



RESOURCE DOCUMENT – THE INNER STRENGTH SCRIPT CLINICAL WORKSHOP – LEVEL 1

The following script is similar to other ego-strengthening scripts that have been developed and published and are available in many sources (see Hammond, 1990d; Hunter, 1994). Most ego-strengthening scripts are highly structured and quite directive. The hypnotic script that follows—that of getting in touch with Inner Strength—is less structured and more projective than most others. It is presented after appropriate induction and deepening has occurred.

Meeting Inner Strength

“I would like to invite you to take a journey within yourself to a place that feels like the very center of your being, that place where it’s very quiet...and peaceful...still....And when you’re in that right place...it’s possible for you to have a sense of finding a part of yourself...a part that I will refer to as your Inner Strength.”

“This is a part of yourself that has always been there since the moment of birth... even though at times it may have been difficult for you to feel... and it is with you now...It’s that part of yourself that has allowed you to survive...and to overcome many, many obstacles in the past...Just as it helps you now to overcome obstacles wherever you face them...Maybe you’d like to take a few moments of time to get in touch with that part of yourself...And you can notice what images...or feelings...what thoughts...what bodily sensations are associated with being in touch with your Inner Strength...And when those images, or thoughts, or feelings or bodily sensations, or however it is coming to you, are clear to you in your inner mind, and when you have a sense that the experience is completed for you...then your ‘yes’ finger can raise.”

“In the future, when you wish to get in touch with Inner Strength...you will find that you can do so by calling forth these images, thoughts, feelings, bodily sensations, and that by so doing you will be in touch with Inner Strength again.”

“And when you’re in touch with this part of yourself, you will be able to feel more confident...confident with the knowledge that you have, within yourself, all the resources you really need to take steps in the direction you wish to go...to be able to set goals and to be able to achieve them and to have the experience that dreams can come true. When you’re in touch with this part of yourself, it’s possible to feel more calm, more optimistic, to look forward to the future.” (At this point particular goals, which the patient has shared with the therapist, may be stated.)

“And in the next days and weeks to come, you may find yourself becoming calmer and more optimistic about your life...and you will find that any time during the day it will be possible for you to get in touch with your own Inner Strength by simply closing your eyes for a moment, bringing your hand to your forehead, evoking the image of your Inner Strength, and reminding yourself that you have within you.. all the resources that you really need. The more you can use these methods to be in touch with your Inner Strength, the more you will be able to trust your inner self, your intuition, your feelings, and will be able to use them as your guide.” (McNeal & Frederick, 1993, pp.172-173)