

APPENDICES

Test Anxiety Inventory

Name: _____
Date: _____
Sex: _____
Std: _____
Age: _____
Caste: _____
Name of School: _____
Religion: _____
Father's Education: _____
Father's Occupation: _____
Mother's Education: _____
Mother's Occupation: _____
Average performance in previous exams: _____
Performance in last exam: _____

***Directions:** This questionnaire describes your personal feelings, attitudes, and experiences about exams. Some of the questions refer to your past experiences with exams; when you answer these, think back to your school exams of the last couple of years. There are no right or wrong answers. Read each statement and then cross in the appropriate circle to the right of the statement. The value of the results of this questionnaire will depend on how frank you are stating your feeling and attitudes. Please do not skip any questions.*

1. I freeze up when I think about an upcoming exam.....
2. I feel uneasy before the exams.....
3. During the exam, I find myself wondering whether I will get through the exam.....
4. I look forward to exams.....
5. I suffer from stomach upset during exams.....
6. I find myself becoming anxious on the day of the exam.....
7. During the exam, I think about how poorly I am doing.....

8. I can learn more effectively due to exam pressure.....
9. I suffer from headache during exam times.....
10. While taking an exam I prepare a lot.....
11. I feel tensed during exam.....
12. My mind wanders during exams.....
13. Tension while taking an exam helps me to do better
14. I suffer from fever during exams.....
15. My heart beats faster when exams begin.....
16. I worry a great deal about taking an exam.....
17. I have trouble concentrating when I study for exam.....
18. I feel confident while taking an exam.....
19. I feel the need to go to the toilet more frequently during an exam.....
20. I am not able to sleep properly during exam.....
21. I get very irritable during exam time.....
22. I daydream a lot during exams.....
23. When I start the exam, nothing can distract me.....
24. I suffer from chest pain during exam time.....
25. My appetite decreases during exam time.....
26. I seem to experience the feeling of helplessness during exam time.....
27. After taking the exam I always feel I could have done better than I did.....
28. I am relaxed during exams.....
29. My mouth feels dry during an exam.....
30. I suffer from acidity during exam time.....
31. During exam time my frustration increases.....
32. Thoughts about my result interfere with my studying & performance on test.....
33. I can attend to all my routine work during exam.....
34. During the exam, I suffer from mouth ulcers.....
35. My hands often feel cold before and during exam.....
36. I get depressed after taking an exam.....
37. The harder I work at taking an exam the more confused I get.....
38. I make silly mistakes during exams because of my nervousness.....
39. My concentration increases during exam.....
40. I feel very sleepy during exam times.....
41. I suffer from skin problem during exams.....

42. Although I know the right answer I doubt my memory.....
43. I experience difficulty in choosing which question to answer first.....
44. I can sleep properly during exams.....
45. My appetite increases during exam time.....
46. I experience nausea during exam time.....
47. I get angry for small things during exam times.....
48. As soon as the exam is over I try to stop worrying about it but I just can't.....
49. I sometimes find myself trembling before or during exams.....
50. I suffer from cold during exam time.....
51. During the exam, I frequently get so nervous that I forget facts I know.....
52. I am distracted by the slightest noise during exams.....
53. When I am studying for one subject I think of another subject.....
54. I enjoy taking a difficult exam.....
55. I have body aches before and during exams.....
56. I suffer from constipation before and during exam time.....
57. I can eat properly during exams.....
58. I tend to forget during the exam although I am well prepared.....
59. I may be nervous before taking an exam but once I start, I seem to forget my nervousness.
60. During exam times, there is an increase in activities like nail-biting, finger drumming,
foot-tapping, hands shaking etc.....
61. My parents insist I score well, as per their instructions.....
62. I become tense upon finding out about the preparation of my friends.....
63. I think my life will have no meaning if I fail in exam.....
64. I get angry with my parents/siblings for no reason during exam time.....
65. My parents motivate me for getting good marks.....
66. I get extremely worried about what others would think about me if I fail in the exam.....
67. During exams whenever I get tense my friends help me to be less anxious.....
68. My parents compel me the study for a certain no. of hours.....
69. I feel inferior to my friends if I get less marks than them.....
70. During the exam, I do not like to talk with anyone.....
71. My parents try to put me at ease during exams.....
72. I become tense when I see my friends worrying about the exam.....
73. Getting good marks is very important for me.....
74. During the exam, I get irritated with my friends for no reason.....

75. My parents compare my result with my siblings/friends.....
76. During exams, my friends motivate me to study well.....
77. I think by getting fewer marks there would be no scope for me in the future.....
78. My parents react extremely to my results.....
79. I compare my result with my friends.....
80. I think I am respected based on the marks I get in exam.....
81. I know even if I fail in exams my parents would support me.....
82. My parents restrict other activities at the time of the exam.....
83. I know whatever marks I would get my friends would always be there to support me.....
84. I feel that if I get fewer marks my parents would love me less.....
85. I feel my friends would look down on me if I get less marks.....
86. I feel by getting fewer marks I would let my parents down.....
87. Relationships don't seem to be too important during exams.....
88. My parents allow me to study as per my wish.....
89. My parents have many expectations from me regarding studies.....
90. I shout a lot at other people during exams.....

Scripts for Sessions on Hypnotherapy- Test Anxiety

SESSIONS SUMMARY

SESSION 1: Rapport formation, Case history, introduction to Hypnosis, and clearing of misconceptions.

SESSION 2: Detailed PMR with Visualization

SESSION 3: Quick PMR and Ego Strengthening by Stanton's Five-Step Method.

SESSION 4: For Concentration

SESSION 5: For Memory

SESSION 6: For Test Anxiety

SESSION 7: For Test Anxiety

SESSION 8: For Time Management, Planning, Procrastination, and Perfectionism.

SESSION 9: Common session including everything- Test Anxiety, Self Confidence, Ego Strengthening, Memory, Concentration, and Positive thoughts.

SESSION 10: Feedback and Discussion

SCRIPTS FOR SESSIONS ON HYPNOTHERAPY- TEST ANXIETY

SESSION 1: Rapport formation, Case history, introduction to Hypnosis, and clearing of misconceptions

SESSION 2: Detailed PMR with Visualization

SCRIPT:

Make yourself comfortable and gently close your eyes. Take a deep breath in and out... in and out... please focus your entire attention on this very natural process of breathing in and out... as you put your concentration on this process... you will notice that as you breathe out... you feel more and more relaxed. Breath in and out... in and out... very good...

You feel that whenever you are taking deeper breaths, whenever you are breathing in... slightly cold air is entering your body through your body and is expanding your chest as well as your abdomen... and whenever you breathe out your abdomen and chest contract a little and slightly warm air exits your body through your nostrils. Slowly breathing in and out... every time you are taking a breath in fresh air, fresh energy is entering your body making you more and more energetic... making you more and more fresh and relaxed at the same time. Whenever you are breathing out... all the tension and the rigidity and the stresses exit your body and go away and away from you... slowly and slowly breathing in and out... you have your attention focused on my voice only and all the sounds of the background will go away and away from you now... (___ describe the surrounding sounds ___) and all the other sounds may fade and fade away and w you will listen to my voice clearly...

Now take a deep breath in... and with this deep breath a wave of relaxation is entering your body and relaxation your left foot. You may now be able to feel the toes of your left foot becoming relaxed... relax... relax... relax... all those tiny little toes of the left foot are becoming relaxed and you are feeling so very comfortable. The toes of your right foot are also becoming relaxed and are becoming limp and slack and you are becoming more and more comfortable. This wave of relaxation is now spreading and flowing like a river all over your body. From your toes, it is spreading towards your feet and the feet of your left leg are getting

relaxed. The sole and the heel of your left leg are also getting relaxed... the ankle of your left leg is now getting relaxed. Relax... relax... relax... The sole and the heel of your right leg are now getting relaxed... the ankle of your right leg is also getting relaxed. Relax... relax... relax... very good. As the relaxation flows even further, your whole left leg is getting relaxed. The calf muscles of your left leg, the front portion of your left leg, the left side of your left leg, and the right side of your left leg is getting relaxed. And the relaxation flows through your right leg, your whole right leg is getting relaxed. The calf muscles of your right leg, the front portion of your left leg, the left side of your right leg, and the right side of your right leg is getting relaxed. Completely relaxed... and now your left and right knees are getting relaxed... completely and totally relaxed.

And you can imagine or see yourself or feel yourself in a very beautiful place. This is a place where you feel very comfortable and calm. The place is very beautiful... it could be a seashore or beach or it could be a mountain or a valley or a garden or a room where you see yourself as peaceful... it could also be a temple or church (or mosque or dargah or gurdwara) any place where you find yourself calming down and happy. Experience yourself in this place and you will find yourself relaxing even better.

As this flow of relaxation spreads towards your thighs... your left thigh is getting relaxed. The back portion and the front portion and left side and the right side of your left thigh are feeling so very relaxed now. Similarly, your right thigh is also getting relaxed as the relaxation is flowing inside your body like a river, and the back portion and the front portion and left side and the right side of your right thigh are getting relaxed... relax... relax... relax... very good. The whole of your left leg and right leg are relaxed now. Each and every muscle and tissue and every cell in both your left and right leg are completely relaxed. Take another deep breath in and out... in and out...

In this beautiful place of your choice, you are enjoying the beautiful ambiance. You can feel a light breeze around you... or you may be able to hear nice little sounds around yourself... you might be able to smell a fragrance that is sooo very soothing your mind and your body... enjoy this place and relax yourself here...

The wave of relaxation is now spreading towards the upper portion of your body. And it is relaxing the muscles of your back. Each muscle of your lower back... and your middle

back... and your upper back... relax... relax... relax... all the muscles of your back are relaxed and calmness is spreading all over your body. Take another deep breath in and out... in and out... very good. And this wave of relaxation is also spreading from the front of your body... your lower abdomen and your upper abdomen are all getting relaxed... and all the muscles are getting relaxed... Take another deep breath in and out... in and out... And now you can also feel your chest getting relaxed. As you draw these deep breathes your chest is getting relaxed and all the muscles and the tissues and the cells of your lungs, of your heart, your stomach, your liver, your intestines, kidneys, and all the other vital organs of your body are getting relaxed now... they are functioning as normal as masterly... yet they are all feeling such a joy such a happiness and to ease you at the newfound sense of relaxation within. You may smile if you wish to and this wave of relaxation is new to you relaxing your entire shoulder blades now... relaxing your left shoulder, left upper arm, elbow joint, forearm, left wrist joint, left palm, back of your palm, and all the fingers and the thumb of your left hand up to the tip of them up to the end of your nail.. your entire left hand is deeply totally relaxed now... and as you take another deeper breathe and feel this wave of relaxation moving ahead relaxing your right shoulder, right upper arm, elbow joint, forearm, wrist joint, your right palm, back of your palm, all your fingers and the thumb of your right hand up to the tip of them up to the end of your nail... your entire right hand is deeply, totally, completely into relaxation now.... With this deeper breathe in and out you realize your entire body below your neck is deeply... completely at ease... and relaxed... and as you take another deeper breath this wave of relaxation is moving ahead relaxing your entire neck... and your throat now... the front of your neck, the back of your neck, the left side of your neck and the right side of your neck and your entire throat all the muscles and the tissues and the cells of your neck and your throat are relaxing now... and this wave of relaxation is slowly and slowly moving ahead relaxing your chin... your lower jaw, your lower lip, your upper jaw and your upper lip... and... your entire tongue now.. so much so that your tongue is lying loose on your lower jaw... and you are feeling totally at ease... now slowly and gradually this wave of relaxation is moving ahead relaxing your left as well as right ear... your left as well as your right cheek.. your left as well as your right nostrils... your entire nose and all the muscles and the tissues and the cells of your ears, of your cheeks, and your nose are relaxing now... and slowly and gradually as you take another deeper breathe this wave of relaxation keeps moving ahead relaxing both your eyes left and right all the muscles of your eyes are relaxing deeply now... you may feel a little heaviness in your eyes so much so that you are unable to open them even if you wish to open them now... the harder you try the harder they are closed and deeper you are feeling into relaxation now..

your eyelids, your eyebrows, your eyelashes and all the muscles of your eyes are deeply relaxed now... and as you take another deeper breathe this wave of relaxation is now relaxing your entire forehead, the back of your head, left side of your head, right side of your head and the top of your head, and your entire head is deeply... completely...totally relaxed now... and all your hair... right from the roots till the tip of them are so much at ease that they are lying completely comfortable now... your entire body is deeply relaxed and all the thoughts coming into your mind are like the flock of birds flying in the sky... they may come and go away... they may come and go away... what remains is the vast, beautiful, calm, serene sky... your mind is equally calm, equally vast, and totally relaxed now...

Both your mind and your body are completely relaxed now... and you are in this beautiful place that is so serene and so peaceful so rejuvenating... You may spend a few moments in this place completely within yourself with yourself feeling the sense of happiness deeper blissfulness and the ecstasy within... (30-40 seconds of quiet-self time given).

Ok very good... you are feeling very comfortable and relaxed now... and... You will be able to achieve this level and even deeper a level of relaxation whenever you came for therapy, and you will be practicing this relaxation at home regularly. You will also carry this feeling of relaxation in you and whenever you want to bring forth this feeling in yourself all she would have to do is take a deep breath and whenever you take a deep breath, you will be filled with this feeling of relaxation and calmness.

And now please count backward from 10 to 1 with me and with the count of 1 you will open your eyes and you feel wide awake... 10...9...8... and all the heaviness of your body is going away and away and you are feeling absolutely fresh and energetic now... 7...6...5... and you are becoming aware of your surroundings now... 4... and you can listen to all the sounds of the background (____describe the surrounding sounds____) and all the other sounds 3... and the heaviness of your eyes is going away and away and you are feeling a freshness and a sense of coolness in your eyes now... 2... and your eyes are feeling lighter and lighter and your are ready to open them and 1... and you will open your eyes slowly and you will be wide awake...

(After the subjects are awake... reorient them).

Feedback:

SESSION 3: Quick PMR and Ego Strengthening by Stanton's Five-Step Method

SCRIPT:

Alright... Gently close your eyes and take a deep breath in... and out... another deep breath in... and out... very good... Now bring your attention to this normal and natural process of breathing in... and out... and let yourself relax...

If any thoughts are coming to your mind then let it come... let it come and let it go... imagine your mind like a big blue sky... where birds come and go.... Come and go... without leaving any footprints behind.... Similarly, these thoughts come and go... come and go in your mind without leaving any prints behind.... Leaving your mind clean and clear like the big blue sky... which is learning to become calm and composed... learning to relax and lighten.

Take another deep breath in... and out... in.... and out... and let your body relax... you and now feel your toes and feet relaxing... of both your right and left leg... relax... relax... relax... and now you can feel your right and left leg relaxing up to the knee... relax... and as each of your body part relaxes you go deeper into this state of relaxation. You can feel your right and left knee relaxing... and now the relaxation is flowing freely upwards like a stream of water relaxing all your body parts. And now your thighs are getting relaxed.... Relax... relax... relax.... and it is moving through your body making your lower back and middle back and upper back relaxed... and also the lower abdomen and upper abdomen relaxed and your chest relaxed.... Relax... relax... relax....

Take another deep breath in... and out... in... and out... letting go of all tension, tightness, and discomfort with each breath out.

And now imagine that you are in a very beautiful garden... this garden is full of peace and healing qualities... the garden there is a beautiful pond... with crystal clear and deep water... you are in this garden and relaxing in this garden now.... and you are relaxing more... the relaxation is spreading towards your shoulders. Both your right and left shoulders are getting relaxed. And the relaxation is spreading towards your hands. And now your entire right and left hand is getting relaxed. Relaxation is spreading now towards your neck and all

your facial muscles are getting relaxed and your head is also feeling relaxed. Your body is completely relaxed now.... Completely and totally relaxed... As your body relaxes itself, your mind also relaxes....

Now as your mind is relaxing more and more... you are able to see this pond... you are in front of this pond.... A very beautiful pond and imagine and see the area above the water... it is like your conscious minds which might be still or might be full of ripples and activity.... But as you look into the pond... you will be able to see that below the surface level, the water is calm and quite... this is like your unconscious minds.

Now you might find that there are some beautiful stones near the pond. These stones represent positive qualities like mental calmness, confidence, and happiness, concentration, mental control, and healing, and various other positive qualities... you may pick up whichever stone you feel like and you think that you want those positive qualities inside you... and you may put those stones one by one in the pond and watch it sinking deep into the pond and go deep into your unconscious mind... and as you start to drop the stones one by one and watch them sink deeper and deeper... your state of relaxation also becomes deeper... and deeper... deeper... down and down... and deeper... deeper.... and deeper. And these qualities are becoming a part of your life. Take your time and put as many beautiful stones in the pond... when you are done... your subconscious mind will let me know by movement in any of the fingers of the right hand...

(Wait for the response... when it comes... say... “very good”)

Take a deep breath in... and out... in... and out... very good...

Alright, keep walking forward. And now think of all those bad qualities that are there inside of you... it may fear and uncertainties, doubts and worries, and guilt and fault or blame or many such others.... Those that you think you do not want to have anymore... those that are not required and those that cause problem to you... enumerate all those bad qualities... think about each and every one of them... and you might find a paper bag there in front of you. Take this bag and put all these negative qualities in this bag... make sure to put each and every bad quality inside this bag... and now that you have deposited all these negative qualities in this bag.... You will find a pit (gaddha) in the earth near you... put this bag inside that pit (gaddha) and cover it up with the earth around... you don't require these qualities in you... as you have put it inside the pit (gaddha) all these negative qualities will transform into positive ones just

like when we put waste products into the ground they become manure (khad)... and it will transform into something very very useful...

Very good... and take another Take a deep breath in... and out... in... and out...

You are now moving forward... and you see a barrier in front of you... this barrier represents everything negative in your life. Embodied in this barrier are self-destructive thoughts, forces of failure and defeat, mental obstacles, and self-imposed limitations, everything which is preventing you from employing your life as you would like. Here and now you can destroy this barrier. You know best how to destroy this barrier... you may blast it off... or break it... you may smash it... bow it off... and simply destroy it.... anything that you think is causing a barrier in your enjoyment of life... you may destroy it here. Take your time and destroy it all... Take your time and put as many beautiful stones in the pond... when you are done... your subconscious mind will let me know by movement in any of the fingers of the right hand...

(Wait for the response... when it comes...)

Take a deep breath... and imagine a place where you feel safe and comfortable... where you feel happy... where you feel completely at ease without restrictions... totally on your own... absolutely safe... now this place can be a part of your imagination or it can be a place in real... which you may have visited or you may wish to visit it... it may be a place which you already know or it may be a place in your imagination... but right now take another deeper breath... and visualize that one place... which makes u feel safe... secure... and happy... this special place, that's associated with tremendous feelings of peacefulness, and tranquility, and safety, and happiness...

Please take another deeper breath... And look around... the colors... the beauty of the place... Take a good look around and see what you would like to have there and you can change it **just** as you like. It is your safe place and you can modify ... you can put things there you like or remove other things.

Now please listen to the sounds present. These sounds can be music... it can be some conversation going on... it can be the sounds of nature... it can be the birds chirping or water flowing... or some animal making some beautiful little noise... it can be any sound... which makes you more comfortable... because it is at your safe place...

Thank u so much... and take another deep breath... and now identify maybe the smell in the air... the aroma of the place... or maybe the taste... which makes u even more comfortable...

And now I would like to propose you to find a good place where you can sit and relax... or maybe you want to move there... perhaps you will especially enjoy the sensations and feelings as you touch things... just look for your kinesthetic feeling where your body feels good and relax...

Be connected with this place....

And then it's very good for you and important to have protection around so that you can control those coming in and going out and you have your peace at this place. It is your place and nobody can disturb you. You are protected here and safe... Is there something around... you can see around... maybe some wall or some plants or trees... or maybe a gate that opens only at your command or touch... to protect you.... so that people can come through only with permission... And it is your decisions who do you want to come in and who not ... Then it is your place and it is in your control...

If u like u can give this place a name... And now you can take in a deep breath and you can feel this place and the various senses... how it looks and how it smells and the energy of the place...

And I wonder if you've already begun to notice the fact, that as you just experience, and enjoy this special place, you soak up and absorb these tranquil feelings. And you can just allow these feelings of deep contentment, and peace, and calm, to flow, all through you, to all parts of you, allowing all of you to experience these soothing feelings. And as each moment passes in this special place, these wonderful, invigorating feelings increase and become more a part of you. And you can savor this place, and your enjoyment of it can be heightened, with every moment that you spend here. And as you rest here, and recharge your batteries, this experience may remind you of other places and experiences, where you've felt happy, and contented, and filled with peaceful feelings.

Alright... Very Good... and thank you for the wonderful work you have done today... these feelings of happiness and strength and calmness will stay with you... whenever you think that you would like to achieve this state of relaxation... all you have to do is... close your eyes

and count from 1 to 10 and you will be absolutely comfortable and relaxed just as you are now...

And now gradually you will be returning to the now and here (mention the place and time) your eyes may start feeling light... as you feel a comfortable sensation of lightness in your head and waves of alertness and energy flowing through your body... you might want to take a couple of deep breaths... Taking your own time you may slowly open your eyes and find yourself absolutely wide awake... Perfectly wide awake... Feeling good, refreshed in your body, refreshed in your mind... Take your time and be slow..."

(After the subjects are awake... reorient them.)

Feedback:

SESSION 4: For Concentration

SCRIPT:

Gently close your eyes and take a deep breath in... and out... another deep breath in... and out... Now bring your attention to this normal and natural process of breathing in... and out... and let yourself relax...

If any thoughts are coming to your mind then let it come... let it come and let it go... imagine your mind like a big blue sky... where birds come and go.... Come and go... without leaving any footprints behind.... Similarly, these thoughts come and go... come and go in your mind without leaving any prints behind.... Leaving your mind clean and clear like the big blue sky... which is learning to become calm and composed... learning to relax and lighten.

As you breathe in and out... your body is getting more and more relaxed. Your feet are getting relaxed... the relaxation is spreading over to your legs and knees and making you more and more relaxed. It is spreading towards your thighs and you are becoming more and more relaxed. The stream of relaxation is flowing towards the upper part of your body. And your back is getting relaxed... relax... relax... relax... your lower back and middle back and upper back... and the front of your body... relaxing your lower abdomen and upper abdomen and your chest... and all your internal body parts like your stomach, and intestines, and liver and heart and lungs and throat and the relaxation is spreading towards the shoulders. And now your left and right shoulders and completely relaxed. The stream of relaxation is spreading towards your arms and elbows and hands and fingers.... And now your neck and the back of your neck are relaxed... relax... relax... relax... the stream of relaxation is spreading towards your face and the back of your head... all the muscles of your face are relaxed... your chin... and your cheeks... your nose... and your eyes... and forehead... relax... relax... relax...

In your mind's eyes now you can see yourself in a very beautiful garden... the garden is beautiful and peaceful and serene... this place is making you more and more comfortable and relaxed... you can hear the birds chirping and see the butterflies flying... you can see the beautiful flowers... there are various colors and sounds and smells in this garden and you may

experience them as you like... as you experience this beautiful garden... you go deeper and deeper into this state of relaxation.... Take your time and enjoy the garden... (give 20 secs)

You might be able to see the pond in the garden... this garden had crystal clear water... it's a beautiful pond... this water is magical... and has many healing qualities... you may like to go near the pond and touch the water... you may also like to put the water on your eyes... and you may drink the water... this water is magical and it will heal you... it will help you to concentrate on your studies better and make you more attentive and... as your attention and concentration will increase you will be able to study better and better.

Allow yourself to just relax comfortably... I would like for you to remember and reflect on what a wonderful and remarkable person you truly are... All that you have achieved and accomplished in your life so far, relying on your amazing mind and your natural abilities to grow and learn, to become stronger and more capable within every day... I'd like you to think about how easy and natural this is for you... You've been doing it since the very moment you were born... You came into this life programmed for success, and you have had much more than you could ever count... First, you learned to crawl, and then to walk... Perhaps later you learned to ride a bike, and even later to drive a car... When you were born, you hadn't yet learned to speak, but in a very short time, expressing yourself with words became second nature to you... Now you are able to express yourself in even more complex ways, and learning to do so, has come so naturally to you because you were born to continually grow and succeed... Think of your early years in school, the challenges that you overcame, and the subjects you mastered... Every success built upon the last... I'd like you to remember with pride the many new situations that you entered, and how so many of them became experiences in which you took great pleasure... as you have continued... you grow, you have made friends, and held jobs, experiencing so many wonderful things along the way, because it is in your nature to grow and learn, to seek out and enjoy new experiences in life, and to create an interesting and satisfying life.

Just as you had completed so many successes in the past... and this pattern was natural ever since you were born ... to continually grow and succeed ... the same pattern still exists in your life... and it will continue ... for as long as it is useful to you ... You will continue to have successes each and every day... because you are confident ... and in control of your life... You realize that what your mind can conceive your mind can achieve... and you realize that you deserve to achieve greatness... that whatever you desire... can happen if you give it your full attention... your full commitment... You will succeed in all that you do... because you are

a wonderful, remarkable person... and you have within you... a remarkable computer... your mind... with abilities... far beyond what you have ever imagined... Allow these abilities to show themselves... Allow your creativity to open up... Now is your time... You deserve all that life has to offer... You are confident... You are in control... You are finding that you are self-confident and able to accomplish all of your goals... You do not doubt yourself... You feel motivated to be successful at whatever you are doing... Whether it be playing or working on schoolwork... you will work hard, finish all of your assignments, you will do your best... Any task that you do you will finish in a positive manner.

You are calm, relaxed, and in control. From this moment on you are able to concentrate, infinitely better than ever before. You are able to concentrate and focus better because you are giving it 100% of your attention. Whatever task you are doing you now give it 100% of your attention, by doing so, you find it more interesting and enjoyable. You find all your studies or projects interesting and you are able to concentrate so much more easily than ever before. Your new ability to concentrate infinitely better allows you to remember what it is you are studying or learning. You now have 100% recall because of this.

Your mind is the most perfect computer in existence and now your computer is able to concentrate and remember better than ever before and this new ability will stay with you because you have an interest in what you are now doing ... because you can focus totally on what is before you. Feel the confidence that you now have being in control ... Feel the confidence that you now have that you can attain your goals ... that you can now concentrate ... that you now enjoy what you are doing ... Allow this confidence to surge throughout your body ... and to grow as you feel it expand to every part of you ... Feeling wonderful in every way ... that you “are” a success ... and that you will be successful in all that you do.

From this day forward when you look into the mirror you will see a confident and capable person...all the negative statements that someone has said to you in your past are no more...In fact, anytime someone says something negative to you your subconscious mind will cancel the statement and not accept it...you deserve happiness... you are a unique and beautiful being...you have talents and gifts that no other person has... success and happiness are your birthright... From this day forward you will be self-confident... capable... determined... you love yourself... you will no longer see flaws when you look at yourself in the mirror... you are an important and valuable person...

In just a moment I will count to five and at the count of five, you will open your eyes feeling wonderful in every way, as if you had a full night's sleep ...

One . . . You are starting to emerge from hypnosis and feeling lighter... and lighter....

Two . . . Feeling wonderful in every way... feeling relaxed in body and mind... feeling more confident and calm...

Three . . . Your mind is clear and alert as if you have had a full night's sleep

Four . . . Your eyes are starting to open . . . and...

Five . . . Eyes wide open, fully awake and feeling great . . .

(After the subjects are awake... reorient them).

Feedback:

SESSION 5: For Memory

SCRIPT:

Allow your eyes to just softly close... Now, if you would, I'd like you to rest comfortably in your chair... that's right... just allowing the chair to support you, settling down easily, with your feet flat on the floor, arms resting at your sides, or gently on your lap; head and neck in a comfortable upright position... **(PAUSE)** Very good... And now that you are very comfortable, I'd like you to become aware of your breathing... Feel the coolness of your breath as it enters your nostrils, noticing your chest as it rises and falls, rises and falls, in an easy and natural rhythm, your own perfect and natural rhythm... just breathing in... and out... In... and out... just allow your awareness to focus on your breath... **(PAUSE)**... and now, I'd like you to take three deep breaths: **ONE** breathe deeply... And... exhale. **TWO** another deep breath ... And ... Exhale and **THREE** deep breath, hold it for 3 seconds ... **(PAUSE)** and ... Exhale ... Excellent! And now, just allow your awareness to remain focused on your breath as you allow it to quiet and deepen ... deeper and deeper ... and begin to notice that as you allow your breath to become more and more relaxed, that it is an easy and natural thing... You do not need to make any conscious effort to breathe. Your marvelous subconscious mind is taking care of your breathing - from the moment of your birth throughout your life, for as long as you live ... And just as your subconscious mind is the guardian of your breath and all your bodily functions, it is also the creator of your dreams, and the champion of your highest aspirations... always supporting you, protecting you, and working for your greatest good... Knowing this, you can relax even more deeply with each and every breath that you take ... from this point onward you can allow yourself to simply rest on your breath ... rest and relax ... rest and relax ... deeper and deeper... knowing that the more you relax, the deeper you go, and the deeper you go, the more you can relax, allowing your subconscious mind, with all its awesome power, to work on your behalf, to easily and effortlessly understand and receive every positive suggestion, and allow it to become a part of you for as long as it is of use...

Take a deep breath... and a exhale... letting it all out... and relax more...take a second deep breath... very deep... and once again exhale letting it all out ... and on your third deep breath ... hold it for about three seconds... then exhale and relax completely.

I'd like you to begin to relax even more... keeping your eyes closed... I'd like you to imagine that you are looking at a movie screen set up in front of you ... that is slightly above your eye level ... and approximately 10 feet away... I'd like you to imagine that you can see this movie screen even though the eyes remain closed ... maybe you can see it clearly and maybe you can't ... If you can't see it clearly, just think about it and the same purpose is being served ... just think about what it would look like ... imagine that you were looking at this screen in a lazy, relaxed sort of way ... now imagine and the center of the screen you see the number five appear ... about 18 Inches tall ... I'd like you to visualize it is coming across the screen, three times, and as you see it appear on the screen three times I'd like to also say the number five to yourself quietly three times as it appears ... taking the time now I want to see and say to yourself quietly, the number four, three times as you see it come across the screen ... allowing yourself to relax deeper and deeper with each number ... now visualize and say to yourself, the number three, three times ... with every number that comes across the screen you become twice as relaxed, feeling much better than you did before... now see the number two come across the screen, three times, as you repeated to yourself quietly... and finally, visualize, see, or think about the number one, come across the screen three times as you repeated yourself quietly... realizing that you are so much more relaxed than you were just a few moments ago ... and each and every time you do this to yourself, each time you count backward and visualize the number is five through one, three times each ... you will be able to come back to this come, relaxed state, feeling better than that time before.

Notice how relaxed you have become, however you do have the ability to relax even more and you will relax even more as the session goes on ... Now, as a way to help you to relax, even more, I am going to count backward from 20 down to 1 ... and with each number that I count, you can allow yourself to relax deeper and deeper back your own pace... with each number I say, and the closer I come to the number one, the deeper into relaxation you will go ... until I get all the way down to the number one, at which time you will have entered the alpha state, or even deeper ... you will have and to a state of relaxation, a state of the mind where you are more receptive to helpful suggestions ... then at any other time ... so as I began to count ... you can visualize the numbers on that Imaginary screen just in front of you ... allowing yourself, and permitting yourself to relax very, very, deeply. Let's go ahead and begin now with the number 20 ... as you visualize it on your screen .. and you see it fade away ... then comes the number 19 ... and you become more and more relaxed ... 18, 17 ... as you see the numbers appear and fade away, you allow yourself to go into a very deep relaxed state ...

16, 15 ... so very relaxed, feeling so much better than you did before ... 14, 13 ... deeper and deeper ... 12, 11 ... just letting go ... allowing yourself to feel peaceful ... 10, 9, 8 ... leading itself relax, knowing that the more you allow yourself to relax, the more effective the suggestions will be ... 7, 6 ... allowing yourself to go all the way down deep ... 5, 4, totally relaxed, feeling better and better ... 3, 2 ... and finally ... 1 ... relaxed, and in the Alpha State, which is that part of the mind where changes are made... where suggestions aren't easily acted upon ...

You can imagine yourself in a very beautiful and calm place... this place is relaxing you... and making you very very comfortable... this place is full of positive qualities... and as you breathe in and out in this place... this place is filling you with these qualities...

Each and everything important for you to remember you do with complete ease. You recall exactly what you need when you need it, effortlessly and easily. Everything you need to know is committed to your memory and you are able to retrieve it spontaneously as the situation demands. As you remember more and more important information you grow confident in your memory ability. Your strong subconscious mind stores everything you have ever experienced in great detail, since you were born, in your subconscious mind. Every thought, sound, sight, taste, and even smell is logged in perfect clarity. Your subconscious mind is more powerful than the strongest computer ever made. The difficulty that most people have to remember is that when it is important to remember something, they become stressed. Becoming stressed has a way of closing doors to memory. This is why many people, when they are taking a test, and become worried about the test, have difficulty remembering. The more stressed that they become, the less that they remember. You may have noticed before that when you forgot something and needed to remember it immediately, the more that you forced it, it seems the more difficult it was to retrieve it.

However, the more that you relax, the more you are able to retrieve anything that you like. So, from now on, whenever you need to remember something, all that you need to do is to simply sit back, take a deep breath, and relax ... knowing that the answer will come to you ... and it will. Have the confidence that your answers or whatever you need to remember is in your subconscious mind. Have the confidence that you can retrieve it, allow yourself to relax and it will come.

All information that you have ever seen, heard, or felt since the day you were born is stored in your subconscious mind ... and it is available to you... at will... if you desire it... All you need to do is to relax... to let go... It has always been there... and will always be... for your easy access. Reach in now and remove any block to your memory that you may have had... Anytime you feel a block coming back, take a deep breath and as you exhale... you can command that block to leave you... It is your mind... your store of information... you own it... And you control it... You now have total recall at will... Remembering is now a priority for you... and it is easy and natural for you to remember... It doesn't have to be difficult to be worthwhile... It can be very simple... What you need to remember is easy to remember.... As you receive new information you have total recall of this information at will... you now have the ability to retrieve that information whenever you like.

In a few moments, I will count 1 to 20, and at the count of 20, you will open your eyes feeling wonderful in every way. You will come back to normal sensations and you will become aware of everything around you.

20 . . . You are starting to emerge from hypnosis and feeling lighter... and lighter.... 19, 18, 17. . . Feeling wonderful in every way... 16, 15, 14...feeling relaxed in body and mind... 13, 12, 11 ... feeling more confident and calmer... 10, 9, 8... Your mind is clear and alert... 7, 6, 5...
4, 3, 2 . . . Your eyes are starting to open . . . and... 1. . . Eyes wide open, fully awake and feeling great . . .

(After the subjects are awake... reorient them).

Feedback:

SESSION 6: For Test Anxiety

SCRIPT:

Gently close your eyes and Begin with me now by taking a nice deep breath. Slowly exhale. Take another deep breath and again slowly exhale. Take one more deep breath and this time hold it to the count of three. One. Two. Three. Now slowly exhale.

I want you to now picture in your mind a beautiful orange sun just sitting on the horizon. It is as beautiful as any sunset you have seen in the past. As the sun slowly begins to descend you become more and more relaxed. You notice all the beautiful colors in the sky. The evening is so peaceful. You continue to breathe deeply as the sun slowly descends. As you breathe in, breathe in that wonderful peacefulness and calmness and relaxation. And as you exhale, breathe out all the worries and tension and concerns you may have. Just let them leave your body through your breath.

I am going to begin to count backward beginning with 20 and with every number I want you to continue to breathe deeply and continue to focus on the sunset. As I continue to count, perhaps reaching the number 12 the sun will be completely set and as the sun completely sets, you will be completely relaxed ... 20 ... becoming more relaxed ... 19 - 18 ... deeper ... 17 - 16 ... more and more relaxed ... 15, 14, 13 ... deeper still as you absorb the peacefulness and the beauty of this incredible sunset. Your eyelids are becoming very heavy as you go deeper and deeper in relaxation ... 12, 11, 10 ... becoming more and more relaxed, breathing in total relaxation and peacefulness ... 9, 8 ... deeper still ... 7, 6 ... the sun has completely set. You are so totally relaxed ... 5, 4 ... so very peaceful... 3, 2 ... all the way down deep, and finally ... 1 ... deep, deep, relaxation ...

You have now become so deeply relaxed . . . that your mind has become so sensitive. . . so receptive to what I say . . . that everything that I put into your mind . . . will sink so deeply into the unconscious part of your mind . . . and will cause so deep and lasting an impression there . . . that nothing will eradicate it. Consequently . . . these things that I put into your unconscious mind . . . will begin to exercise a greater and greater influence over the way you think . . . over the way you feel . . . over the way you behave.

And . . . because these things will remain . . . firmly embedded in the unconscious part of your mind . . . after you have left here . . . when you are no longer with me . . . they will continue to exercise the same great influence . . . over your thoughts . . . your feelings . . . and your actions . . . just as strongly . . . just as surely . . . just as powerfully . . . when you are back home . . . or at work . . . as when you are with me in this room.

During this deep relaxation . . . you are going to feel physically stronger and fitter in every way.... You will feel more alert . . . more wide awake . . . more energetic. You will become much less easily tired . . . much less easily fatigued . . . much less easily discouraged . . . much less easily depressed. Every day . . . you will become so deeply interested in whatever you are doing . . . in whatever is going on around you . . . that your mind will become completely distracted away from yourself. You will no longer think nearly so much about yourself . . . you will no longer dwell nearly so much upon yourself and your difficulties . . . and you will become much less conscious of yourself . . . much less preoccupied with yourself . . . and with your feelings.

Every day . . . your nerves will become stronger and steadier . . . your mind calmer and clearer . . . more composed . . . more placid . . . more tranquil. You will become much less easily worried . . . much less easily agitated . . . much less easily fearful and apprehensive . . . much less easily upset.

You will be able to think more clearly . . . you will be able to concentrate more easily. You will be able to give up your whole undivided attention to whatever you are doing . . . to the complete exclusion of everything else. Consequently, your memory will rapidly improve . . . and you will be able to see things in their true perspective . . . without magnifying your difficulties . . . without ever allowing them to get out of proportion.

Every day . . . you will become emotionally much calmer . . . much more settled . . . much less easily disturbed.... Every day. . . you will become . . . and you will remain . . . more and more completely relaxed . . . and less tense each day . . . both mentally and physically...

And as you become . . . and as you remain . . . more relaxed . . . and less tense each day . . . so . . . you will develop much more confidence in yourself . . . more confidence in your ability to do . . . not only what you have to do each day . . . but more confidence in your ability to do whatever you ought to be able to do . . . without fear of failure . . . without fear of consequences

. . . without unnecessary anxiety . . . without uneasiness. Because of this . . . every day . . . you will feel more and more independent . . . more able to 'stick up for yourself' . . . to stand upon your own feet . . . to hold your own . . . no matter how difficult or trying things may be.

Every day . . . you will feel a greater feeling of personal well-being . . . a greater feeling of personal safety . . . and security . . . then you have felt for a long, long time. And because all these things will begin to happen . . . exactly as I tell you they will happen . . . more and more rapidly . . . powerfully . . . and completely . . . with every session I give you . . . you will feel much happier . . . much more contented. . . much more optimistic in every way. You will consequently become much more able to rely upon . . . to depend upon . . . yourself. . . your efforts . . . your judgment . . . your own opinions. You will feel much less need . . . to have to rely upon . . . or to depend upon . . . other people.

From this point on, the only thoughts that you will have are positive. You will rid your mind of negative words like can't, won't, should-have, would have, and could-have. From now on, your mind will only think in terms of "I can" and "I will" Use your imagination and picture yourself taking those negative words, one at a time, and putting them into a garbage bag. Picture the word "can't" see yourself throwing it into the bag. Picture the word "won't" and throw it into the bag. Take the words "could-have" and throw them into the bag. Finally, take the words "would-have" and "should-have". Feel them in your hand as if they were a bar of lead and, holding them for the last time, throw them into the bag. Picture yourself sealing the bag so that nothing can escape from it. You are holding the bag in your left hand. Now picture yourself walking across the room to a garbage can. You open the lid of the garbage can with your right hand and throw the bag of negative words into the can hearing them crash against the bottom of the can. They are gone from your life forever. As you put the lid on the garbage can, you feel a sense of assertiveness and confidence. Suddenly you have a warm surge of energy, as you finally got rid of the garbage that has been with you for a long time. Never again will those words be part of you. Instead, they are replaced with positive words and positive thoughts. The words "I can" and "I will" will empower you to reach those goals that you have always wanted to achieve. By throwing away the negative words and thoughts you have freed yourself to take control of your life and achieve those things in life that are most important to you. Never again will negative words be part of your thoughts. When you hear other people use negative words and express negative feelings, you will smile at them knowing that you are the lucky one. You

have freed yourself from the anchors that those words had on you for so long. From this moment on it is “I can” and “I will”.

You are now calm, relax, and clear-minded. You are focused. You no longer have anxiety about taking tests. Anxiety is part of the past, like a distant memory that doesn't affect you anymore. You realize that the purpose of taking a test is to show your knowledge on a subject and because you have improved your steady habits and because you are prepared you look forward to and enjoy taking tests. You are anxious to prove that you know your materials. From this moment on test-taking is a pleasure, because you are prepared. You are focused and everything you have studied is in your subconscious mind. You have 100% retention and you also have immediate recall at will, as soon as you read the question on your test the answer immediately comes to you. You realize that a test is only answering a series of questions from your teacher to ensure that you understand the materials that you studied. You are prepared for your test and you approach your tests confidently and enthusiastically. You always do well because you know what the answers are. You read the question and the answer immediately comes to your mind. You remember all that you have learned. You recall the correct answers because you are prepared. You are calm and relaxed during your tests. You feel very confident because you have studied and are prepared. When you have finished answering the questions you'll be surprised to discover that you remembered far more about the topic than you needed. There is no confusion when you read the questions on a test as to what is being asked. You understand your questions clearly and you know what they are asking for. Everything you have ever studied is completely recorded in your subconscious mind and when you read the questions the answers come to you because you are prepared and you have studied. You no longer become nervous during tests because you are prepared and anxious to show the knowledge that you have acquired on the subjects you are being tested for. If any time you feel anxiety may be coming on, you simply take a deep breath, and when you exhale and you will relax completely. Your mind will open up to remember the answers to the questions you are being asked. You will do well on all of your tests. You are confident and relaxed. You are in control....

And now gradually you will be returning to the now and here (mention the place and time) your eyes may start feeling light... as you feel a comfortable sensation of lightness in your head and waves of alertness and energy flowing through your body... you might want to take a couple of deep breaths... Taking your own time you may slowly open your eyes and find

yourself wide awake... Perfectly wide awake... Feeling good, refreshed in your body, refreshed in your mind... Take your time and be slow...”

(After the subjects are awake... reorient them).

Feedback:

SESSION 7: for Test Anxiety

SCRIPT:

I would like you to close your eyes and take 3 deep breathes ... on your third breathe, inhale and hold the breath for three seconds ... and exhale slowly. Imagine, please that you are at the beach. This beach is your private beach where no one can disturb you ... a safe place. Visualize the setting sun, slightly warm sun soothing your body. You approach your favorite spot with anticipation, knowing you will soon be in a very relaxed, happy mood. Imagine now how inviting the sand looks. It almost calls to you to lie down and relax. You spread your favorite sheet and lie down. You close your eyes and feel the warmth of the sun soothing all of your muscles as the heat relaxes you. You hear the gentle, rhythmic lapping of the waves on the shore and it becomes a repeating signal for you to relax. You can feel the warmth of the sun entering your body like warm liquid coursing through you. You find it impossible to resist it. You can feel the warm, relaxing liquid flowing through your veins ... your muscles are letting go of all tension and stress ... Hear the waves and just let go. Your breathing is slow and deep. You feel wonderful. The sun is going deeper and deeper making you go deeper and deeper in this relaxation...

The calming, warm liquid is flowing down from the top of your head ... slowly, slowly down through your body taking with it all tension and stress. As it progresses, you focus on any areas of tension in your body knowing that the warm liquid heat from the sun will carry it away. The warmth has reached your neck ... flowing down through your shoulders ... and arms ... feel it surrounding you like a protective cocoon. Feel it moving down ... down like an irresistible source of comfort taking with it all tension in your chest and stomach ... flowing down ... down to your hips and legs. The waves lap against the shore and the warm liquid pushes all tension and negative feelings down ... down and out through your feet and toes. Concentrate now on the waves flowing up to the shore and receding. Appreciate how comforting the sound is to you in your relaxed state. Listen to the waves roll slowly to the shore. The soothing sound brings you deeper ... and deeper. Down ... down ... more relaxed than you ever thought possible...

Now the sun has set and on the beach, there is a screen set up using poles for you to watch something.... Look at that screen... the show is about to begin... as you look at the screen the show starts... you can see a room... with benches or tables and chairs... students are sitting in the room and looking at the papers on their tables... they are all writing very nicely in the sheet of paper in front of them... they all seem very confident and are doing very well in the exam paper... and as you absorb this scene... the camera starts to focus on one particular student who is writing very well... this student seems to be very confident and is writing fast in a clear handwriting... it seems that he/she has prepared for the exam very well.... And is writing the paper very confidently.... The camera starts to zoom even more and you find that it is YOU.... It is You, who is prepared so well.... And is writing the paper so well... look at yourself for sometime... how great and confident you are looking.... You are looking at the question paper and writing the answers to those questions on the answer sheet.... You know all the answers and are performing very well.... This is a recording of you performing soooo well in an exam... as you look at yourself... you feel proud of yourself at how talented a person you are... and you know and realize this from within that you have already performed so good in an exam... which was recorded for you to see.... And as you know it from within.... You know in all the forthcoming exams... you will perform with this same confidence and vigor... you will prepare very very well for your exams with concentration and confidence and a good memory capacity... and sometime before the exam you will have finished revising for the exam and you will be relaxed... and on the day of the exam you will also be relaxed and confident... you will read the question paper with concentration and understand the questions and be able to recall all the answers well.... And write them even better.... And all this will happen in each and every exam you will give from this day onwards and ever in the future... take your time and see yourself performing so great and confidently in the exam... (pause 20 sec).

Recall a time when you were successful at something. Remember the feeling of happiness and pride you felt. You deserve to be successful. You deserve to be happy. You deserve to accomplish any goal you set for yourself. Remember that you have been successful in the past. You are successful NOW, and you will continue to be successful in all you do. Concentrate now on the confidence you feel as you accomplish your goals. Notice how that feeling moves throughout your body, lighting you up from the inside out. This feeling of confidence spreads to every cell in your being. You are unstoppable. You succeed easily and effortlessly and carry this feeling with you wherever you go, whatever you do. Your mind

remembers this feeling and you automatically create opportunities to succeed. You are relaxed and confident as you follow through to experience the success you deserve. You feel self-assured, content, and successful. You feel wonderful now, more relaxed with the idea of being successful. You are in control of your life. You are at peace. You are successful with everything you undertake.

You have come to this very relaxed state to feel better about yourself and your abilities. Beginning right now, you are realizing and accepting that you are a worthwhile and lovable person. You will react to others with the conviction and confidence that they are positively accepting you. You are happy and confident in your ability to complete tasks with greater focus... with honesty and fairness... and on time. You are appreciating how others have faith in you and respect your abilities. You are no longer feeling threatened by things in your life that need change. You are able to accomplish these changes with positive planning. You are able to accept constructive criticism in a neutral way...not as a personal attack, but rather as a way to become a better, stronger person. You are no longer using negative statements, but instead only positive statements. You are becoming an "I can" person and small daily setbacks are not hindering you. You are accepting that these events are a part of everyday life and you are motivated to seek positive ways to avoid these setbacks with care and planning.... Doing all of these things is making you feel happy, worthwhile, able to be loved, and confident. You are noticing how people react to you with respect and acceptance and know that as you love yourself... love the person that you are, others are seeing the very same things in you that you now see in yourself.

And now gradually you are coming back from the beach... and you will be returning to the now and here (mention the place and time) your eyes may start feeling light... as you feel a comfortable sensation of lightness in your head and waves of alertness and energy flowing through your body... you might want to take a couple of deep breaths... Taking your own time you may slowly open your eyes and find yourself wide awake... Perfectly wide awake... Feeling good, refreshed in your body, refreshed in your mind... Take your time and be slow..."

(After the subjects are awake... reorient them).

Feedback:

SESSION 8: For Time Management, Planning, Procrastination, and Perfectionism

SCRIPT:

Close your eyes and take a deep breath in... and out... in...and out... put your concentration on this normal and natural process of breathing... Imagine you are in the middle of a large field full of tall grass and wildflowers that come up to your hip. There is a path that winds through the field. Walk along that path. You can feel the cool ground against the soles of your bare feet. Continue walking along that path. Put your hand out and feel the wildflowers against your hand as you walk. Their colors shine bright in the summer sun. You can hear insects chirping and birds singing. You can feel the warmth of the sun against the back of your neck. You start to sweat as the sun gets warmer. Keep walking. Up ahead you hear the sound of water flowing over rocks. Follow the path as it takes you out of the field and into cool woods. You can hear the water, follow that sound until you come to a flowing stream. You're still hot from your walk in the field so wade into the stream and feel the cool water circle around your feet, ankles, and knees. Wade out deeper into the stream and feel the water as it comes up to your waist and shoulders. Lean back and float in the lazy cool stream and let yourself drift slowly downstream. Relax and enjoy the gentle coolness of the water as you drift slowly downstream. Listen to the gurgling of the stream as the water flows around you. The birds are chirping in the trees overhead. Relax and enjoy the moment.... You are feeling very very comfortable and relaxed...

As you keep walking ahead... you can now visualize a staircase in front of you which is at the side of the stream... A beautiful staircase made naturally by the side of the stream of water... As you look down the stairs you notice that ten steps are leading gently down... Ten steps leading down, down, down ... These are the steps that will lead you deep into relaxation... and in a moment, as I begin to count you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed will you become.... So as you begin to slowly descend the stairs starting with the top step... 10... deeply relaxed... let yourself go more and more... 8... more and more relaxed... 7 - deep, deep relaxation... 6 - 5 more and more and more relaxed... 4 - deeply relaxed, soooo comfortable... 3 - more and more relaxed... 2 - almost at the bottom now, just one more step to go... and 1 - deep, deep

relaxation, all the way down... Now that you have reached the bottom step and you are totally relaxed ... just allow yourself to let go completely as you go deeper and deeper ...

And as you are so deeply relaxed... From now on, beginning immediately ... you're going to find yourself easily able to measure your time correctly for things you have to finish... whether it is in your conscious mind or buried within the subconscious... You're going to find yourself easily able to know exactly how long you need to get something done ... You know how to give yourself a reasonable time to get things accomplished ... Just like knowing how to breathe ... It is natural to you... You have an automatic time measuring machine in your body ... It is already set up for you to use ... Now, turn on the switch ... and allow it to start to work for you ... You always have enough time to finish one thing or another ... have time to relax between your appointments ... You even have time to enjoy your life as you go from here to there ... from now to then ... Everything is just the right pace ... very joyful ... very peaceful ... You finish everything in a relaxed pace ... You know which thing should be done first ... and always manage to accomplish them in a suitable way.... You do the right thing at the right time ... One thing at a time if you wish ... At a joyful pace ... Allowing yourself even to enjoy the tasks you are doing ... and even enjoying the company of the people beside you when you are doing them ... You can smell the flowers ... hear the bird's singing ... and the gentle breeze of the wind blowing your face ... It's as if time stands still... because you are the time ... You are the thing which you are doing ... You are the place where you are ... You feel wonderful and happy....

You are now happy and delighted whenever you think of the things that you would like to or need to accomplish. It feels good to have a purpose to direct your energies toward each day. If there is work to do, it feels good to do it and to complete it. Any assignments, homework, or household tasks or chores, are fun to do and complete. When you are at work or school, you feel calm and relaxed about anything added to your list that will require your time and attention later in the day, week, or even year, because you now have a strong sense of motivation and purpose. You even feel peaceful about doing these tasks and completing all that is required to be successful at work, school, or even at home. Now when there is an assignment or project, you get it done at the earliest time possible, knowing that this way you can also find time to do other things you value and enjoy. You simply do what needs to be done.....and move on.....with ease and enjoyment during the whole process... It feels soooo good to complete things that you wonder why you waited so long in the past to get to them.....and you feel great

about yourself and your life.....as you should.....because you deserve to feel good about yourself and now you are doing the things that reflect that good feeling more and more often.

You will be able to plan your work very effectively and this relaxation will help you to remain calm and plan your work and studies and all other things in life with much ease... as you plan your work properly... you will finish your work on time and do it well...

As you have learned to manage time, and plan your work effectively... you will gradually come out of this state of deep relaxation... though you will be out of this state but this state will always be there in you and whenever you want to achieve this level of relaxation... and be calm and quiet mentally... all you have to do it close your eyes and count backward from 10 to 1... and you will be able to achieve this state of physical and mental relaxation...

From this day forward when you look into the mirror, you will see a confident and capable person... all the negative statements that someone has said to you in your past are no more... Anytime someone says something negative to you your subconscious mind will cancel the statement and not accept it... you deserve happiness...you are a unique and beautiful being... you have talents and gifts that no other person has... success and happiness are your birthright... From this day forward you will be self-confident... capable... determined... you love yourself ... you will no longer see flaws when you look at yourself in the mirror... you are an important and valuable person...

And now gradually you will be returning to the now and here (mention the place and time) your eyes may start feeling light... as you feel a comfortable sensation of lightness in your head and waves of alertness and energy flowing through your body... you might want to take a couple of deep breaths... Taking your own time you may slowly open your eyes and find yourself wide awake... Perfectly wide awake... Feeling good, refreshed in your body, refreshed in your mind... Take your time and be slow..."

SESSION 9: Common session including everything- Test Anxiety, Self Confidence, Ego Strengthening, Memory, Concentration, and Positive thoughts

SCRIPT:

Alright... Gently close your eyes and take a deep breath in... and out... another deep breath in... and out... very good... Now bring your attention to this normal and natural process of breathing in... and out... and let yourself relax...

If any thoughts are coming to your mind then let it come... let it come and let it go... imagine your mind like a big blue sky... where birds come and go.... Come and go... without leaving any footprints behind.... Similarly, these thoughts come and go... come and go in your mind without leaving any prints behind.... Leaving your mind clean and clear like the big blue sky... which is learning to become calm and composed... learning to relax and lighten.

Take another deep breath in... and out... in.... and out... and let your body relax... you and now feel your toes and feet relaxing... of both your right and left leg... relax... relax... relax... and now you can feel your right and left leg relaxing up to the knee... relax... and as each of your body part relaxes you go deeper into this state of relaxation. You can feel your right and left knee relaxing... and now the relaxation is flowing freely upwards like a stream of water relaxing all your body parts. And now your thighs are getting relaxed.... Relax... relax... relax.... and it is moving through your body making your lower back and middle back and upper back relaxed... and also the lower abdomen and upper abdomen relaxed and your chest relaxed.... And all the muscles and tissues and each and every cell in your body becomes relaxed... Relax... relax... relax.... You can see yourself, imagine yourself in a very beautiful garden... it's a very beautiful garden and you can see this garden in vivid colors... it's a very beautiful garden... you might walk around the garden or might feel like sitting down or even lying on the cool grass... there might be a swing on which you might want to sit and relax... as you like it... just enjoy this garden... and as you enjoy this garden... this relaxation spreads even further in your body... and is relaxing your hands and shoulders... your left and your right shoulder are relaxed... completely relaxed... and the relaxation spreads over your arms... your right and left upper arms and elbows and your forearm and wrist and the palm and the backside of the palm and all the fingers till the tip of your nails are completely relaxed... both your right and left hands are completely relaxed now and you are enjoying this feeling of

relaxation.... Enjoying the bodily relaxation and the mental relaxation... and the relaxation spreads over your neck and the back of your neck... and your face and the back of your head... your ears... all the muscles in your face are also getting relaxed... the chin... the lips... your nose... your cheeks... your eyes... your eyebrows and the forehead... and the top of your head are completely relaxed... and as you take a deep breath in... and out... and in... this oxygen goes inside your body and relaxes all internal organs of your body... the heart and the lungs... the stomach and the intestines... and kidney and liver... (in case of females only say: ovaries and uterus...) and all other organs inside the body are complete relaxed... your whole body is relaxed now... and your mind is equally relaxed... and this is a very beautiful garden and it has various kinds of flowers... you can see the various colours of the flowers... and the various smells... very beautiful smell... you can also hear the birds chirping... you can feel the grass under your feet which feels very good and soothing... and it relaxes you more and more and even more... and the more this relaxes you the more you go into this state of relaxation... deeper... and deeper... and deeper... more and more relaxed... deeper and deeper... you go into this state of relaxation... I would like you to enjoy this garden as this is such a beautiful garden... take your time and enjoy this garden... as you walk on in this garden... you will find a waterfall... you can also walk on and enjoy this waterfall in the garden... you might like to play with the water... as you like it... enjoy yourself... (Pause 20 sec.)

And now let's move and go deeper into this garden... as we go deeper and deeper into this garden... you will find that there is a staircase...there are 10 steps... as you climb down the stairs... you will go even deeper and deeper into this state of relaxation... 10, 9, deeper and deeper into this state of relaxation... 8, 7, and even deeper... 6, 5, 4... and deeper and 3... deeper and deeper 2... and 1 and you have come to the end of the staircase... and you see a door in front of you... this door will open only at YOUR touch... and it will take you inside a room... this room is the Control Room of your Mind... for some time now we have been working together to improve various faculties of your mental functioning and here we are today in front of the control room... you might want to enter the control room now... as you enter this room you will see various switches and control panels... go around this room and explore it... it's the control room of your mind... (pause 20 seconds)... now as you have explored this room... you might want to make a few changes in the way the various mental faculties are working... you can now see the switch of Self Confidence... you might want to put it on a High mode... you at all time need your Self-Confidence to be high. Confidence is very essential for everyone to function well and in all spheres of life.... be it studies or job or relationships... confidence

will lead you to places that you deserve and are capable of reaching... it will help you to become successful in life... so let the switch of Confidence remain on a High mode... very good...

You can also find the switch of Concentration.... you might also want to put it on a High mode... Concentration is something that you need at times when you are doing your studies or work-related activities.... at other times you need not have a high level of Concentration.... so you might find a switch marked 'Auto Update' near the Concentration switch... you might want to switch it on... so that the Concentration will be on an auto-update mode... it will be able to update itself according to your requirements... going on a High mode when you are studying or working or doing some other activity which requires high Concentration and going from Medium to Low mode when you are doing some less important or routine work that does not need so much Concentration or you are simply relaxing.... very good...

There you might find a panel of switches marked "Positive thoughts" ... well... these are a very important part of your mental faculties and you must have Positive thoughts at all times of your life.... whatever the situation might be or wherever you might be... it is essential to have Positive thoughts.... so you might want to put all the switches on this panel on a high mode... very good...

As you put these positive things in a high mode... all the negative things have gone a low mode automatically... like Test Anxiety... and all other kinds of Anxiety... Restlessness... Tension... Worry... Impatience... all these have gone on a low mode...

You are becoming a person full of confidence and positive thoughts and you are well capable to achieving your goals and living a happy and fulfilling life... you deserve happiness in your life and you are becoming capable of finding happiness in every small- little and big event in life... whatever happens in life, you are looking towards a life with a new zest and enthusiasm... full of energy and to make life an experience rich and colorful...

Now that we have finished working in this room... you might want to leave this room... alright you might turn around and exit this room... as you exit the room... be sure to lock it... once you lock it... it will open again by only your touch... this security measure has been installed so that no one can enter this room and make any changes without your permission... changes in room can be made only by you... others can help... always help...

Take a deep breath in... and out... in... and out... letting go of all tension, tightness, and discomfort with each breath out.

And now that you have locked the room you are at the foot of the same staircase... you might want to climb up now... and as you climb up these stairs.... this state of relaxation will become lighter and lighter... 1...2...3... Lighter and lighter.... 4...5...6... even more lighter.... 7...8...9... and light... 10... and now you are in that same beautiful garden.... you are feeling fresh and relaxed... and free and in control of yourself... this is a great feeling... you might want to spend some time here with yourself and feeling soooo great... (Pause 10 seconds).... and keeping this feeling inside you.... you might want to return to here and now...

And now gradually you are returning to the now and here (mention the place and time) your eyes may start feeling light... as you feel a comfortable sensation of lightness in your head and waves of alertness and energy flowing through your body... you might want to take a couple of deep breaths... Taking your own time you may slowly open your eyes and find yourself wide awake... Perfectly wide awake... Feeling good, refreshed in your body, refreshed in your mind... Take your time and be slow...”

(After the subjects are awake... reorient them).

Feedback:

Scripts for Sessions on Neurolinguistic Programming - Test Anxiety

SESSIONS SUMMARY

- SESSION 1** : Rapport formation, Case history, introduction to NLP, and clearing of misconceptions.
- SESSION 2** : Detailed Six step Reframing
- SESSION 3** : Resource Anchoring.
- SESSION 4** : Swish Pattern
- SESSION 5** : Neurological Level Alignment
- SESSION 6** : Affirmations
- SESSION 7** : Submodalities
- SESSION 8** : Motivation Strategy For Time Management, Planning, Procrastination, and Perfectionism.
- SESSION 9** : Circle of Confidence
- SESSION 10** : State Management.

SESSION 1: Rapport formation, Case history, introduction to NLP, and clearing of misconceptions

Rapport formation

Pacing and Leading:

- Setting up a situational pace using general rapport skills
- Match the posture - gentle tone
- Go to a positive and resourceful posture
- Build the bridge
- rapport and respect
- The art of communication: graceful, enjoyable, and very effective

Case history

- set up a pace
- Use anchoring techniques - Use auditory, visual, or kinesthetic anchors
- Inject common emotions
- Elicit original experience
- Enjoy association
- Use external stimulus if required

Introduction to NLP:

- Neuro - neurological process - behavioral experiences through senses
- Linguistic - the science of language
- Programing - reorganizing thinking
- Art of personal excellence
- effective ways of thinking and communication
- Personal development

SESSION 2: Detailed Six-Step Reframing (Bandler, Grinder, 1985)

Six-Step Content Reframing was developed by the co-founder of NLP, **John Grinder**.

The Process: The foundation of all reframing is to depart the purpose of the behavior. Usually, if the client concentrates on the purpose, which is decisive, it will transmit them in a healthier mindset, and truly enable them to access further intelligent environments.

1. Context Reframe

- Use with a puzzle that is represented as a conditional deletion.

For Example:

- "Me too... " "He too ... " "I'm not acceptable ", "He's greater... "
- Think of a complex setting in which the problem action would have a very distinct purpose.

2. Meaning (Content) Reframe

- Use with an enigma that is manifested as a complicated parity or condition & impact.

For Example:

- "When X occurs, I reply Y. "or"
- Due to X, this implies Y"

Ask Yourself ...

- "What more could X suggest?"
- "What is an opposite frame?"
- "What hasn't this person mentioned in these circumstances which, if they did, would alter the meaning?"

6 Steps Reframe

1. Recognize the behavioral reply to be changed:

- 'I wanna do something, but something stops me.', or
- 'I don't wanna do something, but I end up doing it just the same.'
- When struggling with differences, it isn't important to know what the practice truly is, they can keep it confidential if they like.

2. Practice conversation with the part which is accountable for the performance:

- Go within and ask the portion if it is willing to correspond with you in mindfulness?
- Notice the emotions inside of you. This is an oblivious response, so ask yourself:
- Can you represent that signal consciously?
- If you can, this is it, isn't it?
- If the reply was conscious then it would be simple to switch it off. You could simply choose not to do it.
- For example, when you listen that your batchmate has got the perception you wished for, and you desire to be decent and wish them, but when you congratulate you feel that sense of discomfort.
- Can you take that off? Can you help thinking that way even though you don't desire to feel that way?
- That is the unconscious mental signal. Establish a communication system. Ask the portion to increase the signal for 'Yes' and decrease it for 'No'.

Get it to do this for numerous occasions so you get 'Yes' and 'No' signals that are quite clear.

3. Depart the optimistic intention from the behavior.

- Ask, 'Will the part which is liable for the behavior let me know what it is attempting to do?'
- You will get a clear direction which may be a wonder to your conscious mind. Think whether you need the frame to do that.
- If you notice a 'No' sign you can just imagine a definite purpose and proceed. Or
- you could ask beneath what conditions it would let you experience.

Ask the section,

- 'If you were given ways to accomplish this purpose, at least as well, if not greater than now, would you be willing to try them out?'
- If you get a 'No', your signs are blended - no part would turn down an offer like this!

4. Ask your creative part to generate new ways that will accomplish the same purpose.

- Ask your creative part to generate as many solutions as it can - you do not need to know what these are consciously.
- Ask the portion negotiated with to select at least three of these for it to try.
- Ask it to provide you a sign each time. It has selected one.

- Take as long as you need on this element of the means.
- Thank your creative part when you have finished.

5. Ask the portion if it will accept to practice the new varieties over the following several weeks, rather than the old behavior.

- This is the future of practicing the new behavior. There is no motive why the frame should not allow to do this.
- If you receive a 'No', then tell it, it can yet use the former behavior - only practice the new behavior first.
- If you still receive a 'No', then reframe the conflicting part (By playing back to step 1).

6. Ecological Check:

Go within and ask,

- 1. Does any portion of me oppose the new choices?'

If there are rejections later examine them out by asking the part to amplify the sign.

- 2. If there are differences then you can reframe the part or ask it to get collectively with the creative frame to attain more resolutions.
- 3. Ensure that there are no objecting elements; otherwise, they may try to attack.

Summary

1. Recognize a problem
2. Distinguish the part, and get various signs for 'Yes' and 'No'.
3. Get the part's assertive intention, and ask it
 - 'If you were presented with inclinations of answering this purpose just as strong or even better than now, would you be willing to try them out for a week or so?'
4. Ask your imaginative part to produce many desirable resolutions (not necessarily good ones!) while the part in question gives a 'Yes!' sign when there is a resolution it believes it may use. Get a minimum of three.
5. Ask the frame if it will try these in the following several weeks.
6. Inspect that there aren't any objecting parts and reframe.

SESSION 3: Resource Anchoring (Bandler, 1985)

Anchoring Technique was introduced by Ivan Pavlov in 1904.

Desired Outcome:

- 1 To anchor a state in a prospect at any moment in any modality.
- 2 To collapse a negative anchor in the researcher or the prospect
- 3 To chain anchors driving from one state to another

The Process of Four Stages to Anchoring:

- 1 Recollection of a past event
- 2 Anchor - Present a particular stimulus at the peak
- 3 Replace the person's state
- 4 Evoke the state - set out the anchor to test

The Five Keys to Anchoring

1 The Intensity of the Experience:

A low intensity sensation will not form a stable anchor. The further heightened the emotion, the stronger the anchor will become.

2 The Timing:

Sensory acuity is individually essential while establishing an anchor

3 The uniqueness:

The uniqueness of the anchor is equally important as the strength of the emotion, the more unique the anchor is better.

4 The Replica of the Stimulus:

To complement the Uniqueness of the Anchor, one must ensure that one can simply reproduce the trigger, so give it unique enough that it doesn't happen all the time but present it easy enough one can clone it next time.

5 Number of times:

A common rule of Anchoring is the more often the anchor is placed, the greater the trigger will be.

SESSION 4: Swish Pattern (Bandler, 1985)

Swish Pattern was introduced by Richard Bandler in 1985.

1. Elicit existing environment or form:

"How do you identify it's time to.....? (e.g. feel bad)

2. Elicit Expected State:

How do you like to (feel/act) instead?

If you recall about that (nature or response) Create a description of that in your mind now."

3. If wanted, support the client in improving the perceptible strength of the fancied position for the most optimistic kinaesthetic.

4. Great, now walk outside of the image, so you recognize yourself in the image. (Break State)

5. "Get the old image and take it up on the top? Ensure that you are viewing through your eyes."

6. "Hold the past image on screen, see the novel image in the below left-hand angle, little and clear? Ensure you see yourself in the image."

7. "Have the image pop large and bright, and become it blast so that it reaches and destroys the old image, and take such as immediately as sssswishhhhh."

8. "Great, sssswishhhhh."

9. "Now, clean the screen."

10. Repeat steps 5, 6, 7, 8, and 9 until the undesired position or conduct is inaccessible.

11. Analyze and expect pace.

SESSION 5: Neurological Level Alignment (Dilts, 1996)

Neurological Level Alignment is formulated based on the research patterns in NLP by Robert Dilts in 1996.

1. Creating 6 Anchors

1- Set-up Phase

Put six cards about 1 step apart on the floor extending out in front of the explorer. Each one of the cards will be anchored as follows:

- Atmosphere (i.e. times and places)
- Behaviors (i.e. behaviors, thoughts, and states)
- Abilities or skills
- Values and Beliefs (i.e. what's essential or required)
- Personality (i.e. who and what you are)
- psyche (i.e. deep intention and desire, who is concerned)

2. The Nature Anchor

- Try to imagine times and places where you will want and need to be as clever as possible.
- Think of another time and place where you will want and need these resources.

3. Behavioral Anchor

- Go ahead and choose the behaviors you will need to achieve your outcome... your thinking and attitude, your position, and the way you breathe, the way you communicate, and walk.

4. Abilities Anchor

- Go ahead into the next zone, and think of all the sources, abilities, information, support, data, powers, and facilities you will require to achieve your outcome

5. The values & beliefs Anchor

- Go forward one more step and visualize the sets of assumptions and advantages that help you in reaching your result.
- Take a minute to position those assertive feelings to yourself and also regard how they encourage you in accomplishing your result.
- Take a minute to create your preferences so that initial ideas develop first...

6. The Personality Anchor

- Move forward to see how strong who you are in alignment with your pursuance and accomplishment of your result
- Take some time to more ideally align your personality with this pursuit... Great! That's all.

7. The Divine Anchor

- Go on into the field of the infinite. Exhibit on the assertive legacy your offerings have remained for humanity and mankind.
- Feel how that will relate, and appear to have achieved something definite for others, and produce that action to dive in, now.

8. Reinforcing the Divine Anchor

- Now, let's go-ahead to the place where we came from.
- Take some time now to reflect on how this highest purpose and intent can inform, modulate and enlighten all other aspects of your life.

9. Reinforcing the Identification Anchor

- Come forward one step, and having felt the continuous viewpoint, observe now how your identity has been deeply formed in strong directions.
- Have some time to predict how this further power you will employ around you.

10. Reinforcing the Values and Beliefs Anchor

- Come forward one more step, You're now aware and updated and know who does it mean to be you now, observe how values and beliefs are updated, improved, renewed, and followed effortlessly.
- See how simple it is to prioritize things. Now assume how those priorities will simply get done, and how the less significant things can also get done appropriately.
- See the confidence you sense that you are also implementing the right things.

11. Reinforcing the Ability Anchor

- Take one more step ahead, you're now updated with preferences, values, and expectations, see how your learning is stimulated, and concentrate on what you'll require whenever you'll require it.
- Observe your confidence and competence improved by supporting one another. See yourself in a floating environment, experiencing being good at what you're doing.

12. Reinforcing the Behavioral Anchor

- Come forward one more step, detach yourself and observe, participating with reliance and skill, the novel skills and abilities, and see how your thinking, emotions, feeling, breathing, appearance, communication, movements, choices are all improved and developed.
- And now walk into that experience as you and recognize, listen, and believe performing these tasks as easily, evenly, and efficiently as you noticed when separated... Great!

13. Reinforcing the Environmental Anchor

- Last but not the least, come forward one more step, and carry all of those new sources, abilities, powers into experienced future places and moments. Notice yourself performing all the things completely corresponding in these circumstances, see the day and the time, your attire, your day, and simply feel great!

SESSION 6: Affirmations (Bandler, Grinder, & Andreas, 1994)

- Affirmations are designed for the learners considering test-anxiety levels.
- The scripts differ from person to person depending upon the level of examination stress and impact of the stress levels on learners' performance.
- The researcher formed the scripts based on these four parameters.
- The objective of Affirmations scripts is to reduce the level of test-anxiety, activating learning, making learners more confident, and helping a learner to deal with performance.

The researcher designed the scripts based on the five principles:

1. Setting up a direction rather than an aim.
2. Creating and focusing on a learning direction than performance.
3. Developing and fine-tuning it to make it motivational and exciting.
4. Building a self-belief, improving self-image, adding values, trigger confidence
5. designing learner specific self-talk, and implementing during the sessions

Sample Scripts:

- I enjoy learning and it's fun.
- I am good at appearing for tests.
- I can easily express my knowledge while taking a test.
- I am good at learning and understanding the subject.
- I've got a great memory, and I easily reckon information.
- Clearing tests are easy for me.
- I feel comfortable and self-confident while taking tests.
- I expect good numbers in this test.
- My learning skills are awesome and improving
- I'm a good learner and I'm becoming better.
- I'm a smart learner and no subjects are difficult for me.
- I'm not worried about my results; I'm focused on learning new skills.

SESSION 7: Submodalities (Bandler, 1983)

Desired Result: To be prepared to continuously produce alterations in the client's physiological representations with the help of remodeling their sub-modalities.

Definition: Pronunciation: (sub-mo-dal-itez): *noun:* The particular narrative components within all of the five forms of sensory inputs such as Associated, dissociated is to sight. Loud or soft is to sound. Hot or cold is to touch.

Theory: Sub-Modalities are how do we encode and perceive a meaning to our Inner Reflections. Switching the Sub-Modalities can transform the meaning of an Inner Reflection.

Techniques Include:

1. Contrastive Analysis: Involves detecting the Teamsters (or critical Sub-Modalities) by distinguishing two Inner Reflections for the Sub-Modality variations such as comparing ice-cream and Yogurt.
2. Mind Mapping: Involves detecting the Teamster (through contrastive interpretation) and then switching the Sub-Modalities of one of the Inner Reflections to the other. E.G.: Replacing the Sub-Modalities of craving for an ice-cream, and dislike for yogurt should reason the client to avoid ice-cream.
3. Swish Patterns: These patterns include repairing one Inner Reflection or imagery with the other. This offers a scope to redirect the sequence of Inner Reflections so that the Desired State is more natural.
4. Dissociative Techniques: integrates shifting perspective and observing a particular Inner Reflection from a dissociated condition. This technique is generally applied to: To remove a negative emotion
5. Perceptual Positions: Includes shifting viewpoints and viewing a specific inner reflection from one of three different perspectives. The first perspective is viewing through your perception. The second perspective is viewing through the second person's view (preferably an important person in the event). The third perspective is recognizing the complete view from a dissociated position beyond the whole event. This is beneficial as a dissociative technique and for consolidating practices.

SESSION 8: Motivation Strategy for Time Management, Planning, Procrastination, and Perfectionism. (Bandler, Grinder, & Andreas, 1994)

The researcher identified the type of learners through an exam inventory questionnaire, and on the basis of it, the researcher used various NLP techniques and scripts. Here are a few of the techniques used by the researcher.

Motivation Strategy for Time Management:

- Imagination technique
- Visualization Technique - to construct various states
- Voice - tonal quality,
- Chunking Technique - chunking desirable state
- Creating more enjoyable states with Sub-modality Techniques
- Affirmation Techniques

NLP Time Management Technique Planning, Procrastination, and Perfectionism

- Rapport building
- Identifying routine patterns
- Identifying priorities of a learner
- Identifying ideal state
- Setting up priorities of life
- Using NLP Techniques such as Content Reframe Technique
- Using Goal Setting Technique

SESSION 9: Circle of Confidence (Grinder, 1986)

Empty your mind:

- Relaxation techniques
- Thought clearance techniques
- Awareness techniques
- Feeling through the five senses techniques

Circle of Imagination:

- Imagination technique
- Visualization technique
- Helping a learner to visualize a bigger circle

Quest for supremely confident self:

- While you're looking at the circle, try to imagine the incident, event, circumstance, a private moment, or experience when you felt supremely confident.
- If the learner is not able to recollect, ask him to imagine his favorite Hero, Super Star, or a Role Model. It's okay to imagine them all at once.
- Start feeling the optimistic emotions. Allow yourself to embrace these feelings.

Stepping into The Circle:

- It is time to get into the circle of confidence.
- Walk into the circle slowly. The circle is big enough so you can easily walk into it.
- Now you've reached the center of the circle.
- The center is radiating life, love, confidence, joy, and happiness. It is especially for you. Allow yourself to embrace it all. Feel the existence.
- It is your circle. You can always visit, revisit at any time.

Stepping out of the Circle:

As you're departing from the circle. Bring all the vital energy you've got from the circle with you and allow yourself to take it all with you while you're stepping out from your circle.

When you've successfully stepped out from the circle of confidence remind yourself.

"This is my circle of confidence, and it's always there and open for me."

SESSION 10: State Management (Bandler, Grinder, 1970)

NLP a state management is designed for a prospect, such as whether they are relaxed, concentrated, excited, or any blend of before-mentioned states. Regulating these states is the foundation of NLP State Management.

Switching and Magnify States: Please refer to the submodality scripts for recollection of a memory and to enhance the feeling by changing particular submodalities - for most candidates' light, visual range, and size of an image are the very powerful optical submodalities. These submodalities that execute the most variance to the state. This is the State Management foundation of NLP. It is essential to have the most powerful possible positive states to work by, and applying submodalities is the most natural way to accomplish this.

Anchoring States: Please refer to anchoring techniques and scripts. Anchoring is essential for working with states.

Building a Novel NLP State. This is where it becomes fascinating.

- The researcher used anchoring technique, Timeline technique, submodalities script to build new states of NLP.
- Create a brand-new state suitable for prospects. Confidence, relaxation, determined, communicative.
- Build another state when the prospect is relaxed.
- Change Submodality until the state is dominant
- Use anchor as and when required
- Once a strong anchor is established, break state
- Repeat the second state with a new anchor this time
- Create four anchors.
- Now close your eyes and release these four anchors.
- Feel the feelings and emotions.

Use the Time-line Technique of NLP at last: Signaling the message to unconscious the message that you require this device in the future.

Scripts to Check Suggestibility Level

The researcher used these scripts for suggestibility: Relax... Close your eyes... Take deep breaths. Inhale... Exhale... Inhale... Exhale... Inhale... Exhale... Keep your hands straight. Put your hands straight at your shoulder level, palms down. Try to imagine an air-filled balloon is tug on your right wrist. There is a 10 kg plate tied on your left hand, pulling your left hand down. You can feel the right-arm is lighter. The left-arm feels heavier." The test candidate feels it for half a minute to a minute.