

# Self Hypnosis – Awakener

written by Hypnosis Scripts | December 19, 2018

On the count of three, I will be fully awake. Counting up now,

1... I am waking up now, feeling refreshed.

2...I have just washed my eyes with fresh, spring water.

And 3... I am fully awake, refreshed and energized, ready for a great day.

For self hypnosis sessions at bedtime, it is okay to go to signaling the end of your session in some way is important, so your mind will be able to focus more effectively. Say something to your self to the effect of " *sleep now*" or use the Self Hypnosis – Deep Deep Sleep script