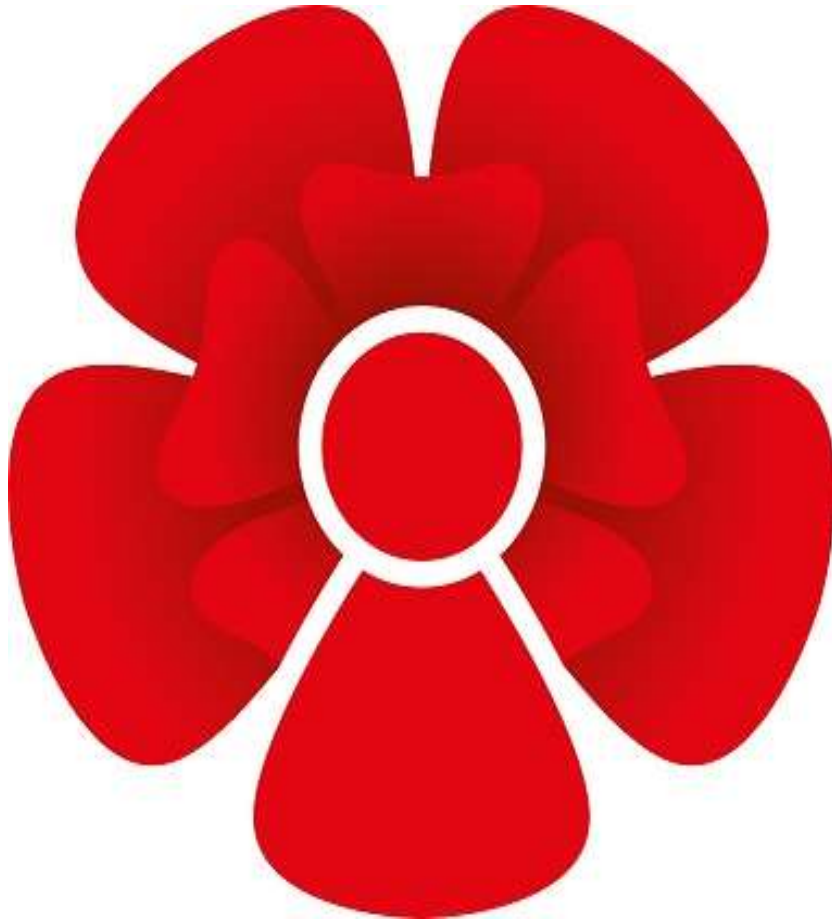


HSOH School of Hypnotherapy



CONFIDENCE ONLINE TRAINING MANUAL



Confidence Online Training

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Confidence 1

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you can see yourself, walking along a country lane. But on this occasion, you're walking backwards. Just imagine yourself now. You are walking backwards, rather slowly, along a country lane. So, you're looking back over the places where you've already walked. You're looking backwards along a country lane. Looking at the parts of the lane, and the scenery, and the events that you have already passed by.

And this is like your pathway through life. You are looking back. And you're seeing, and remembering, some of the events that have occurred in your life. The good events, you just let them go by. But you're looking at the ones that caused you trouble, that caused you **(describe client's problem)**. These may be family events, social events, general or specific events which affected your health. In fact, there are many things in your past life that you can look at, and as you look at them, so they cause you some concern, and disturb you.

And as you walk backwards in this way, looking at the obstacles that caused you to fall down, looking at the places you bumped into, looking at the gateways and pathways that you missed, so you can easily see yourself stumble on yet another obstacle. Worrying too much about the obstacles in your past life causes present-day obstacles to be a hazard to you as well. And as you continue your backward walk, so you bump into more things, and miss other pathways of opportunity, other gateways, other good things. And each time you bump into something, perhaps falling down and getting hurt, what do you do? You pick yourself up, brush yourself down, and then continue, still walking backwards.

But it goes further than this, because as you walk backwards in this way, you find yourself waiting for the next collision to happen. You are actually waiting for it and bracing yourself as you do so. But even so, it still catches you by surprise when it happens.

But now you make a very important decision. This has gone on long enough. So, you decide now that you're no longer going to look backwards at the past, allowing the events of the past to bring problems and upsets into your present and future life. If you're too busy looking backwards, it means that you are not ready for the present problems or situations that may arise. So, I want you to imagine yourself now, stopping and turning around. Turn right around, so that you are looking forward now, into the future, along this path. And as you do this, so you can see clearly some of the situations that you may have to deal with. You can see some of the opportunities that may come up for you. Some of the new pathways you may want to take.

Now you begin to walk forwards. Forwards into the future. And although the future will have its trials and tribulations, you are not going to be concerned or worried about what happened last time, or the time before that. You're going to walk confidently along this path, facing forwards. And as you do this, so you are going to feel more and more confident, with each and every step you take along the way. More and more confident, with each and every step you take along the way.

From this day onwards, it's going to be as though you had drawn a line right across your life, because you are going to walk forwards from this time on. The events of the past are now behind you, out of sight, and therefore out of mind. And as each day goes by, they seem to become less and less important, less, and less important. No matter what it was that you had to experience yesterday, last month, or even years ago, these things no longer seem important. All that you feel now is that you've got a good future to walk to. And I want you imagine yourself walking into that future, exactly as you would wish to be able to walk.

If in the past, you've been frightened to say what you feel you ought to say, then from now on, without any rudeness, without any inclination to disturb people or cause trouble, when you feel the need to express your opinion, you're going to express your opinion. And if, in the past, you've not been able to speak correctly, or choose the right words, you'll find that with your new-found confidence, you're going to be able to do these things correctly and wisely. No matter what it is that you need to say or do, imagine yourself able to do it, or say it, successfully.

I want you now to think of a situation that you know you may have to deal with in the near future. Just think of a situation that you know may arise in the near future. And as you think of it, imagine yourself dealing with it successfully, saying whatever needs to be said, and doing it in the manner in which it needs to be done. Imagine this now, and see it clearly, because just as you imagine this now, that's how it is going to be in reality. So, spend a few moments dealing with that situation now, dealing with it successfully.

Confidence 2

While you're resting in this very pleasant way, I am going to give you some instructions and suggestions. And I'm going to remind you of some of the events of your past life. Because as you know, in your past, you have had to undertake certain problems and situations. You have had to face ordeals. And you have felt that some of the things you have done, or some of the methods you have used, have not worked out as well as they ought to have done. As you know, so often in the past, you've referred to previous events, and you've related your successes and your failures to that past. So if you had to face something, in some cases as simple as going on a bus, or a shopping spree, and in other cases perhaps a family crisis, or a social situation, but in all cases you've tried to assess yourself on your previous experiences of these things. And because your assessments of past results have not been as good as you think they should have been, so you've allowed your confidence to slide away from you. And you got yourself into a position where you began to believe that you wouldn't be able to tackle anything.

But of course, this was wrong. Recently, you've been listening to a recording where you were walking backwards along a country lane. And symbolically, this recording described your past, your present, and what you intend to do in the future. Now, you're looking forward to that future. And although this doesn't remove the problems and obstacles in your life, it does give you a better chance to cope with them. It enables you to look at them in a different light. To cut them down to size.

In fact, from this day onwards, it's going to be almost as though you had taken that word "problem" right out of your vocabulary. Because from this day onwards, there is no such thing as a "problem" for you. Problems are things that cause difficulties. They are things that break down confidence. So, you are not going to have any more problems. All you are going to have are situations. From this day onwards, the only things you are likely to encounter are situations. And these situations you'll be able to deal with quite easily, because from this day onwards, you are going to become much calmer, more relaxed within yourself. Much calmer, and more relaxed within yourself. And when situations do arise, you'll be able to approach them in a far more positive manner. You won't refer to the past and its failures. You're going to recognise the essential need to think positively, and so you're going to think positively. And if a situation is one that is generally approached by everyone else, and handled by everyone else, then so too can you handle that situation in the same way; whether it's an interview for a job, a shopping spree, learning to drive a new car, managing a group of people, or even going on a bus. The situation doesn't matter. All these things have been taken in their stride by other people. And these people did it because they never ever thought that they couldn't. So, from this time forward, you're not going to think you can't either.

You're going to think positively and constructively. You ARE calmer and more relaxed than before. Now you are ABLE to think positively. You're able to RECOGNISE THE NEED to think positively. And you're now BECOMING more positive in your thoughts, your words, and your actions. And so, as a calmer and more relaxed person than before, you're now thinking more positively, acting more positively than before. And because you think and act more positively, in a very calm and relaxed manner, so situations become far easier to deal with. Much easier to deal with.

From this time onwards, you are able to deal with situations in a more positive, constructive manner. And because you are able to deal with situations in this way, so your confidence automatically begins to build. Your confidence automatically begins to build you into a calmer, more relaxed, positive-thinking person. So, with each and every situation which arises, and which you deal with successfully and correctly, so your confidence begins to build, more and more. And as your confidence builds up, so you become even more relaxed, even calmer. You become relaxed, positive, able to deal with situations as they arise. And by being able to do this, so the thing becomes easier and easier, as you just take it in your stride. And your confidence begins to grow and grow, as you achieve even greater heights than you thought possible. But just like anyone else, you CAN do it. You WANT to do it. And so, you are GOING to do it. And you are going to prove to yourself, more than anyone else, that YOU are successful, a positive thinking person.

I want you now just to think of a situation that you know you may have to deal with in the very near future. It doesn't matter what that situation is but imagine yourself dealing with it in a positive and constructive manner. Imagine this well, because just as you imagine this now, that's how it is going to be in reality. Spend a few moments doing this now, dealing with something you know you will have to deal with, in a positive and constructive manner.

Confidence 3

While you're resting in this very pleasant way, I'm going to talk to you about the events of life. And you are going to realise and understand that some of the defects you feel you have, are only defects of your own making, but not necessarily of your own fault.

So, let's go right back to the beginning now, or near to the beginning, to the days when you were just a baby, lying in your cot. And as you lay in your cot, you could see people, walking about and talking to each other. And as you watched them, you became ambitious. You decided that you wanted to be just like those other people you could see. To be able to communicate with them.

But first and foremost, you decided that you wanted to be able to stand up and walk about just like those other people did. And you soon found that, quite naturally, you could crawl about, or drag yourself around on the floor, quite quickly, quite efficiently. But this didn't suit you. You wanted to be the same as all those other people you saw, walking about on two legs.

Now, if you had had an adult mind in those days, and if you had sat down to work out whether or not it was possible for a human being, being the shape that humans are, and especially as babies; whether it was possible to stand up on two legs, balance on two feet, and then pick one up in the air and move it forward, in order to walk, then you would have found this to be physically and scientifically impossible to do. But because you didn't know this at the time, you tried. You persevered. AND YOU SUCCEEDED. As a result, you learnt to walk. And every single child that is physically and mentally able, learns to walk, before the age of two in most cases.

Now when we look at this, it doesn't matter what talents people may claim to have, or how impossible it may seem to be, because where our interests lie in achieving something, somehow, we manage to achieve it. Somehow, we do it.

Let's look at another aspect of life. At about the same age, we learn to talk. And we do this without any reference books, without any teachers, without any knowledge of other languages which we can use to make the job easier. But we learn to speak what is probably the hardest language in the world.

We persevere. We practise. AND WE LEARN. And the reason for this is that we don't know any differently. We simply think that because everyone else can speak, then so can we. And we don't have to have a flair for languages, or a talent for this or that. We just learn to do it.

Later on, of course, we go to school. And this can be where the trouble begins, because now you find yourself sitting in a classroom with other children. And maybe for the first time in your life, you are being compared with others, perhaps humiliated if you are a little slower, or if you get something wrong. If one of the other children in the class learnt to do something a little quicker than the rest, then maybe that one was told how clever they were. And you could interpret from this that perhaps you're not. And if you're not clever, then your interest in that subject begins to die.

Eventually of course, you're forced to learn to read, because you need to, and so you can read. Other subjects, like writing, spelling, and arithmetic, you learn them one by one. But you may be labelled "bright" or "dull" within these subjects. And because you believe what the teacher is telling you, so you begin to believe that you have talents in one direction, but none in another.

But of course, when you were a baby, when you were learning to walk, nobody compared your speed with that of anyone else. When you were learning to talk, you were not being compared. And if you'd not been compared with others when you were learning these other things, then these too, you would have done successfully. So, throughout the years you've accepted that you have failed in some things and that possibly you're not talented in others. But of course, all this is completely wrong.

It is because of these things, because of emotional upsets, or because of things outside your control, that you have had to endure problems, fears, frights and upsets, which, when they were forced on you, made you feel unable to cope with them at the time, and left you feeling that you were out of your depth.

It is because of this type of thing that many people pick up ailments; problems like phobias, for instance. Some people found that when there was a need for them to shout, to make themselves heard, to overcome a problem, then here they froze. They just couldn't do it at the time. And so, they gave themselves a communication problem which in some way showed itself from that time onwards.

But of course, this is like everything else we learn, whether or not we realise we are learning, whether we are competing with other people or not. The simple fact is, that the more we practise ANYTHING, the better at it we become. The more we practise ANYTHING, the better at it we become. When we were babies, the more we practised walking, the better at walking we became. The more we practised talking, the better at talking we became. These things are helpful to us. But the same principle holds true for other things which are NOT helpful.

For instance, the more we practise being anxious and tense, the more anxious and tense we become. The more we practise being depressed, the more depressed we become. The more we practise ANYTHING AT ALL, the better at it we become.

Looked at in this way, we can clearly see, that when it comes down to it, there is nothing that we can't do. All we have to do is practise something and we will get better at it. So, if you dismiss all the negative aspects of your life, and practise this, the better you'll become at avoiding their influence.

In previous recordings, we've discussed turning around and walking forward. And you HAVE now turned around. You've put behind you all the things that no longer help you. You are now walking forward and thinking positively. You are taking each thing that you failed in the past with, as though you were starting for the first time. But you are starting to do it successfully from now on. Now you know there is nothing you cannot do, and you have nothing to fear. There is nothing you cannot do, and you have nothing to fear.

Learning things may take time, but this doesn't matter. As adults, we should be able to learn things far more quickly than when we were children. So, if there is a need for you to learn something all over again, then learn it again. But this time, learn it with the belief that YOU WILL SUCCEED. Take the positive learning that you've had previously to help you with your future. Dismiss any fears from the past and face that next journey, or the next job interview, as though it were the very first time. Take a completely neutral viewpoint, and see for yourself just how easy it is, because from this time onward, you are going to become more and more confident.

In the past, things have gone wrong. They created tension and concern, which in turn caused you to feel inadequate, to lack confidence and to shy away from these events. This in turn, of course, just created more tension and anxiety. But now you are much calmer - a far more relaxed person than ever before. And because you are calmer and more relaxed, you don't have problems anymore, but just situations.

Remember? We dispensed with problems. We only have situations now. And because you are calmer and more relaxed, then these situations are easier to deal with. Much easier to deal with. No matter what they are. Whether it's the ability to walk, talk, read, write, or even go on a bus. They are easier to deal with. And because they are easier to deal with, your confidence grows more and more.

And once again you're back to being relaxed, calm, more able to cope with situations, which in turn makes you more positive and confident, so that as each day goes by, you notice that in every possible way, you just feel better and better. And the reason for this is that there is NOTHING you cannot do, and you have NOTHING to fear.

You are going to find that now you will have a much more positive attitude and achieve much more success where previously you've failed. So now I'm going to count up to five,



and on that count of five, you'll open your eyes and awaken, feeling completely refreshed, feeling calm, happy, relaxed and far more confident than ever before.

Confidence 4

While you're resting in this very pleasant way, I want you to let your mind wander back over the past few weeks. And as you do this, I want you to notice the improvements that you have made within yourself. Just let your mind go back now over the past few weeks and notice the changes you have made.

As you do this, I want you to see yourself as you did before, when you were walking backwards along that country lane. As you rest there now, just see yourself walking backwards, as you used to do, along that country lane. Remember how you kept bumping into things? How ordinary things became obstacles to you? And as you bumped into these obstacles, so life lost its beauty and became a burden to you.

But then you decided to turn around, to look forward along that lane. You began to look forward, into the future. And as you did this, so you could see clearly the things you would have bumped into had you continued to walk backwards. So now, as you walk forwards, that lane looks different. It has changed its character. No longer is it an obstacle course. Now, that tree that you would have bumped into can be clearly seen. It can easily be walked around. No longer is it an obstacle, but a thing of beauty, something to be appreciated. And as you look at this tree in this new light, so you begin to notice other things too about this lane. You notice that it is a bright and sunny day, and that sunlight is shining down through those trees, so all the colours are at their best. It is a warm and comfortable day.

You begin to notice the wild life that lives in that lane, the birds, flying among the trees and singing their songs, the occasional squirrel, scurrying along a branch as it goes about its business. Perhaps you may go over to a nearby bush and examine it closely. You notice the formation of the leaves, the intricate detail of its structure, the delicate colouring. In fact, the more you study that lane, the more you find things to appreciate. The whole scene has become inviting, a thing to be appreciated. And so, you continue your walk now, but now you walk briskly, with a spring in your step.

And your life too has changed. No longer do you look backwards at the past, letting those past events take the pleasure out of your present and future life. Now you are looking forward. You have let the past take its place in history. And all those things which would have become problems if you had continued looking backwards, have now lost their importance. They are problems no more, but just situations. Situations which can be dealt with in exactly the same way that any other situation is dealt with; positively, constructively, and confidently. And with this lessening of the problems in your life, and with this confident attitude of yours, you are finding you are much calmer within yourself. Much calmer. And more relaxed within yourself. Much more relaxed.

And having this calm and relaxed outlook means that now you can begin to appreciate the beauty of life, just as you noticed the sun and the colours and the wildlife in that country lane. No longer do you need to focus your attention on the things immediately in your path. No longer do you need to fear the next step along the way. Now you are able to look around you, and see the good things in your life. And as you look forward in this very calm and relaxed manner, so you can see a good, bright future before you. A future worth walking towards. And any situations that may arise, you deal with as though it were the first time, confidently, positively, and constructively. And that future holds many good things in store for you. There are many new pathways to be explored. Many new gateways of opportunity. Some of them may already be in sight. Others lie just around that bend. But they are GOOD things, pleasurable things, things that make life worth living.

And so, from this time onwards; you are going to continue walking forwards, in that same calm, relaxed and confident manner. From this time onwards, you are going to continue walking forwards, calmly, confidently, and in a very relaxed way. You're going to find that you will want to smile more often. You'll begin to fill your life with laughter. Not because of amusement, but because you feel happier within yourself. You're going to enjoy this feeling of calmness and relaxation and your new-found confidence. Life, for you, will get more and more enjoyable as each day goes by. You'll begin to look forward to each new day that comes. You'll begin to find a new enthusiasm for life because, from this day onwards, you are going to feel that life is worth living. Life is an enjoyable experience. And as each day goes by, in every way, you'll just feel better and better. As each day passes, in every way, you'll feel better and better.

So now, I'm going to count up to five, and on that count of five you'll open your eyes and awaken, feeling calm and relaxed and feeling happy within yourself. So happy you'll just want to smile. So, you'll awaken with a smile on your face. Feeling refreshed, calm, relaxed and happy.



We hope you have enjoyed this short course and hope you will train with us again in the future. You can find out more about our training below.

Further Training

HSOH School of Hypnotherapy provides both online and classroom-based training.

Our Training Centre

Our training centre is located in Hampshire, U.K. We offer a full Diploma training course to become a fully qualified hypnotherapist as well as CPD (Continuing Professional Development) training.

Our CPD courses are also available as Live Online Training courses.

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Further Resources

How To Be A Hypnotherapist

Written by Lorraine Gleeson to accompany her accredited Diploma course this book is available in paperback and eBook formats. You can purchase your copy from:

[amazon.co.uk](https://www.amazon.co.uk)

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