

Phobias Script

Control Room of the Mind Deepener

I would like you to imagine... that you are standing on a balcony... and there is a long set of stairs... leading down from the balcony... and there is as yet no need for you to be aware... where these stairs are leading to... and they are strong stairs... with wide steps... and a handrail too... well lit... so that you can feel safe... and in a few seconds time... I am going to count down from ten to one... with each descending number... you are going to go deeper relaxed... but you will also begin to walk down... from the balcony... in your own time... at your own pace... you are in control... and you may feel a curious sense of excitement with each step down the way... and when you reach step one... I will ask you to pause for a while... and you can wonder... where you are going next... I will then ask you to step off... and when you do... you will find yourself in YOUR control room... the control room of your mind... it is the place where you go when you sleep... when you dream... it is different for everybody... for some people it is a large place... like the control room in a power station... for others it is compact... like the control room in a recording studio... it does not matter how you perceive it... the only thing of any importance for you to know is that once you are in this place... you go to work out any problems... you can even take control of physical processes... change the settings to the ones you want... the ones you need... the most natural and appropriate responses...

you may remember... that there may have been a time in the past when you had a problem... and you went to bed that night... and you slept... and the next day... you felt better... more in control... you were not aware of what had changed... what was different... but you noticed that the things which had bothered you... were no longer able to bother you in quite the same way again... in fact... you thought that you had just had a good nights sleep... and woke refreshed... in fact... during your sleep... your mind was finding a way of solving your problem... looking for different ways of dealing with it... helping you to let go of any unnecessary nervous tension associated with that problem... and reconnect with the appropriate way of dealing with that situation... and responding... in fact... while you slept... you went into the control room of your mind... to do the work... and could start to rehearse how you were going to be... once the problem for you was in the past... you could start to imagine... in your dreams... how life would be without that situation... and without you being consciously aware of what was happening... you could begin to find that the problem started to fade... go into the past... and you were getting on with life... enjoying life... fully involved in whatever you were doing... in whatever was around you... to the complete exclusion of anything else... and... as you did so... the natural and appropriate responses started to kick in... and... curiously... the next time you came into contact with your old problem... you found yourself responding differently... appropriately... and the first time this happened you may have been surprised... but soon... very soon... you started to forget that you were responding in a new way... it just felt so natural and so right... you forgot about the problem... forgot about the situation...

this time... you are going to go into the control room of your mind... consciously and... deliberately... to make the changes you need to TAKE BACK CONTROL... to kick start this process... to take back

control... so ready... take that first step down... 10... 9... and another step down... 8... 7... 6... and it is so nice to enjoy walking down at your own pace... slowly... leisurely... taking all the time you need... 5... 4... 3... and... another step... another step down... 2... 1... and resting... wondering... where you go next...

Pause for 10 seconds

and you can... STEP OFF... now... and into your very own control room... and begin to explore it... and you can allow your attention to wander around the room... you can check it out properly first before you decide what to do... and... take your time... and... as you do... there is no need for you to know how you are aware of what is around you... it may be a memory... or like a daydream... or you can just imagine what it would be like to be taking your time to decide what you are going to do in this place... and... I would like you to notice what is around you... control panels... switches... dials... so many different things controlling so many unconscious functions and processes... and... your attention is drawn to a specific control panel... I would like you to... NOWww... slowly and cautiously start to move toward that panel... and... as you do... I would like you to pay attention to everything going on around you... you may be aware of sensations... you may be aware of other thoughts... and... you can start to relax... you can notice that without you even being aware of it your breathing has slowed down... started to move at the appropriate pace... and as you feel more comfortable with your surroundings... and can pay attention to what it is you need to do... this will continue... all the way through your body...

and NOWww... you can move toward the control panel and study it properly... you can begin to notice that there are three significant dials that have caught your attention... the first of these dials has the word STRESS written on it... and you know that this is turned up far too high... and... I would like you to... NOWww... turn down the dial... just a little... only a little... so that you will be able to reduce your sensitivity to stress just a fraction... and it is important that you do this slowly... notch by notch... so that you can get used to the new way of responding to stress... responding better... feeling more in control... more relaxed and comfortable too... for I would like you to know that... at night when you sleep when you dream... you will continue to turn down this dial... reduce your sensitivity to stress... or refine any of the other work you are going to do to take back control... and... when you sleep... when you dream... you will test your new and better response to stress... so that... when you find yourself in a situation which in the past used to bother or disturb you... you will be pleased to notice... that you feel much more relaxed... and that this feeling feels natural... natural to you...

Control Room - Response to Initial Event

and... as you start to move around in the control room... you can begin to notice there is another panel... with two identical switches... one is set to off... and the other set to on... the first switch... the one which is off... controls the healthy... appropriate response which you should have had the first time you got this anxiety... and... you know what you want to do... you want to turn this on... firmly on... so that... in the future... you will be able to respond to the event which in the past made you anxious... in the appropriate and natural way... and... as you move your attention to the other switch... you notice that it has already switched off... without you being aware of it... the second

switch...which switched on the inappropriate and unwanted response... has now switched off... and will remain off... so you can be safe in the knowledge that you have taken back control... control of the first trigger...

Control Room - Putting the Hypersensitive Part to Sleep

and you can... now... move your attention to another area of the control room... an area where you notice a switch with a flashing red light... and this light represents your old response to the triggers... which in the past... used to make you anxious... and you will find... that as you go to that switch... and switch it off... firmly off... you notice the red light stops... you are no longer on high alert... in fact... now that you have switched this off... you immediately feel more relaxed... more in control... more comfortable too... you feel that you now have control... and this control will grow...

Control Room - Desensitisation to the Triggers

and... now... your attention moves to one more area of the control room... and... in this area... is a large dial... and... before you even go there... you already know that the settings on this dial were far too high... and... you can go to this dial... and turn it down... very slowly... very slowly... and... turn it down to a level that feels more right to you... a level where you feel you are in control... completely in control...

Control Room - Future Reactions

so now you can feel in control... comfortable... sure in the knowledge that you have taken back control... control of your anxiety... and this control will increase... each night when you sleep when you dream... your mind will continue this work... continue to help you to feel focused... relaxed... and completely in control...

Control Room - Setting the Process to Continue

and... part of your mind can now stay in this place... or revisit it in your dreams... so that you will always stay in control... completely in control...

Remain silent for 2 minutes

Usual ego strengthening and re-orientation into the present