



# The Script Collection

a resource for therapists

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**Relax  
Wearing PPE**

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### The Script Collection

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## About The Script Collection

**The Script Collection** is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The first part of each script, in which the therapist is preparing the ground for the trance work to follow, is formatted as standard prose, and is intended to be delivered with normal tone and pace.

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

***your unconscious*** mind takes ***care of things*** in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.



## Relax Wearing PPE



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Personal Protective Equipment can be uncomfortable in all kinds of ways. It can make people feel hot and restricted, like it's harder to communicate, harder to breathe, and more difficult to stay hydrated throughout the working day. Depending on the equipment used, it can cause chafing, pressure, and some degree of physical pain. And when the work you're doing is already intense and stressful, the PPE can end up adding a whole other layer of pressure to your experience of doing your job.

This session is going to help you relieve that pressure, because human beings are very good at getting used to pretty much anything, given enough time and experience. We are nature's great adaptors. We have learned to survive and thrive in all kinds of environments, from the burning heat of the Saharan desert to the icy tundra of the Arctic. And there are forms of PPE that people have worn throughout history, from blacksmiths and welders; to medieval knights wearing inconceivably heavy, cumbersome armour on the battlefield; to scientists working in sub-zero research laboratories or taking lava samples from live volcanos.

What happens when we get used to discomfort? Our brain progressively tunes it out and our body adapts to it. We no longer experience any heightened emotion about wearing the equipment. It just becomes part of what's needed for the job, a necessary part of the working day. This is the experience of people who've worn PPE as part of their job for many years. It ultimately becomes something to which they don't give a second thought, because their body and their mind are so familiar with wearing it.

The deeply relaxing, hypnotic part of this session is going to help you experience this instinctive familiarity with wearing PPE ahead of time, so that you can get used to it much sooner. It's also going to help you clear out any less-than-helpful thoughts or emotional responses you have had towards wearing the PPE in the past. And finally, it's going to help you feel calm, clear-headed, and focused whenever you're wearing the equipment, so that the very act of putting on the PPE makes you instinctively feel calm, focused, and ready to begin your work.

Now  
as you prepare to *relax very deeply*  
you can just allow those eyes to close  
if they haven't yet  
as you begin to settle back  
and settle down  
inside  
that's it  
as you take a very slow  
deep breath  
now or in a few moments  
hold it for a moment  
and then *just let go*  
into relaxation  
and rest

■ Pause

And as you *listen to these words*  
you can notice how your brain turns the sound of these words  
into meaning  
without you having to do anything at all  
that your brain's ability to process language  
is something that happens effortlessly and unconsciously  
so that even if you consciously tried  
to hear these words as just sounds  
your brain would turn them into meaning anyway

■ Pause

And in the same way  
the dreams that you dream when you sleep  
aren't something you need to plan  
with your conscious mind  
it's something your unconscious mind  
the unconscious intelligence of your body and brain

knows how to do  
naturally and instinctively

■ Pause

Just as the process of drifting  
into a state of deeper and deeper absorption  
and inner focus  
is something that the body-mind  
is already familiar with  
because there have been times in your life  
when you've been utterly absorbed  
in the moment  
have there not?  
perhaps in a song  
a film  
a novel  
something where you completely immersed yourself in what was happening  
and the outside world  
faded away

■ Pause

And there is a wonderful freedom  
in realizing  
that your experience can change  
like that  
that when you *immerse yourself in a dream at night*  
effortlessly and unconsciously  
as the body relaxes  
as the breathing begins to *smooth out*  
and as you *let go*  
into a profoundly deep state of relaxation and *rest*  
that's it  
that in immersing yourself in that dream  
in strolling through and into  
the limitless landscapes and possibilities of your dreaming mind  
that you naturally *tune out*

***the sensations***

of lying in bed at night

■ Pause

That as you ***relax even deeper***  
into the dreams of sleep  
there in bed at night  
you ***forget***  
about the sensation of your head on the pillow  
you ***tune out the world around***  
and you ***go deep***  
***deep inside***  
***your own space***  
***within***  
for rest and rejuvenation  
now

■ ■ Pause

And the facial muscles can ***soften***  
and the shoulders can ***loosen***  
a little bit more with each and every out-breath

■ Pause

That's it  
as you allow yourself this time out  
to ***rest***  
***now***

■ Pause

***Even more deeply***  
perhaps  
than your conscious mind had expected  
because your inner mind  
your unconscious mind

knows how to *find the place that is already most relaxed*  
here and now  
in that body  
and to allow that relaxation to deepen  
and flow  
through and through  
each and every part of you  
as you *relax twice as deep*  
*inside*  
*now*

 Pause

That's it  
*relaxing deeper and deeper*  
with each number  
from *five*  
to  
*four*  
to  
*three*  
to *two*  
to *one*  
*zero*  
*minus one*  
*minus three*  
*minus ten*  
down to whatever number feels right for you

 Pause

And when a person moves house  
to a place where there is a train line nearby  
the passing trains may sound ever so loud at first  
but then bit by bit  
the noise becomes less and less noticeable  
because the person's brain  
instinctively tunes it out

and I remember a friend of mine  
who lived near an airport  
and the house literally shook when a plane went overhead  
and I couldn't believe it when I first visited there  
but my friend didn't seem to even notice it  
because having lived there for some time  
his brain had now categorized that sound  
and that vibration  
as completely irrelevant  
just as a farmer stops smelling the smell of the farm  
your brain knows how to **tune out**  
***what doesn't need to be attended to***

 Pause

And in a story from childhood  
a girl raised in the jungle  
was found  
and brought back  
to civilization  
she was given clothes and shoes to wear  
and she was sent to school  
and in the beginning  
that uniform and those shoes  
felt so strange  
so unnatural  
so restrictive  
so tight  
that she couldn't ever imagine  
how the children around her thought it was normal  
but then gradually  
over weeks  
and months  
her body and brain  
adapted  
as she began this new chapter of her life  
because we are nature's great adaptors  
and before she realized it



wearing clothes and shoes felt normal for her  
just as speaking a new language in this place  
was now becoming normal for her too  
she was adjusting  
adapting  
through time  
until her new life became second nature to her  
and she could *comfortably relax into it*

■ ■ Pause

And you can have a dream-like vision  
as you *relax even deeper still*  
of a past you  
way over there  
way over there in the distance  
before the start of one of your shifts  
a time just before  
that past you was going to be putting on that PPE

■ Pause

That's it  
and you can be observing this  
from a calm distance  
like an eagle  
on a mountaintop  
observing from a place of calm stillness

■ Pause

Seeing that you down there  
from a different perspective  
now  
watching yourself  
there at the start of the working day

■ Pause

And when I count from three to one  
you can have a dream-like sense  
of fast-forwarding  
all the way  
rapidly  
through time  
until after that you over there  
has finished their shift  
and is taking off the PPE  
that's it  
and **three**  
**two**  
**one**  
the whole day now whooshing past in a blur  
all the way past  
all the way through  
images flickering past  
until that you over there has removed the PPE  
now  
that's it

 Pause

And you can **relax even deeper still**  
here in the stillness and peace  
of this mountaintop

 Pause

And to clear out  
any less-than-helpful associations  
that your unconscious mind may have been carrying round  
about that PPE in the past  
you can now smoothly glide down  
and down  
into the end of that memory  
the time after the end of your shift  
bringing this calm with you

so that you're now in the time  
after having removed the PPE  
after the end of your shift  
seeing what you saw  
hearing what you heard  
in that time after you've already removed it

■ Pause

And this time  
I'm going to count from three to one  
and you can rewind rapidly  
from the inside  
through that past time  
until you're back at the time  
before the start of your shift  
and *three*  
*two*  
and *one*  
whooshing back through time  
back and back  
images flickering backwards  
back and back  
until you're now here  
before the start of your shift again  
quite some time before  
you were putting on the PPE

■ Pause

That's it

■ Pause

And through doing this  
you're clearing out  
the old associations  
and your inner mind knows

how to *calm and quiet down that experience*  
instinctively  
so that when you reflect upon it now  
it already has a much calmer neutrality to it

■ Pause

As you *relax and rest*  
even deeper still

■ Pause

That's it  
*let all of that fade*

■ Pause

Breathing smoothly and evenly  
as you *release what needs to be released*

■ ■ Pause

And whatever needs to be tuned out  
about the experience of wearing PPE  
can be tuned out  
to just the right degree  
like a dial being turned down  
deep inside  
now

■ ■ Pause

That's it  
a dial being turned down  
down and down  
inside  
and being set at a new level of calm neutrality

■ ■ Pause

And as that happens  
you can have a sense of watching  
a future you who is going to be wearing PPE  
now looking much calmer  
a sense of unconscious adjustments taking place  
cooling  
where needs to be cooled  
calming  
and quieting  
what needs to be quieted  
so that the PPE itself  
becomes imbued with a calm  
familiarity  
and neutrality

■ ■ Pause

A glowing energy  
of calm  
focus  
of calm  
clear-headedness  
now imbuing that you over there

■ Pause

A glowing energy  
of calm  
focus  
of calm  
clear-headedness  
now imbuing the PPE itself

■ Pause

So that the very act of putting on the PPE  
induces a calm clarity in you  
that stays with you  
all through your shift  
each and every time

■ ■ Pause

And you can get a sense of the reality of that now  
of putting on the PPE  
and it being somehow imbued  
with this calm clarity  
allowing you to *focus*  
allowing you to *calmly tune out*  
*what needs to be tuned out*  
and to *calmly focus*  
*on what you need to be doing*

■ Pause

And there can be an unconscious  
instinctive familiarity  
in knowing how to do this  
like it's something you've known how to do for years

■ Pause

Just as clothes and shoes are familiar to you  
just as you know how to do things now  
that you never knew how to do when you were younger  
that a younger you might even have thought  
would be impossible for you  
and yet now you can do them  
because as an adult you have more resourcefulness  
resilience  
and inner strength  
than you may even know  
and you can get an inner sense of certainty

now  
that you can wear PPE with calm confidence  
calm  
clear-headed focus  
tuning out what needs to be tuned out  
and focusing on what you need to focus on

■ Pause

And you can just *get a sense  
of doing that now in your mind*  
experiencing this calm confidence and focus  
imbuing the experience of wearing PPE  
all through your shift  
naturally and instinctively  
feeling calm  
clear-headed and focused  
all through your shift

■ ■ Pause

And you can *get a sense of after the shift*  
removing the PPE  
and recalling how you experienced this inner calm  
focus and confidence  
all through the shift

■ Pause

That's it  
and afterwards  
you can *deeply relax and unwind*  
back home  
after work  
and give yourself time like this  
to *relax and rest*  
*now*

■ Pause

As your unconscious mind makes all the necessary adjustments  
so that you can **feel calm**  
**clear-headed and focused**  
**whenever you're wearing PPE**  
**now**  
that's it

 Pause

And you can **listen to this session often**  
and you can **feel even calmer and more focused when wearing PPE**  
**each time that you listen**  
and for now  
it's time to prepare to come all the way back  
to full alertness  
back to the here and now  
as I count from one to five  
and one  
you can just notice the position of your body  
and the sensation of whatever it is you're resting on  
that's it  
two  
feeling refreshed and alert  
three  
beginning to **come all the way back now**  
that's it  
four  
feeling very good  
coming all the way back now  
and five  
and you can just have a nice stretch  
that's it  
and whenever you're ready  
you can **open your eyes.**