

## *Emotional Dysregulation Hypnotic Script*

*(Say in a calm soothing tone)*

“Close your eyes if you want to—or just soften your gaze do your eyes go blurry.”

“Take a gentle breath in through your nose... and slowly let it out through your mouth.”

“Now, imagine a place where you feel completely safe. It could be real or made up.”

“Maybe it’s a cosy den, a beach at sunset, or your favourite treehouse.”

“Notice the colours around you... the sounds... how the air feels on your skin.”

“You’re calm here. You’re safe here. Everything’s okay.”

“Take one more gentle breath... and let yourself feel that calm spreading through your whole body... like a soft wave.”

“You can come back to this safe place anytime.”

“Big feelings don’t last forever—and you’ve just made space for calm.”

“You did amazing. Save this to come back to anytime you need a reset.”