

DIRECT REGRESSION TO A SPECIFIC AGE

Is it all right for _____ (name) to recall important issues from the age of _____?

In a moment I'm going to count back slowly from your present age until you are back at the age of _____.

As I say each number, beginning with your present age, you will feel yourself becoming younger, and if you move through your teenage years, you'll notice yourself becoming smaller physically ...

As I count back slowly, just let go of any experiences that happened after the age the number represents just let go of those memories and the experiences of those years and your memory of earlier ages in your life will automatically increase...

When I reach the number _____, you will be back at the age of _____ ... When you get to the age of _____ you will be able to remember and recall everything that happened at that age.. You'll remember and recall your life as it was then... You'll feel the same feelings and think the same thoughts as you did at the age of _____.

When you arrive at the age of _____, it will be time that is very important to formation of _____ **(issue you're looking for)** ...

I'm going to be guiding you, and you'll hear my voice as I talk to you... You'll respond to all suggestions and instructions I give you...You will easily recall the experiences the way they happened at the age of _____. You will recall and remember only real experiences the way they happened at the age of _____ .

As soon as you are ____ years old, you will tell me, out loud, everything that is happening...During these experiences, you will be aware only of what is happening at

that age, and you'll always be aware of my voice ...

After you have finished reliving the experiences from your past, I'll count you back to your present age and you'll easily be back in the present time coming back to full consciousness when instructed to do so.

During the time you are remembering those experiences from the age of _____ , you'll let go of all memories from your present age and your present time ... the present will simply be unimportant. You'll be aware only of what is happening at the age of _____, and any other ages that I suggest to you after we've examined the age of _____ ... You'll always hear my voice and follow my instructions as I guide you through this experience... Okay, I'm going to begin counting backwards now from your present age as you become younger and smaller.

(Begin counting backwards from the present age to the target age. Keep mentioning that the subject is getting younger as you count. When you reach an appropriate teenage year, begin mentioning also that they are becoming smaller. When they reach the target age, continue as specified below.)

Now you are _____ years old ... Look around and tell me what's happening ...

(Continue to guide the subject when necessary by asking questions)

What are you wearing?

What are you doing?

Who is there with you?

How do you feel?

Is there anything else you want to tell me?

Returning to Present Age

You've done fine, _____ (name). It's time now for us to leave this memory, so I'm going to begin counting back up from ____ to ____ (present age). As I count up, you'll move forward in time until you're back to your present age. When I reach the number _____ (present age), everything you've recalled will remain part of your memory, but you'll be once again _____ years old (present age). You'll feel relaxed and at ease and continue to remain in this relaxed state until I ask you to open your eyes.

Count the subject back to their present age, furnish some insight if necessary, positive suggestions, and dehypnotize.