

Tinnitus

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By David Barr, CHT

Now that you have entered this deeply relaxed state, you are going to rid yourself of the constant ringing in your ears. I want you to use your imagination...

Picture in your mind a volume control. Right now, the volume is on 9...

Good... Now turn the volume up to 10. The ringing in your ears just got a little louder...

Go ahead and adjust the volume down to 9.

Now notice the ringing just became softer.

I'm going to count down to 8 to 1. As I do so, I want you to lower the volume, the ringing will become softer, until you no longer hear it.

ringing gets softer...7... 6... the volume goes lower and lower... 5...

4... Keep turning the volume down... 3... 2... The ringing is barely noticeable...

1... Good...

Now I want you to turn the volume off... The ringing is gone and you will never hear it again.