

Building and then Focusing on Comfort Transcript

(From Dr. Michael Yapko's audio program *Managing Pain with Clinical Hypnosis*)

You can be comfortable... and you can take the time as often as you want to... to close your eyes and to go back inside... deeply inside... to find this wonderful place of peacefulness and comfort within yourself... where you can be calm and focused and optimistic... and a very strong sense of confidence too... that you have the strengths and the skills to not only cope... but to discover in yourself a firm resolve and a sense of wisdom to guide you through this time in your life. And when you find yourself trying to explain to others how you manage to keep a cool head and how you manage to keep a comfortable body... I wonder how you'll explain it to someone else. Because talking about cool breezes and floating minds may not make much sense to anyone but you. And it's your deep sense of comfort that's important... a very deep sense of comfort to the very, very deepest parts of yourself. And it's your ever more profound sense of calm strength... calm strength that you can keep with you long after this session. Calm strength... and cool comfort.

Cool comfort and calm strength... phrases that you can say to yourself over and over whenever you need to or want to. Knowing that you can use your thoughts in a focused and powerful way to keep yourself wonderfully comfortable. And you can be aware that no matter what goes on around you... that you have the ability to close your eyes... even if only for a few moments and much... much longer. When time permits and when you close your eyes... you can focus yourself internally. You can get absorbed more deeply and more quickly each time. And the fact that you can get more deeply and more quickly absorbed each time... makes it easy for you to return to this place inside yourself... where you can quickly and easily find your cool comfort and your calm strength... and you can enjoy the wonder of discovering that you have so much more ability... so much more resourcefulness and skill than you might have ever realized before. And as you discover this about yourself... it can be a very powerful ally in your effort to manage your body more comfortably. After all... it's your mind you're using... your resources... your memories... Your ability to focus... and you *can* focus... and you *can* be comfortable even later when you're busy doing things. You can still be surprisingly comfortable... and you can remember this even when you are the most challenged to do so. Use this skill... use your ability to alter your perceptions of your body... and to distance yourself... and to keep yourself comfortable... very, very comfortable.