can just see that this figure is you ... you as the new (*Clients Name*) ... and you can imagine how fantastic *he/she* looks ... the (*target weight loss*) lighter (*Clients Name*) ... weighing just (*target weight*) ... looking absolutely wonderful in size (*target clothes size*) clothes ...

Here ... in this first section of the corridor what I want you to do for me now (*Clients Name*), in some symbolic way which your subconscious mind will help you imagine, is see all that excess body weight ... that (*target weight loss*) flow from your body and form a pile beside you ... imagine that happening now ... all those extra fat cells ... you may see this as a pinkish sort of jelly just flowing out of your body ... see it all piling up beside you ... all (*target weight loss*) of it feeling lighter now ... more like the new (*Clients Name*) standing there at the end of the corridor ... and when you have done that, when all that excess fat has left your body, please just let me know that you have performed this task by

slightly lifting a hand ... (*wait for response*) Well done ... now we can move on ...

You can now open the next door ... step through and close it behind you ... and as you look through the remaining glass doors in front of you ... you see the new (*Clients Name*) a little more clearer now ... and now in this section of the corridor ... in some symbolic way which again your mind will help you with, is discard all those old eating habits ... all those compulsions to snack ... all that need to indulge in those foods which are of less benefit to your well being ... leave them here now ... no longer a part of who you are ... and when you have done that, when you have let go of all those old desires, let me know once again by slightly lifting a hand ... (*wait for response*)

Thank you ... now we can open the next door and move ever closer to the new (*Clients Name*) ... seeing *him/her* even more clearly now, waiting for you ... close the door behind you ... and now cast off all those reasons for your need to overeat ... all those negative emotions ... whether it is unhappiness, of lack of confidence or love for yourself ... whatever those reasons, your inner mind knows exactly what is meant here ... just let it all go ... and when you have done that, when you have released yourself from those old thought patterns and emotions, let me know by slightly lifting a hand ... (*wait for response*)

That's good ... you can open the next door, step through and close it behind you ... look ahead and see the new (*Clients Name*) getting really clear now ... see *him/her* smiling ... and in this section of the corridor I want you to let go of all the negative effects that overeating has upon your physical body, your subconscious mind will show you a picture to illustrate this ... high blood pressure perhaps ... or cholesterol problems ... breathlessness ... and strain on your muscles and bones ... when you have done that, just let me know by lifting a hand ... (*wait for response*)

Thank you, (*Clients Name*) ... you can move on again and open the next door ... stepping through and closing it behind you ... nearly there now ... almost with the new (*Clients Name*) seeing *him/her* vividly now ... let's just observe *him/her* for a moment ... *he/she* is dressed the same as you and appears to be copying whatever you do ... mirroring your actions ... and finally, in this last section of the corridor just one door away from the new (*Clients Name*), I want you to discard any feelings of

guilt and shame that you have carried ... shame about being overweight and not taking on the responsibility for your own well being ... but now you are in control, you can forgive yourself for these old thought patterns because you are now becoming the new *(Clients Name)* with a wonderful new positive mental attitude about the future ... and when you have released all of those old emotions and forgiven yourself for holding onto them, let me know by lifting a hand ... *(wait for response)*

Well done *(Clients Name)* ... you have made the journey to the new *(Clients Name)*, so now you can meet *him/her* by opening the final door ... and as you step through to the final section where the new *(Clients Name)* has been waiting ... you see that there is nothing here except a mirror and the new *(Clients Name)* you have been looking at through the glass of these doors ... is you ... you are the new *(Clients Name)* ... just look down at yourself and you can see that wonderful new body ... *(target weight loss)* lighter, dressed in *(target clothes size)* clothes ... walk around now and feel that wonderful feeling of comfort ... that confidence and that self esteem ... really get to know the new you.

And now it is time to leave this building ... and you are leaving as the new *(Clients Name)* ... open the door which you find here and step out into the garden *(or alternative place depending on theme)* with a feeling of agility and a spring in your step.

It is time to return to normal conscious awareness for the final time ... and you are returning to normality with a wonderful new positive mental attitude about your body ... make your way to the steps now and I will count you up to the top.

Make normal return.

1. Gastric Band Making Choices (Short Script)

It is time for you to confirm your commitment and choose your new path as you embark upon the journey to become the New You ... You must face this choice and decide which way you wish to go ... Will you remain on the same destructive path leading to ill health and misery or will you commit to the changes which will lead you to the slimmer healthier person you now wish to be ... I want you to leave the chair now and walk behind it and on the other side of the garden you can see a wide pathway ... This pathway leads you out of the garden and into a woodland ... This is a pleasant wide open pathway through the woods ... the sun is shining down on you and you feel comfortable, calm and relaxed ... As you walk along this pathway I want you to think about the choices that you have and of the decisions that you need to make ... Think about your commitment to make changes to your lifestyle and eating habits ... The pathway now leads you to a T-junction and as you approach the T-junction you see a signpost there ... and the signpost points to the left and to the right ... Tell me when you see the signpost in front of you ... *Wait for a response.* The two directions here represent your two choices and you can explore each direction to allow your mind to symbolically show you which feels the right way to go ... As you look at the signpost you see words on the signpost symbolising the choices that you have ... One direction is marked 'obese' and it is representative of the path that you will continue on if you do nothing to take control of your weight issues, so really this is the path that you are on at the moment ... The other direction is marked 'slim' and is symbolically representative of the change of direction you can make to become the person you now wish to be, the new (Clients Name) ... Tell me when you are clear which way is which. *Wait for a response.* And now choose the direction marked 'obese' so that you can see where your present path will lead ... And as you go down this pathway you become aware of how this feels and what you see ... There are shops on the side of the pathway and as you draw closer you can see that these are food shops, bakeries and take-away establishments ... There are other people here as well, heavy people, fat people and some are so big that they are having difficulty moving about ... you see them shuffling into the shops and there are others emerging with pasties, fish and chips and cakes ... They flop down onto benches outside the shops and eat their disgusting food ... The sight of this feels really uncomfortable ... Please describe what else you see as you go down this direction marked 'obese'. *Wait for a response.* Now tell me how it feels in this direction ... Be aware of all feelings, emotions and the energies that you find in this direction. *Wait for a response.* Please walk further down this pathway now and as you do you see that it goes slightly downhill showing you that this is quite an easy direction to take ... The shops are plentiful and easy to go into and you can move quite easily with the downward slope to help you ... But now look further down the pathway, into the distance but at the same time noticing that this is not actually very far down the path ... This path is really quite short ... a short journey for you to take ... Now you can see a hospital and beyond the hospital you see just one more thing ... A cemetery ... Tell me what you find yourself thinking about as

you see the hospital and the cemetery. Wait for a response. Thank you ... I want you now to look for something important ... a symbol of some sort ... Something that your mind will show you now ... something that will help you understand whether this is the right direction for you or not ... Look for this symbol now ... it could be anything ... Tell me when you have found it. Wait for a response. Please describe the symbol ... this object. Tell me what it means to you. Wait for a response. Thank you. You may now turn around and walk back along this path ... back to the T-junction where you find the signpost ... Make your way up the path and tell me when you have reached the signpost. Wait for a response. And now it is time to walk in the other direction ... in the direction marked 'slim' ... Make your way now along in this direction ... in the direction of 'slim' ... Become aware of how it feels walking in this direction ... be aware of your feelings and emotions ... This path is slightly inclined so you find yourself walking uphill ... so it is actually a harder path to take ... Beside the path you find more shops, greengrocers, health food shops ... and then there's a gym ... There are people here as well ... slim people, happy and smiling as they move effortlessly around ... Be aware of what you see around you and tell me what else you observe. Wait for a response. Thank you ... As you move along this path you can see that this path goes on for a very long time ... gently climbing into the hills beyond ... Although this is harder than the other direction because of the incline you find yourself making progress as your commitment to take this path strengthens ... Keep climbing now to see where this pathway takes you and as you reach the top of the hill you are presented with a beautiful view and in the far distance the path still winds on ... This is a much longer path to take but is it a much more rewarding path to take? ... What do you think? Wait for a response. Thank you. And now once again look for a symbol ... a symbol which represents this direction. Something ... an object that will help you understand the nature of this direction ... this choice. Tell me when you have found it and then please describe it to me. Wait for a response. Thank you ... And now it is time to return once again ... and you are returning now back to the T-junction with all the knowledge that you need for the choices that you now need to make ... Tell me when you have reached the T-junction and standing by the signpost once again. Wait for a response. Now that you have explored the two choices ... you can make your decision ... which path you choose. Tell me what your decision is. Wait for a response. Thank you. And now it is time to return back up the main path through the woods towards the garden and the comfortable reclining garden chair ... your safe place. Make your way back down the pathway ... approaching the garden, ... into the garden now and back to the comfortable reclining garden chair.

2.Gastric Band Benefits Therapy (Short Script)

For our next journey, I want you to imagine that this is *(target date)* and you are now at your desired weight ... you have become the person you wanted to be ... the New *(Clients Name)* ... I want you to feel how good that feels to be in that lighter body ... just imagine walking around ... looking good ... feeling great ... Now that you feel so much better about yourself, imagine standing in front of a mirror ... a full length mirror so that you can see your whole reflection ... see how good you look now ... slim ... attractive ... wearing size *(state size)* clothes ... and these clothes look absolutely great on you ... And now lets think about the benefits that you now enjoy as the new *(Clients Name)*: *Go through the list of benefits from the questionnaire.* Now lets really concentrate on your most important benefit your *(state benefit at top of list)* ... feel how good it feels to be enjoying *(most important benefit)* to such a degree that you feel it is now a part of you ... These are your benefits *(Clients Name)* ... and if this is what you want ... if you want these benefits, then please show me that commitment by lifting a hand. *Wait for lifting of hand.* Thank you. What you have done here is very important ... you have taken control ... you have shown your commitment to have those benefits ... and this commitment will allow you to have full control over your eating habits ... this commitment allows you to undergo the Virtual Hypno Gastric Band therapy and this allows you to become the person you see in the mirror in front of you now. That strong, confident, slim and attractive person you see in that reflection is you, you as the new *(Clients Name)* ... Now, once again, concentrate on your most important benefit your *(state benefit at top of list)* ... feel how good it feels to be enjoying *(most important benefit)* to such a degree that you feel it is now a part of you ... As you reflect on your new found strength and commitment which is bringing these benefits to you ... I want you to know that everything that has been rehearsed here in the imagination will be remembered and will become a part of your subconscious ... a part of who you are ... because this is what you choose ... and this is what you deserve ... The desire to become the new *(Clients Name)* grows stronger and stronger with each and every day that goes by ... the desire to take the path to becoming slim causes you to eat smaller portions ... the desire to become the new *(Clients Name)* causes you to choose only healthy food from now on ... from now on you move away from that other destructive path ... you remember that image of you in the mirror every time you need to eat ... it reminds you of the path you have chosen ... you look forward to becoming the new *(Clients Name)* ... From now on *(Clients Name)* you will find that every time you hear my voice during hypnosis you will relax more and more and go deeper and deeper into this wonderful feeling of being totally calm and relaxed ... and as you relax more and more you will receive much more benefit from the suggestions that are made to your subconscious ... and your subconscious will respond to those suggestions more powerfully and completely with each session ... it is preparing you for your Virtual Hypno Gastric Band therapy ... You will totally believe in this therapy and feel that you have totally experienced the Gastric Band surgery procedure ... *Make normal return.*

3.Gastric Band Eating Habits (Short Script)

Induce into hypnosis and get to the safe place:

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food ... Now let's think about meal times ... and preparing food ... think about a meal you have just cooked and you are serving it onto a plate ... Imagine yourself placing each ingredient onto the plate ... perhaps a few potatoes ... maybe some vegetables now ... see all the food there on the plate in full colour ... looking really tasty ... Now look at the amount of food on that plate ... there's too much food ... you know your body requires less food than you see on this plate ... far too much food ... where will all that excess food go? ... Onto your body as fat ... fat ... the excess food on your plate is excess fat on your body ... The sight of too much food on your plate now feels uncomfortable to you ... and you now see something different as you look at your plate ... as your physical and emotional appetites harmonise you see something different on your plate ... A portion of the food on your plate now turns grey ... as you look at the food on this plate, a portion of it turns grey ... and your subconscious will choose what size this portion is ... it turns grey as your subconscious only recognises what is required for your body ... and as you watch ... the grey portion fades away ... just see it fade away ... and what you now see on your plate feels comfortable and you know it is the right amount to satisfy your appetite ... From now on *(Client's Name)* with every meal you prepare you will only be satisfied seeing a part of that meal ... you will find the other part repulsive ... and only feel comfortable once it has been removed ... when once you had four potatoes ... perhaps you will only feel comfortable with two or three ... It will be the same with all the other food on your plate ... And when you eat your meal ... you will find that you eat slowly ... slowly ... so that your physical and emotional appetites harmonise ... allowing your body to tell your mind when it has had the nourishment it requires ... did you know that there is always a delay between your stomach telling your mind that it is full and your mind accepting that this is so ... so to help this you eat slowly ... And then ... your eating is complete ... your appetite is satisfied ... regardless what is left on your plate ... because you now feel comfortable leaving food on your plate ... you feel comfortable leaving food on your plate ... as you now see this as a useful guide to how much food needs to be put on your plate next time ... The food you leave on your plate this time is the food you can leave off your plate next time ... So once more *(Client's Name)* see yourself serving your meal ... see the food on your plate.... see a portion of it fading away ... and feel how good that feels.

Let those images fade now *(Client's Name)* and find yourself back there on the chair in the garden *(or alternative safe place depending on theme)* as we now prepare for our next journey.

4. Gastric Band Stomach Shrinking (Short Script)

Continue from Eating Habits:

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food. Now we are going to go on a very interesting journey ... a journey inside yourself. Within your imagination anything is possible ... your subconscious knows what is needed here ... it is all knowing ... and as you imagine ... you find that you relax even more ... going deeper and deeper into this deep, deep relaxing feeling. Imagine that you can travel inside yourself ... working down through your body ... and your subconscious understands and will help you make this journey now ... and you find yourself starting your journey inside your head and we want to travel down inside your body now to find your stomach ... this is easy to do and your subconscious helps you make this journey. Work your way down your spinal cord now ... down your neck ... you are travelling inside your own body now ... further down ... past your lungs ... hearing the gentle ebb and flow of your breathing ... further down again ... passing your heart now ... hearing the throb of your heart as it pumps the blood around your body ... further downwards towards your destination ... your stomach. And now in the distance you can see your stomach ... imagine how it looks as you approach it ... it is huge and towers over you as you get closer and closer ... you stand in front of it now looking up at it ... see how big it is ... so full of food ... so stretched ... bulging with too much food. Now you can see the stress that your stomach is under ... forced to stretch with all that food ... always stuffed full ... never being given the chance to rest and return to it's normal size. But now you can help your stomach ... you can take control ... if you wish. Do you want to take control of your stomach? *(Wait for a response)* That's good ... it is great to be in control ... so take control now and will your stomach to change ... as you stand there and watch your stomach you see it starting to change ... you see it starting to shrink ... shrinking to a much smaller size ... and as you watch your stomach shrink you know that this is actually happening to your stomach ... your subconscious makes it so ... watch as it becomes smaller and smaller now. This is happening as you choose to eat smaller portions of food ... your stomach shrinks as smaller portions of food are put into it ... and it feels good ... and it feels right ... and it feels comfortable ... your stomach shrinks so that it can accommodate the right sized portions ... the smaller portions that you now eat ... and as your stomach reaches it's new size just see how much it has reduced by ... compare the new size with what you first saw when you came here. It is like comparing a football with a table tennis ball ... just imagine the difference between a football and a table tennis ball ... your stomach reminds you now of that table tennis ball ... and from now on *(Clients name)* every time you have a meal you will imagine the table tennis ball ... a symbolic image of the new size of your stomach ... so much smaller that it was before ... and it will feel full and satisfied with those smaller portions ... and those portions will satisfy your appetite. It is time to leave your body now ... feel yourself growing and floating out of your body ... to full size now and you settle back down in the comfortable reclining garden chair ... feeling calm and relaxed. *(Proceed to Aversion Therapy)*

5. Gastric Band Aversion Therapy (Short Script)

I want you to imagine now for me *(Clients Name)* a time when you really enjoy a snack ... when you have *(your favourite snack)* ... Imagine yourself sitting down and holding *(your favourite snack)* in your hand ... now see yourself unwrapping it.

But as you do ... as you unwrap this *(your favourite snack)* ... you become aware of the faint smell of *(your worst food)* ... a distinct smell of *(your worst food)* ... and as you take some of *(your favourite snack)* from the wrapper this smell gets stronger ... the smell of *(your worst food)* becomes stronger and stronger ... it's the *(your favourite snack)* ... it smells really strongly of *(your worst food)*.

Now you try to take a bite of this *(your favourite snack)* ... but as you bring it towards your mouth the smell of *(your worst food)* gets stronger and stronger ... making you feel uncomfortable ... making you feel sick.

Now take a bite of *(your favourite snack)* ... *(pause)* ... it tastes of *(your worst food)* it tastes really strongly of *(your worst food)* ... it feels uncomfortable ... it makes you feel ill ... so reject that *(your favourite snack)* ... see yourself putting it in the bin.

From now on *(Clients Name)* any food which your mind and body knows is unbeneficial for you will taste and smell just like *(your worst food)*.

Let those images fade now as you find yourself back on the chair in the garden *(or other safe place depending on theme used)* ... and relax and drift deeper ... *(deepen as you feel appropriate)*.

Return to normality for a break and then proceed to Script 6 The Chart

6.Gastric Band The Chart (Short Script)

And as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

I would like you to think about the chart that we have just discussed ... the graph which you will use to plot your weight ... imagine seeing it there in your kitchen ... perhaps on the front of the fridge or on a cupboard where you keep your food. Imagine the red section ... imagine the green section.

Now imagine that you have just weighed yourself and you have put a mark on that chart ... and imagine that this mark is placed on the chart in the red section ... see that mark in the red section.

Feel how it feels seeing yourself there in the red ... think about what it represents ... failure ... disappointment ... ill health ... a feeling of sluggishness ... a feeling of guilt ... the thought of being in the red makes you think of someone who is unattractive ... someone who has bad eating habits ... someone who needs to take control.

But you (*Clients Name*) you see this as a challenge ... you are better than the sort of person who is in the red ... for you, being in the red gives you greater strength and determination to get to the green ... to be in the green section because that is where you deserve to be. You know that with the Gastric Band therapy you can be in the green section.

Imagine again you have just weighed yourself and you have put a mark on that chart ... and this time it is placed on the chart in the green section ... see that mark in the green section.

Feel how it feels seeing yourself in the green ... think about what it represents ... success ... satisfaction ... good health ... a feeling of vitality ... a feeling of achievement ... the thought of being in the green makes you think of someone who is attractive ... someone who has good eating habits ... someone who is in control. Someone who has accepted the power of the Gastric Band therapy.

Allow the wonderful positive feelings of being in the green expand and grow ... and you will stay in the green ... you will stay in the green.

Your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

Continue from The Chart

7. Gastric Band Parts Therapy (Short Script)

Find yourself back on that comfortable garden chair here in the garden (*or alternative theme safe place*) and as you drift deeper and deeper your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these new thought patterns sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

We talked earlier about the different parts of our character which form together to make us who we are ... and while relaxing here in the garden, I can ask the part of you; which is responsible for your eating habits, to come forward as a separate entity ... lets call it the Food Manager. All you have to do to identify the Food Manager is say out loud to me now "I am here".

Wait for response.

Thank you ... you are the Food Manager within (*Clients Name*) and thank you for coming forward ... You see that (*Clients Name*) has decided to become the new (*Clients Name*) and has taken on the commitment to change (*his/her*) eating habits and also undergoing Virtual Gastric Band surgery in order to do this.

Are you prepared to allow this process to start today?

Wait for client to say "yes"

Thank you for that commitment.

I have a new role for you ... your role in the past has been to encourage (*Clients Name*) to treat (*him/her*)self to some foods which were of less benefit to *his/her* well being, such as (*favourite snack*). But of course as (*Clients Name*) becomes the new (*Clients Name*) and (*his/her*) stomach feels so much smaller with the Virtual Gastric Band, your role must change ... so this is your new role ... I want you to be there for (*Clients Name*) and support *him/her* with the choices of food that (*he/she*) makes ... helping *him/her* to choose only foods which are of benefit to (*him/her*) now, reminding (*him/her*) to imagine the tennis ball every time (*he/she*) eats.

Are you prepared to take on this new role?

Wait for client to say yes.

Thank you again for your support ... you may now return to the whole person who is (*Clients Name*) there on the chair in the garden.

Make normal return to normal conscious awareness.

8. Gastric Band Operation Therapy Preliminary (Short Script)

Usual induction to the safe place:

Make your way to the comfortable garden chair here in the garden (*or alternative theme safe place*) and as you settle down you drift deeper and deeper ... the sun is warm ... this is a place where you feel very safe ... as you sit and rest here ... with the warm sun on your skin ... a feeling of safety and calm washes over you ... peaceful here ... you sense that this is a place where many other people have found safety ... a place of wisdom where you can sit and drift to ever deeper levels of relaxation and rest ... deeper and deeper levels of calm ... and whenever you want to ... in the future ... as you go about your daily life ... you can recreate this feeling of being totally relaxed just by thinking the words 'calm and relaxed' and remembering this feeling ... this feeling of being calm and relaxed is in your body and in your mind ... and as we start our preparations for your Gastric Band surgery your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these suggestions sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food.

As you rest there so deeply relaxed I am going to ask you to imagine ... just use your imagination ... and I am going to ask you to imagine things ... and as you imagine these things ... you will find that you will become more and more calm and relaxed ... with everything I say and with everything you hear ... you will become more and more calm and relaxed ... drifting ever deeper and deeper into this wonderful deep relaxed feeling ... with everything you hear and with every breath you take ... you drift deeper and deeper ... deeper and deeper.

In a moment we will start our journey in the imagination ... and you will find that you will feel that you are really there ... there in those places that I describe to you ... you will see all these things as if you are really there ... and the sight of these things that I describe will help you to become more and more calm and relaxed ... and the sounds that you will hear will also help you to become more and more calm and relaxed ... and the smells that you become aware of will also help you to become more and more calm and relaxed ... and as you feel the things you touch this will also help you to become more and more calm and relaxed.

And now you are fully prepared ... but before you go off to have your band fitted we are just going to return to normality for a few moments for a brief chat ... so I want you to leave the chair now and return to the foot of the steps ... and I will count you back up the steps to normality.

Make normal return then conduct a brief discussion and introduce the table tennis ball.

9. Gastric Band Operation Procedure Therapy (Short Script)

Carry on from script 8 after a final discussion using the second part of the questionnaire and have notes ready on clients description of transport to the hospital, the hospital building, operation theatre etc. Usual induction to the safe place:

Make your way to the comfortable garden chair once again *(or alternative theme safe place)* and as you settle down you drift deeper and deeper ... you feel the warm sun once again ... the feeling of safety and calm washes over you ... enjoying the peace here ... you drift to ever deeper levels of relaxation and rest ... deeper and deeper levels of calm.

And we now start our preparations for your gastric band surgery ... and your mind accepts everything that you hear ... everything that I suggest to your subconscious mind ... and as these suggestions sink deeper and deeper into your subconscious mind they will become part of your everyday life ... affecting how you think ... and how you approach food ... as you rest there so deeply relaxed I am going to ask you to imagine once again ... just use your imagination ... and I am going to ask you to imagine things ... and as you imagine these things ... you will find that you will become more and more calm and relaxed ... with everything I say and with everything you hear ... you will become more and more calm and relaxed ... drifting ever deeper and deeper into this wonderful deep relaxed feeling ... with everything you hear and with every breath you take ... you drift deeper and deeper ... deeper and deeper.

In a moment we will start our journey in the imagination ... and you will find that you will feel that you are really there ... there in those places that I describe to you ... you will see all these things as if you are really there ... and the sight of these things that I describe will help you to become more and more calm and relaxed ... and the sounds that you will hear will also help you to become more and more calm and relaxed ... and the smells that you become aware of will also help you to become more and more calm and relaxed ... and as you feel the things you touch this will also help you to become more and more calm and relaxed ... And now you are fully prepared ... ready for your operation ... ready to have your Gastric Band fitted.

The first thing I want you to imagine is being in your own bed ... waking up on the morning of your trip to the hospital ... you feel rested and ready but you also feel a little hungry because the last thing you eat was last night ... your stomach must be empty for the fitting of your band ... Now you find yourself at home getting ready for your journey to the hospital ... you have an overnight bag ready packed ... just see it there by the door ready to go. Just check the bag to see if you have everything. *(Run through the list of things stated on the questionnaire)*

And now it is time to leave for the hospital ... and now you leave your house and make your way to *(pre-discussed method of travel to the hospital)* ... and now you start your journey ... looking forward to having your band fitted ... knowing that this will lead you to become the new *(Clients Name)*.

You are nearing the hospital now ... see it in front of you now ... the *(name of hospital given in previous notes)* Hospital there in front of you now and you get out of the *(pre-discussed method of travel to the hospital)* and enter the hospital ... and you become aware of those clinical smells of the hospital as you go through the main entrance ... and you hear all those sounds that you find in the hospital ... you see other people ... and patients ... and nurses ... You know the name of the ward you must go to where you will be shown to your personal room ... the *(name given previously)* room ... and you make your way there.

You now find yourself entering the *(name given previously)* room ... the room where you get prepared for your operation ... and the nurse here gives you a hospital gown to put on ... and once you are wearing the gown you rest on a bed while she makes a few checks ... blood pressure ... temperature ... and asks you questions for her paperwork ... you have a plastic bracelet wrapped around your wrist ... your surgeon now comes in to see you ... he enters the room and sits down beside you ... he tells you exactly what will happen now ... he tells you about how you will be heavily sedated and relaxed yet still conscious and aware of what is happening ... he talks about the local anaesthetic that will be used around your stomach area ... and then he tells you about the band that he will use ... and how he fits it around your stomach using keyhole surgery ... and it is all easily understandable and you know it will transform your life ... as you become the new *(Clients Name)*.

And as all this is going on you can imagine the result of all this ... the new *(Clients Name)* ... and you can see *(him/her)* in your minds eye looking absolutely wonderful weighing just *(state target weight)* and wearing size *(state target clothes size)* clothes.

And now someone else enters the room ... it's the anaesthetist ... ready to give you a pre-med to make you sleepy as you are prepared to have your band fitted ... you feel a slight scratch on the back of your hand as a small drip tube is fitted and the pre-med is administered ... and the effects of the premed are almost immediate and you start to feel more and more drowsy ... feeling really relaxed now ... ready now for your operation ... And now you are being taken to the operating theatre ... a porter comes in to push your bed out of the room and down the corridor ... you watch in your sleepy state as all the lights pass by overhead ... you feel the slight vibration through the bed as it passes over the hospital floor ... the slight rocking movement of the bed makes you feel even more sleepy and relaxed.

And now you become aware that you are being taken through some large swinging doors ... into the operating theatre ... and with the pre-med working really well ... you are free from any fear or intrepidation ... you are just looking forward to the results ... and as all this is going on you can imagine the results ... the new *(Clients Name)* ... and you can see *(yourself)* in your minds eye as the new *(Clients Name)* looking absolutely wonderful weighing just *(state target weight)* and wearing size *(state target clothes size)* clothes.

You feel hands underneath you as you as you are moved from the bed onto the operating table ... in your sleepy state you feel a feeling of moving sideways as you are put onto the operating table ... in your deeply relaxed sleepy state you are aware of people moving around you ... they are all dressed in theatre clothes known as scrubs ... you are just vaguely aware of their colour ... and as they move around you feel various sheets and other things placed over your body ... a drip is inserted to continue your sedation ... and you hear that familiar voice of the surgeon talking to you ... just letting you know that this is a simple and safe procedure.

The local anaesthetic is now given to you ... you feel a very slight scratch feeling around the top of your stomach area as the local anaesthetic is injected ... and then your stomach becomes totally numb ... totally without feeling ... all you feel now is a slight tugging sensation as the surgeon works around your stomach ... creating a small tunnel right around the top of your stomach through which the gastric band can pass ... and now he starts to fit the band ... you vaguely hear the noises made by the band as he prepares to fit it ... and again you feel that odd sensation around your stomach as he inserts the band into the channel that he has made ... he works away and as he does he chats with his colleagues in a calm and confident way ... making you feel at ease.

And through the haze of your sleepy feeling you hear the words "All done" and you know that the operation is nearly over ... the surgeon asks one of his helpers to finish off ... and a couple of stitches are used to close the area where the band has been inserted ... the surgeon talks to you again and tells you that your band has been successfully fitted and you will be able to go home soon ... and then you are wheeled back to the *(name given previously)* room so that you can recover and become awake enough to go home ... and as you rest there on the bed in your room you can imagine the results ... the new *(Clients Name)* ... and you can see *(yourself)* in your minds eye as the new *(Clients Name)* looking absolutely wonderful weighing just *(state target weight)* and wearing size *(state target clothes size)* clothes.

And now it is time to leave the hospital ... and now you leave the *(name given previously)* room and make your way to *(pre-discussed method of travel to the hospital)* ... and now you start your journey ... looking forward to your new life ... knowing that you are becoming the new *(Clients Name)* ... You arrive home now and gently go indoors ... sit down in your favourite chair and rest.

Just let those images fade now as you find yourself back on the comfortable reclining garden chair in the garden ... and it is now time to return to normal conscious awareness for the final time. *(Make normal return.)*

10.Replacement Therapy Contingency (Short Script)

I would like you to use your imagination for me (*Clients Name*) and imagine that you are really hungry and you are craving (*your favourite snack*) a lovely (*describe favourite snack*) Imagine holding it between your fingers just enjoying the sight of it and now you can take a big bite take a nice big bite and feel that strong feeling of satisfaction the feeling that we talked about earlier feel that wonderful satisfying feeling that (*use clients words*) there in your head feel how good that feels and you also now get a comfortable feeling of fullness in your stomach feel that now a nice comfortable feeling of fullness in your stomach.

Now I want you to really focus on those wonderful feelings those satisfying feelings that a much desired snack brings and now while imagining those feelings I want you to take a deep breath a very deep breath fill your lungs and hold that breath in for as long as you can feel those wonderful feelings connecting to that deep breath on a subconscious level allow your mind to connect that deep breath with those satisfying feelings exhale when it is comfortable to do so and then relax just relax feel warm, comfortable, calm and relaxed.

In a moment I will ask you to take another very deep breath and as you inhale and hold that breath, I want you to totally absorb yourself into the wonderful satisfying feelings which are now connected to the deep breath the feelings which used to be provided by (*your favourite snack*) are now provided by the deep breath.

Now take the deep breath in fill your lungs and hold that breath in feel those feelings of satisfaction exhale when it is comfortable to do so and relax once more.

From now on (*Clients Name*) every time you choose to take that deep breath whenever you crave (*your favourite snack*) you will immediately feel these feelings of satisfaction and this satisfaction will be provided without any calories, without any guilt and without any damage to your body.

And when you do this exercise (*Clients Name*) when you take control, the longer you hold the breath in, the greater the feelings and when you breathe out, you will feel just like you used to feel when you had finished a snack totally satisfied.

So once more (*Clients Name*) just for practice take a deep breath in and feel those wonderful feelings in the mind and in the stomach. Breathe out and relax feel warm comfortable calm and relaxed as you find yourself once again in that comfortable chair there in the garden.

11. Benefits Contingency (Short Script)

Let's again focus on the goals we have set and what you will enjoy once you have become the New *(Clients Name)* ... imagine again that this is *(target date)* and you are now at your desired weight ... you have become the person you wanted to be ... the *(Weight Loss)* pounds lighter New *(Clients Name)* dressed in size *(state size)* clothes that you can now wear ... I want you to feel how good that feels to be in that lighter body ... just imagine walking around ... looking good ... feeling great.

Now that you the happier, slimmer New *(Clients Name)*, imagine standing in front of that full length mirror once again ... see how good you look now ... slim ... attractive ... wearing those size *(state size)* clothes ... and these clothes look absolutely great on you.

And now lets really enjoy the benefits that you now have as the New *(Clients Name)* ... *(State list of benefits)* ... Now we need to concentrate on one of these benefits. One you consider to be very important to you ... tell me, which one do you choose? *(wait for response)* ... feel how good it feels to be enjoying *(just stated benefit)* to such a degree that you feel it is now a part of you. *(elaborate here if you wish)*

You have previously shown your commitment to have those benefits ... and you know that this commitment is allowing you to have full control over your eating habits ... this commitment is allowing you to undergo the Virtual Hypno Gastric Band therapy and with this you to become the person you see in the mirror in front of you now. That strong confident slim and attractive person you see in that reflection is you, you as the new *(Clients Name)*.

As you reflect on your new found strength and commitment which is bringing these benefits to you ... I want you to know that everything that has been rehearsed here in the imagination will be remembered and will become a part of your subconscious ... a part of who you are ... because this is what you choose ... and this is what you deserve.

The desire to become the new *(Clients Name)* grows stronger and stronger with each and every day that goes by ... the desire to take the path to becoming slim causes you to eat smaller portions ... the desire to become the new *(Clients Name)* causes you to choose only healthy food from now on ... from now on you move away from that other destructive path ... you remember that image of you in the mirror every time you need to eat ... you have the table tennis ball in front of you when you have a meal ... these things remind you of the path you have chosen ... you look forward to becoming the new *(Clients Name)*. *Make normal return.*

12. Transition Therapy Contingency (Short Script)

Now *(Clients Name)* I want you to leave the chair *(or other safe place depending on theme)* and this time I want you to walk behind it, you see a small building in front of you, with a large door at the front. Please walk up to this door open it and step into the building, closing the door behind you and now you find yourself in a corridor and in this corridor are some glass doors which divides it into sections like small rooms and you can see through all these doors, right to the other end of the building This is a very special building one of belief and capability a building of transition where you can symbolically make that journey from the old *(Clients Name)* to the new *(Clients Name)* You will have tasks to perform as you make this journey towards the new *(Clients Name)* and your subconscious mind will help you make this transition now.

As you look through all the glass doors towards the end of the corridor, you can just make out a figure standing there the image is a little distant and hazy at the moment but it will become clearer as you make this journey and as your eyes focus a little more, you can just see that this figure is you you as the new *(Clients Name)* and you can imagine how fantastic *he/she* looks the *(target weight loss)* lighter *(Clients Name)* weighing just *(target weight)* looking absolutely wonderful in size *(target clothes size)* clothes

Here in this first section of the corridor what I want you to do for me now *(Clients Name)*, in some symbolic way which your mind will help you with, is see all that excess body weight that *(target weight loss)* flow from your body and form a pile beside you imagine that happening now ...all those extra fat cells you may see this as a pinkish sort of jelly just flowing out of your body see it all piling up beside you all *(target weight loss)* of it feeling lighter now more like the new *(Clients Name)* standing there at the end of the corridor and when you have done that, just let me know by slightly lifting a hand *(wait for response)* Well done now we can move on

You can now open the next door step through and close it behind you and as you look through the remaining glass doors in front of you, you see the new *(Clients Name)* a little more clearer now and now in this section of the corridor in some symbolic way which your mind will help you with, discard all those old eating habits all those compulsions to snack all that need to indulge in those foods which are of less benefit to your well being leave them here now no longer a part of who you are and when you have done that, just let me know by slightly lifting a hand *(wait for response)*

Thank you now we can open the next door and move ever closer to the new *(Clients Name)* seeing *him/her* even more clearly now, waiting for you close the door behind you and now cast off all those reasons for your need to overeat all those negative emotions whether it is unhappiness, of lack of confidence or love for yourself whatever those reasons, your mind knows what is meant here just let it all go and when you have done that, just let me know by slightly lifting a hand *(wait for response)*

That's good you can open the next door, step through and close it behind you look ahead and see the new *(Clients Name)* getting really clear now see *him/her* smiling and in this section of the corridor I want you to let go of all the negative effects that overeating has upon your body high blood pressure cholesterol breathlessness and strain on your muscles and bones and when you have done that, just let me know by slightly lifting a hand *(wait for response)*

Thank you, *(Clients Name)* you can move on again and open the next door stepping through and closing it behind you nearly there now almost with the new *(Clients Name)* seeing *him/her* vividly now just observe *him/her* for a moment *he/she* is dressed the same as you and appears to be copying whatever you do mirroring your actions and finally, in this last section of the corridor, just one door away from the new *(Clients Name)*, I want you to discard any feelings of guilt and shame that you have carried shame about being overweight and not taking on the responsibility for your own well being but now you are in control, you can forgive yourself for these old thought patterns because you are now becoming the new *(Clients Name)* with a wonderful new positive mental attitude about the future and when you have released all of those old emotions, just let me know by slightly lifting a hand *(wait for response)*

Well done *(Clients Name)* you have made the journey to the new *(Clients Name)*, so now you can meet *him/her* by opening the final door and as you step through to the final section where the new *(Clients Name)* has been waiting ... you see that there is nothing here except a mirror and the new *(Clients Name)* you have been looking at through the glass of these doors is you you are the new *(Clients Name)* just look down at yourself and you can see that wonderful new body *(target weight loss)* lighter, dressed in *(target clothes size)* clothes walk around now and feel that wonderful feeling of comfort that confidence and that self esteem really get to know the new you And now it is time to leave this building and you are leaving as the new *(Clients Name)* open the door which you find here and step out into the garden *(or alternative place depending on theme)* with a feeling of agility and a spring in your step.

It is time to return to normal conscious awareness for the final time and you are returning to normality with a wonderful new positive mental attitude about your body make your way to the steps now and I will count you up to the top.

Make normal return.