

Nail Biting

written by Hypnosis Scripts | February 21, 2010

Visualize yourself looking great, relaxing, feeling calm.

Now, imagine looking at your hands and seeing your nails are grown out; your cuticles look healthy.

See how good they look.

You no longer bite your nails.

If you start to bite your nails or cuticles, because you used to do that, your hands will become very visible to you and remind you no longer do that.

As your nails grow and become healthier and healthier you feel better and better about yourself.

Biting your nails is a nervous habit. Anytime you feel yourself becoming nervous for any reason, you no longer bite your nails as an outlet.

Instead you now take a deep breath and the nervousness just goes away.

(See PROTECTIVE SHIELD script)

Your shield of protection neutralizes the negativity that causes the nervousness.

See yourself in a situation where you might have bitten your nails in the past.

See yourself handling the situation very easily.