**MOTIVATIONAL CONFIDENCE SCRIPT FOR CHILDREN**

by Dr Keith Hearne (BSc MSc PhD)

*(Have a Visualization script to hand e.g. garden, or gem-stones. Discuss , gently, the child’s problem beforehand (lack of confidence), without causing upset. Make sure you remember the client’s name! Know the date, and time. Make sure mobiles, etc. are switched off. Is the client comfortable?)*

First, induce a **relaxed state** by:

‘In this relaxation, you don’t have to say anything at all. Just listen to what I say’. *‘Just allow your eyelids to close’; Systematic bodily relaxation (toes to top of scalp); ‘Imagine a lovely feeling of relaxation starting to flow into your toes, feet and ankles, and gradually moving up your body’ …. calf muscles; thigh muscles; lower-abdomen; stomach muscles; chest region; shoulders; down your arms; neck muscles; face muscles; forehead, top of scalp) Count -* ***DOWN*** *(10 – 1) deepener linked to* mid-exhalation ‘Now I shall count down from 10 to 1 and with each descending number, you will go deeper and deeper into a beautiful state of relaxation’.; ***Visualization*** *(eg garden, or gem-stones) - eventually sitting on a comfortable wooden bench.*

*(Next, getting the attention of the Client’s unconscious mind):*

‘There’s a very special part of your mind – the unconscious – which looks after you in many ways. It never rests, and makes sure, for instance, that you keep breathing - even when you are asleep. It also keeps many other things happening in your body – like your heart-beat, digestion, temperature control, and so on. Hundreds of things within you are controlled, and kept going, by that unconscious part - and without you having to think about it.

Your unconscious also has a big effect on what happens in your mind. It has stored memories of everything that has ever happened to you – so it is extremely knowledgeable, and very wise. It knows what is best for you.

Now, I can talk to the unconscious mind of (*client‘s name*), explain things to it, and it will then work hard to improve how (*client’s name*) thinks and feel about things on a particular topic on which we focus. So you, the unconscious mind of (*client’s name*), listen carefully to what I say now, so that we can work together to help him/her’.

*Recite here the* ***Motivational Script on Confidence****:*

 ‘People are different. In life, some ways we think and feel, we are **born with**, and some ways we think and feel have developed because of **what happened to us**. Now we can change both of those kinds of **causes** in this special state of wonderful relaxation.

Let’s focus, for instance, on the topic of **Confidence**, that we were talking about.

(*Firstly, traumatic causes:)*

Lots of people have changed from not being confident to being fully confident in a relaxation like this. (*Give your own anecdotal cases*). There was a sports student in America who wanted to be a champion shot-putter. (*Use metric, if appropriate, in this next anecdote*). He could only throw the shot about 58 feet, and never more. Erickson, his mind-trainer, asked him if could really tell the difference between 58 feet, and 58 feet and a quarter of an inch. Gradually, the student improved his throwing-distance, and confidence, and after just 3 weeks he threw it another 7 feet, so winning a championship!

Let’s think here, about any events that might have caused the feeling of lack of confidence in (*client’s name*). You the unconscious mind of (*client’s name*) scan back in time to any event, or events that might have caused the lack of confidence in him.

He doesn’t have to think about it with his conscious mind. Now I want you to imagine that boy/girl who was feeling unconfident, growing up to his/her present age – but now happy and smiling, and just dissolving into (*client’s name*). Feel how changed (*client’s name*) is now – how positive, and confident he is – because he has understood where the cause came from, and how he had got stuck in time then - until today. (*Client’s name*) has been acting like the boy/girl at the time of the bad events – but now he/she knows everything is all right – it is all changed now, permanently and he/she is FREE! There’s nothing holding him/her back now, so he/she can look to the future and see the many wonderful things he/she can achieve in life.

*(Next, the symbolic adjustment of genetic level of confidence. Use a computer analogy if you think that might be more appropriate for a technically competent child. Instead of an instant reaction control, in some clients it might be better to suggest a delayed-action or slowly increasing control that will operate best after the session):*

Now, let’s imagine altering the **controls** in your head, in your mind, so that you become more confident. Picture a control panel in your mind. Look at the various dials and meters, and find the one that shows the level of confidence in you. There’s a dial like a speedometer in a car, and the needle shows from low confidence to high confidence. There’s also a control-knob like a volume control. You see, you can fix the level by twisting that knob control either way.

In your mind, turn that control knob, so that the needle points to high confidence. When you have seen that happen, I want you to nod your head. (*pause, wait*). That’s great! We’ve re-set the natural confidence level in your mind now, to being much more confident than you were, and more so than your school-mates and friends.

That new setting will stay permanently at that higher level now. It’s like re-setting the sound volume, say, in a computer. When it’s done, it stays at that level.

In the future, you can increase it even more if you want, by going through this special imagination again.

Only you, in your group of friends and school-mates have this special ability!

Now listen carefully, you the unconscious mind of (*client’s name*). From now on **as soon as** he/she is in any situation where he/she used to feel unconfident, instantly and immediately, you the unconscious mind will give a great surge of confidence and feeling of power to (*client’s name*). You will enable him/her to think very clearly and to think of intelligent things to say instantly. You will give a definite impression to those around that you are a cool and calm person, who understands what is happening and is responding intelligently, like a skilful and admired leader. (*Add anything else relevant here that you think can be incorporated*).

Now, also, you the unconscious mind of (*client’s name*), you can further assist him/her by practising being confident in sleep and dreams. Let him/her become familiar with being confident, so that it is second-nature – very normal and familiar.

Today, is a very important day in the life of (*client’s name*). Huge changes have happened within him/her that are of enormous positive significance. He/she has special advantages over others. Things have been put right for always within him.

Each and every day that goes by now, you will have a marvellous feeling of confidence in everything you do, at school, at home, everywhere. You will feel fit and well. You can achieve anything you want to do in life!

\*\*\*

Now, find yourself back sitting on the wooden bench again, seeing the surroundings *(pause)* Now, gradually transfer your mind from that place to here at (*location*). ‘In a short while I will count **UP** from 1 to 10. When I reach the count of **8** I want you to open your eyes, and at the count of 10, you will be back here at (*name location*), fully alert, refreshed, feeling good, and really motivated’.

The date is (*date*), and the time now is (*time*). ‘1, 2, lighter and lighter; 3, 4, lighter and brighter; 5, 6, coming out of it; 7, 8 **eyes open**; 9, 10, BACK HERE NOW, BACK HERE!’

\*\*\*\*\*\*