

There is no ending

I really love this script for a final session. It emphasises that, although our sessions have come to an end, it's all just part of the client's bigger therapeutic journey.

It might be that you've reached a point in time...where you're aware of all the changes which you have experienced...during our time together...and simply being aware in this way...will take you a point...of anticipation...and interest...about how your life will keep progressing...and moving forwards...

And I wonder...whether you've noticed those shifts in experience...which are constantly moving you forwards...in the direction you want to go...in terms of how you feel...or perhaps you've noticed those shifts in experience...more in terms of the choices you're starting to make...and the changes you're beginning to put into place...

And whether you've become aware...of how your life is continuing to flow...in a direction which is feeling right for you...at a general level...or whether there have been specific markers along the way...in some way...you know that there has been a significant positive shift...which has happened since you first made the choice...to incorporate hypnotherapy...into your life...

And because you've allowed this transformation to take place...you're ready to take things forward now...allowing this process to continue...

And because you're open to exploring what might come next...and open to the possibilities of your life ahead...you're also at the right point now...to take that time...allowing that openness to grow...and to take those first steps...into this experience...which will continue to build...on everything you have experienced during your sessions...

And I have a strong sense...that you have a strong sense...that this is the right time for you to move on...and embrace the potential...and opportunities...which are available to you...

And like so many of my clients...there might be all kinds of feelings which have been coming up for you...during our sessions...and particularly today...and...in just the same way that those clients have created an environment...in which they can bring their new learnings...and

experiences...and allow themselves to flourish...I know that you have the capacity...to continue growing as a person...in just the same way...they have...

And the fact that you chose to start this process of positive transformation...is such a clear sign...that you have everything inside of you...to continue this process...and your knowledge of yourself...which has grown so much...over our sessions...is at a point now...where you are absolutely ready...to take this process forwards...in whatever way is right for you...

And as you give yourself permission...to listen to your own inner knowledge...and to access your inner resources...everything which you have inside you...which you have begun to access during our sessions together...that inner voice...will help you...to feel stronger...and more empowered...than you had previously imagined...was possible...

And you'll continue...to have a sense of what it is...you need to do...to continue that process of transformation...aware that this is your time...that you possess everything inside of you...to continue the work which you started...and which we built on together...feeling confident now...that the changes which have taken place...during our sessions...have been deep...and meaningful...and that they'll gain momentum...day by day...week by week...and year by year...

And I don't know whether those changes will be subtle...or whether you'll continue to grow...with the occasional amazing...exciting...lightbulb experience...

And I'm sure...there'll be times...when you have some beautiful flashes of inspiration...sensations...which fill your entire body...with a feeling of excitement...and wholeness...and wonder...

And I'm sure...there'll be other times...when you simply notice...that you feel so much better...than you have done in a long time...and that although you haven't noticed the changes taking place...one by one...the transformation...which you started...during that moment...when you first knew that hypnotherapy could help you become stronger...more confident...more empowered...and able to create positive change...has simply kept going...

And can you imagine now...how amazing you'll feel...in a few weeks...or a few months...or a few years from now...having allowed yourself...to embrace...and accept...this incredible process...which you have put into place...

And just take a few moments now...to connect with your body...to notice how it feels...deep within you...as you become aware...of a sense of transformation...and a sense of excitement...and anticipation...allowing those feelings to grow stronger and stronger...as you prepare to come back to the room...

Slowly becoming aware of the sounds...and the sensations...outside of your body...outside of the room...wiggling your fingers and toes...taking with you...that sense of excitement...and anticipation...knowing...that this is your time...to take those next steps...

