

**Time(line) For A Change**

A script for letting go of unhealthy eating habits

**By Doug O'Brien**

To begin  
Imagine all the events  
Of your life  
Stretched out in chronological order  
All a long a long time line  
Notice where that is for you  
Notice in which direction your past stretches out  
You may have to look behind you  
Many people feel very comfortable  
With their past behind them  
Then imagine all the things you desire  
To have happen  
All the things you plan to do  
Along a time line  
Stretched out into the future  
Notice where that is  
Is your future in front of you?  
Does it go our to your right?  
That's OK  
Whatever it is  
Just notice  
Then notice how the past time line  
And the future time line  
Join together  
Right where you are now  
Right now  
And that now is the pivot point  
Now is the point  
Between the past and the future  
And the point is... that now  
You make the choices  
That create the future  
The past does not equal the future  
And you know that  
Now... with that  
Awareness of your time line  
Stop for a moment  
And sit back – in your mind  
And just be here, now  
And imagine that  
In a moment  
You're going to go forth  
Or you could choose to go first  
Into your future  
Imagine you have goals  
You really want  
Ones that you know

Are good for you  
And you want them for yourself  
You desire them  
And you deserve them  
But as you go into the future  
Something from the past  
Is dragging you back  
Preventing you from  
Moving freely  
Restricting you  
Stopping you  
So – you stop and look back  
And notice that you have ties  
To the past  
And as you follow those ties back  
They lead to unexpected sources  
Or maybe not so unexpected...  
Loved ones  
People, places, and things you love  
Family members  
Traditions  
Precious events  
Moments you cherish  
People and moments you have associated  
With food and love and drink and belonging  
And you love these people  
You love these moments  
And now you begin to realize  
That you can keep these moments  
Keep these emotional bonds to these people  
Keep the love  
And RELEASE the association  
To food and drink  
You CAN let go  
Of the ties that bind you  
To those past representations  
So you can still feel the attachment to your loved ones  
Still feel attachment to your special moments  
And let go of the binds  
To overeating and over indulging  
You don't need them  
You can be you  
Fully and completely  
With your own  
Personal life goals  
And still have loving  
Connections with people  
While you let go  
Of old patterns of  
Behaving and thinking  
And believing  
And move on  
To new ways

That are constructive  
Valuable and appropriate  
For you now  
And from now on  
So you take a moment  
With those loved ones  
Hug them, kiss them, touch them  
And lovingly reassure them  
You aren't leaving THEM  
You are leaving the false associations  
To the food and drink  
Now  
Remove those shackles  
That have held you back  
You are free  
The past is over  
It IS a source of resources  
Of learning and lessons and experience  
And choices you made in the past  
Brought you to where you are today  
But what you do now, today,  
Creates your tomorrow  
The choices you make  
And actions you take create your future,  
Don't they?  
Won't you?  
Make better choices now  
Haven't you?  
Already begun  
To see that  
You can... float up  
Over your time line  
And see yourself  
Down there in the present  
See the past stretch out  
In one direction  
And the future stretch out  
In the other  
It's pretty cool, isn't it?  
Feels good  
It's uplifting  
To get a sense of perspective  
Of your life  
And you see more and more clearly  
As you comfortably float up  
Just high enough  
Now float forward in time a week  
And see yourself there  
Doing those things  
You've elected to do  
For you  
Eating those healthy foods  
And discovering how much

You like them  
How satisfying they are  
You see yourself  
Slowing down as you eat  
And enjoying it more  
You see yourself exercising  
Listening to trance CDs  
Staying focused  
Staying aware  
Taking control of your life  
In a variety of ways  
Float forward another week  
And see things getting even better  
You're learning  
To love it  
To really feel that sense  
Of satisfaction and pride  
Moreover you feel healthier  
More alive  
More energy  
In your body  
In your mind  
And continue to float forward  
In time  
Day by day, week by week  
Month by month  
Til it's a whole year in the future  
And for a moment  
Float down, into your body  
A year into the future  
And feel how good it feels  
To be fit and trim  
To be healthy, vital and alive  
And looking back  
How very much you've enjoyed the process  
How very connected you still feel  
To your loved ones and cherished moments  
Of the past  
Knowing how very proud of you  
They all are  
Or some maybe not  
And that's OK too  
They can have their feelings  
If they want  
And so can you  
Notice how very proud you are  
Of yourself  
The feeling of being free  
Independent  
And how strongly these new patterns  
Have become integrated  
Into the deepest part of your conscious  
And your unconscious mind

Its just who you are now  
You are fit and trim  
You are strong  
You are free  
And connected  
It's nice you know  
You can enjoy both at the same time  
And feel good  
As you float back up over your time line and notice that  
As far forward as you care to float  
Its there  
Now  
(pause)  
And then  
When you're ready  
Begin to reorient back to now  
Floating all the way back to here  
Now  
Don't open your eyes  
Until you're ready to see yourself  
As already having begun  
To realize that this is the first day  
Of the rest of your life  
And how good that feels  
Exciting  
Knowing you have all the resources you need  
To become the person you really are  
And to start that journey  
Now

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