

Tapping into Your Inner Strengths and Resources Transcript

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

You can deepen your sense of your ability to tap into your inner strengths... and your inner personal resources... and your ability to cope... and even your ability to overcome. And what do I mean when I talk about your strengths and your resources? I mean your ability to use every part of yourself... as a valuable ally in creating a cool headed and even a cool bodied reaction. You have a lifetime of many, many important experiences to draw upon to bring up into your awareness and to focus on. And each experience carries with it a set of images... a set of emotions... and even physical sensations that you can remember easily and vividly... surprisingly vividly in rich detail.

So being able to remember a particularly happy experience like a graduation... or perhaps a special party... or a special award or honor that you received... can bring up in you a specific memory to focus on now special images of a special time and a special place. And it really doesn't matter what specific happy memory you find yourself getting absorbed in right now. It can be a memory of something wonderful that you've personally experienced... or maybe it's a memory that you simply enjoyed watching others experience.

And you've often heard how important it is to find a sense of humor at critical times in life. Laughter is often the best medicine as the old saying goes. And to focus yourself now on a funny memory... an event that you almost just have to smile about when you recall it... that can help you in ways that might well surprise you... might well surprise you. And not only can you get absorbed in a wonderful and enjoyable memory... you can get absorbed in other pleasant memories as well...