

DEVELOPING VERBAL SKILLS INCREASING COMMUNICATION

Now fix your eyes on the spot on the ceiling overhead. Just pick out an imaginary spot and stare at that spot without moving a muscle. Now take a deep breath and fill up your lungs. Exhale slowly. Sleep now. And now a second and even deeper breath. Exhale. Sleep now. And now a third deep breath. Exhale. Sleep now. And now let your eyelids close down. As each muscle and nerve begins to grow loose and limp and lazy. All of your cares and tensions are just fading away. You are relaxing more with each sound that you hear. With each easy breath that you take you are going deeper. Deeper and drowsy relaxation. I am going to count from ten down to one and as I do I want you to picture and to imagine that you are walking down a flight of steps. With each number that I count the quality of your deep relaxation becomes more profound and more intense. When I reach the count of one, you will then be aware that you are enjoying a very healthful and very pleasant state of hypnotic relaxation. Number ten, we take the first step downward. Each muscle and each nerve grows loose and limp and relaxed. Number nine, the wave of relaxation spreads all across your body. Number eight. You are relaxing more with each easy breath that you take, with each sound that you hear you are going deeper, deeper in drowsy relaxation. Number seven. Every muscle and every nerve, growing so loose and limp and

lazy. Number six. You are moving down toward a new and deeper level of hypnotic relaxation. Number five. You are half way down now. When I reach the count of one, I will say the words, "sleep deeply", you will then be aware that you are more deeply relaxed than ever before. Number four. Each muscle and nerve lets loose. Relaxing, you are drifting down, deeper and deeper in sleep. Number three. Going down, deeper in drowsy relaxation. Number two. On the next number now, I will give the signal. I will say the words, "sleep deeply". When I do, you will then be aware that you are enjoying a very healthful and a very profound state of hypnotic relaxation. Number one. Sleep deeply. Now just relax and go deeper in sleep. As you go deeper into relaxation you are realizing that you are a constantly growing and maturing personality. You are becoming aware of the strengths and abilities that have developed within you. You are feeling a sense of confidence in your ability to achieve the goals you have chosen for yourself. You are learning to believe in yourself. You appreciate yourself and you do good and kind things for yourself. You meet each situation as it comes, with calm and quiet assurance. You are making contact with the center of wisdom and power within you which knows what to do and how to do it. Whatever you say, whatever you do is said and done with complete confidence and self-assurance. You walk with a spring in your step. Your head is held high. You see the beauty of life around you.

People respect you because you respect them and you respect yourself. You have confidence in your own judgement and you are honest and dependable. You can and you do move forward from one positive achievement to another. People are aware that you like them. They sense your good will. You are cheerful and enthusiastic. You attract friends because you are friendly. You are sincere and honest. Your personal integrity is felt by everyone you meet. Each day you meet new and interesting people. As you approach people for the first time, you feel a warmth and friendship for them. Your smile and your friendly greetings express your sincere feelings toward them. You enjoy people and you want to do things for them. You know that people seek you out because you are unique and you revel in their acceptance of you. People respond to your personal integrity. Your special personality and warm friendliness draws people close to you, just as a magnet attracts iron filings. You are a happy person, full of imaginative thoughts which pour forth constantly. Each day you feel more lovable, more interesting and you become more interested in others. You recognize and accept the friendship that people offer you, for you truly deserve it. You have a deep and sincere respect for yourself and for your personal worth to others. You like people and you enjoy being with people. You are poised and confident when talking with new acquaintances or with good friends. You are secure and relaxed when you are with

people. You especially enjoy speaking to people. People are aware that you like them and they return the feeling to you. People like you. People like to listen to you speak. People enjoy your company. You are at ease when you are with people. When you stand before a group of people, you are filled with feelings of friendliness for them. You want to do things for them. You feel their friendliness to you. You experience of feeling of warmth and friendship flowing from the members of the audience to you. You have the feeling that they are on your side. You are interested in them. You want to do things for them. You are so interested in them, that you feel a sense of personal friendship with every member of your audience. As you speak, you are perfectly poised, self possessed and completely free in your expression. You feel at ease. You present your ideas in a clear, brief, and direct way. Your ideas are quickly understood and accepted by others. Your mind is clear, your wit is quick. Your lips are flexible. Your mouth is moist. Your breathing is deep and from the diaphragm. Your hands are poised and calm. Your gestures flow spontaneously and freely. You speak easily, always giving a clear word picture of the thought you wish to convey. You are poised and in control of the situation. Your legs are strong beneath you. You are comforted^{able} and peaceful. You are secure and confident as you speak. You speak spontaneously, sincerely and freely, clearly expressing

your meaning and your feelings. At any time when you speak, whether to a large audience or a small group, as you begin you feel this warmth and friendliness for your listeners. As you begin, you feel their friendliness directly toward you. You are totally confident. You are perfectly at ease. As you begin talk, you have the undivided attention of the audience and it makes you feel good. You speak freely, fluidly, with a full release of your skill, your talent. You thoroughly enjoy speaking to an audience. Whenever you feel you can add a new viewpoint, or interesting facts to a discussion, you speak openly and confidently. You communicate effectively and powerfully at all times. People seek your opinions on a variety of subjects and you deliver information in an interesting and witty manner. You have a special talent for expressing your thoughts and ideas vividly with an enthusiasm that favorably impresses everyone that hears you. When others speak, you listen and you learn from them. You see their point of view. You express your ideas in a positive way, whenever possible. When you speak, your voice is strong, calm, and vibrant. Your mind flows with concise and yet powerful messages, whenever you will it to do so. Your voice is pleasant to hear. People are eager to hear what you have to say, because you are so alive and so vibrant. The friendship within you radiates outward to touch each person with whom you come in contact.

You ask questions whenever you do not fully understand. And you state your opinions whenever they are asked or whenever it is appropriate for you to express them. People respect your opinions, because they recognize that they are honest and well thought out. You speak spontaneously, sincerely, and freely, clearly verbalizing your feelings. When there is nothing for you to say, you simply glow with an inner radiance, showing honesty, empathy and concern. You are so interested in people, you stimulate them to fully express their views before you speak. When words are inadequate, you act out the emotion you feel. You demonstrate a level of maturity and perception which is unique. When you are called upon to conduct a meeting, you are relaxed and in complete control of the situation. Your face reflects an inner calmness, a sense of well being, of self assurance. Your conversation is bright and sparkling as well as informative. Your talent for expressing your thoughts vividly, with enthusiasm, favorably impresses everyone. Your large vocabulary, your fluent speech, and your clearness of thought, causes a quiet authority to flow from you. Your powerful memory serves you well. Your manner of speaking inspires confidence in others and causes them to have a good opinion of you. Each of these ideas is now making a deep and permanent impression on your subconscious mind. And each day in your daily life, you become more and more aware of the full, powerful,

positive expression of these truth concepts. Now I am going to count from three down to one. Then I will say the words, "personal success". This is the time to program your imagination with scenes that represent your personal success. This is the time in which you can now see yourself, thinking, feeling, acting, in that special way, that means to you, personal success. All right, get ready now, three, two, one, personal success. From this time forward, with each passing day, you become more and more aware of a wonderful feeling of personal confidence. Confidence in the realization that each day brings you one step closer to your goal. Each day is a vital step in your problem solving. In developing the motivation to change your behavior and to move yourself toward your highest potential, so that you now begin to enjoy a fuller, a richer, and a more expressive life. Now I am going to slowly count from one to five, then I will say "fully aware". At the count of five, let your eyelids open and you are then calm, rested, refreshed, relaxed, fully aware and feeling good in every way. If you wish to return to sleep, you will rouse yourself just enough to turn off the equipment that may be playing and then easily and quickly return to sleep within two minutes. All right, one, slowly, calmly, easily, gently, returning to your full awareness once again. Two, each muscle and nerve in your body is loose and limp and relaxed. You feel wonderfully good. Three, from head to toe, you are feeling

perfect in every way. On number four, your eyes begin to feel sparkling clear just as though they were bathed in cold spring water. On the next number now, let your eyelids open and you are then calm, rested, refreshed, fully aware, and feeling good in every way. Number five, eyelids open now, you are fully aware. Take a deep breath, fill up your lungs, and stretch.