



# Daily Hypnosis Habit Builder

Self-hypnosis is simply guided relaxation with intention. Think of it as giving yourself permission to pause, breathe, and reset. You are always in control, and you can keep your eyes open or closed. If you don't feel comfortable closing your eyes, simply let your gaze relax and soften; the choice is yours.

There's no "right" way to do it; just follow the steps, allow your imagination to lead, and notice how your body responds. With practice, these quick resets become anchors you can return to anytime, anywhere.

Regular practice helps you create calm, clarity, and confidence in minutes, not hours.

## 1. Rapid Overwhelm Reset

Close your eyes. Let your shoulders drop.

Breathe in for 4... hold for 4... out for 6.

Repeat slowly.

Affirm silently:

"I soften. I return. I reset."

## 2. Self-Hypnosis for Calm

Picture a peaceful, safe place.

Scan your body gently from head to toe, releasing tension as you go.

As you breathe, remind yourself:

"Each breath deepens my stillness. This pause restores me."

## 3. Sleep Anchor Protocol

Choose a cue (an eye mask, lavender oil, or calming music).

Use the 4-4-6 breath: Inhale through your nose for 4, hold for 4, exhale through your nose for 6.

Gently say;

"Sleep is safe. Sleep is healing. I welcome rest."



#### **4. Confidence Rewire**

Think of a moment when you felt strong and unshakable.

What did you see? Hear? Feel?

Recreate that state in your body now.

Anchor it with a gesture: e.g., a fist over your heart.

Return to this anchor anytime self-doubt appears.

#### **5. Hot Flush Cooling Visualisation**

Close your eyes and imagine snowflakes drifting onto your skin.

Feel the coolness spreading across your shoulders, chest, and arms.

Breathe into that sensation.

Affirm:

“I cool, I calm, I regulate with ease.”

#### **6. Emotional Safety Cue**

Place your hand over your heart or belly.

Breathe slowly and fully.

Repeat softly:

“This feeling is safe. I can hold it. I can release it.”

Stay until your body naturally begins to soften.

*Your mind becomes what you  
practice most.*