

Stairs deepener

A variation of the countdown deepener, which incorporates more visual imagery

Now, using your wonderful vivid imagination, I would like you to imagine you are stood at the top of a flight of stairs. You are stood at the top and can see the steps leading down in front of you. As you stand here, listening to my voice, looking at this beautiful staircase, you become aware that there are ten steps leading down and down. Ten steps that will lead you deeper into this wonderful relaxation, deeper in to your subconscious mind.

In a moment I am going to count down from ten to zero. With each number I count, take a step down. And as you take a step down you find yourself relaxing more and more.

Beginning now

10 – Taking that first step down as you relax deeper

9 – More and more at ease

8 – Going further into your subconscious mind

7 – Every breath relaxing you more and more

6 – So peaceful and tranquil

5 – Wonderfully calm and ease

4 – You relax deeper

3 – Just letting go

2 – Almost at the bottom now

1 – *Pause*

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Depending on the session, you could then have the client walk through a door which leads to the next part of your session.