While I seldom use scripts in my hypnosis practice because everything I do is tailor-made for each client, there are some basic relaxation tools that are helpful for most people. The “script” below contains some common relaxation and hypnosis strategies, including suggestions that may be helpful for most women during pregnancy. Remember that this “script” is quite general, and if you feel that it does not apply to you then please don’t use it! If you think this “script” will be helpful for you, you may want to ask your partner to read it slowly to you, or you can record it so the two of you can use it together. I hope you enjoy this experience!

NOTE: Please, please use the “script” below only when you are in a place where you can relax, free from distractions, for at least 15 minutes. This means, do not use this script while driving, mowing the lawn, talking on the phone, cooking dinner, walking your dog, etc. With that said, please relax in good health and well-being!

RELAXATION AND HYPNOSIS “SCRIPT” FOR USE DURING PREGNANCY

First, to begin, allow yourself to get in a comfortable position, in a comfortable place, free from distractions, where you can relax for a little while. That’s right . . . Adjust your body so it feels most comfortable . . . And do what comes most naturally for you -- you can gently close your eyes or you can leave your eyes open and stare at a point on your arm or hand, just some point on your hand or arm that you find fascinating and that point holds your attention. . . whichever is most comfortable and natural for you. Notice that you are breathing in, and breathing out, and breathing in and breathing out, normally and naturally, in a nice, comfortable way. Throughout this exercise, you may notice that you continue to breathe in and out normally and naturally, with ease . . . Of course, since you are a pregnant woman, you are expecting a baby, and you want to experience your pregnancy and childbirth in a way that’s most comfortable and natural for both you and your baby. I want you to have your baby in a way that is most pleasing and comfortable for you. And you can continue to breathe normally and naturally . . .
So, as you’ve begun to relax with your eyes gently closed or staring at a point on your arm or hand, breathing easily and regularly, you may notice that your body begins to relax more and more, even though your mind can remain as active and alert as you’d like, listening to my voice, following my suggestions if that is pleasing and comfortable for you. You may notice your breathing is nice and slow . . . comfortable and easy . . . and regular . . . And your body continues to relax as much as you’d like, from the top of your head . . . through your neck and throat . . . down your arms, all the way through the tips of your fingers . . . down your spine and across your back . . . through all your internal organs . . . your baby perhaps listening to the sound of my voice and choosing to relax with you . . . relaxation continuing to spread down your legs and all the way to the tips of your toes . . . feeling as comfortable as you’d like . . . breathing naturally and easily . . . comfortably warm . . . and relaxed . . .

And as your body relaxes, and perhaps continues to relax, and you breathe in and out easily and regularly, a part of your mind can remain as alert and focused as you’d like. As you breathe easily and naturally your mind can imagine a place that is very relaxing, very comfortable, very safe, a special place that is important to you. You may be remembering a place that you’ve been to, or you may imagine a place that you create now in your imagination, a place that is safe . . . comfortable . . . relaxing . . . and important to you. This may be a place outdoors, or indoors. It may be daytime or at night . . . You may be on a beach or in the mountains, in a beautiful garden, or a special room in a special place . . . wherever you choose to be as long as that place is your special place, relaxing, comfortable, your special place . . . As you look around your special place, notice the colors . . . hear any sounds, perhaps the movement of the air or some flowing water . . . feel how good it feels to be here, in your special place . . . perhaps there are some smells or even tastes in this special place. Different people experience different things. You may experience all of the sensations I’ve suggested, or just one or two, and that is just fine. It’s your experience and your experience is the right one for you. And perhaps you notice that the more sights . . . sounds . . . textures . . . smells or tastes you notice, the more you are able to relax and enjoy this experience, which is your experience. And you notice that as you continue to look around this special place, you can find just the right spot where you can relax, get comfortable, and
experience how it’s possible to be very relaxed in your body yet also very alert in your mind . . .

And this ability to relax as deeply as possible in your body while your mind stays alert may be especially helpful for you as you look ahead to the time of birthing your child. During those minutes or hours when your baby is being born you may want to remain as relaxed as possible in your body, even when you know that part of your body will experience the pressure of labor contractions. You want to have your baby in the way that is most comfortable for you and the baby, the way that is most pleasing and comfortable for both of you. So if that means that you have to experience the pressure of contractions, then you can experience that pressure in a way that lets you know your baby will soon be born, and all is well. All I know is that you want to have a very happy, very agreeable labor for you and your baby. You want the arrival of this baby, your baby, to be as easy as possible for you and your baby. As your baby is being born, you might have an itch on your leg, you might want to feel the pressure of a contraction here and there, yet you know that you can remain calm and relaxed, and breathing regularly, during all the birthing experience. You might feel as if you are calmly floating in the ocean, enjoying the gentle waves . . . And your baby’s birthing experience will happen when your baby is ready to be born . . . for NOW you know that you can experience relaxation . . . and joy . . . during your pregnancy and later as your baby is being born. You know that you have a special place where you can relax and maybe rehearse your birthing experience. That is up to you . . . your special place is available to you when you relax and when you imagine being there. Enjoying your special place.

In a few moments now it will be time to leave your special place and return to your normal, awake experience. You return to your normal awake experience feeling alert and refreshed, calm, remembering how pleasant your experience was and knowing that you can have that experience again and again . . . So I’ll count from 1 to 5, and as I count from 1 to 5 you’ll feel more alert and more awake with each number, more alert and refreshed, feeling alert and refreshed. So beginning to count now from 1 . . . and 2 more and more alert . . . next 3 refreshed and alert . . . and 4 and now 5, alert, refreshed, and fully present now!