

## **Baseball – Overcoming a Slump in self-Belief**

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This hypnosis script has been developed for the baseball player who has hit a low patch in their self-belief. This slump in self-belief will be affecting their game in a very negative fashion and must be overcome. It is suitable for players of any skill level. They will become reassured that they do indeed have what it takes.

### **(Script)**

. . . you are now relaxed, comfortable and totally at ease . . . with every word I speak you relax even more and your mind opens to and accepts the truth that I speak . . . you know, deep within the recesses of your mind, that what I say to you is right. You trust my words.

The majority of top players and coaches of the game of baseball agree that more than ninety percent of the game is mental . . . that is . . . you must get it right first in your mind . . . before . . . getting it right on the playing field. You understand that no matter how the game proceeds, the one thing over which you have complete control . . . is your own thoughts. The positive thought habits that you first adopt in your mind will become the habits and principals that the champion you are lives and performs by . . . on the baseball diamond . . . and on the playing field of life.

From this day forward every time that you anticipate, or think about, practice, or take part in, a game of baseball . . . your mind will become relaxed, focused and confident . . . you will automatically remember and begin repeating the phrase in your mind, “I am relaxed, focused, and confident” . . . you understand the power of positive self-talk. You only ever engage in positive self-talk. From this moment on, you will only ever recall your positive accomplishments . . . when you walk out onto the playing field you will only be able to, and only want to, visualize and imagine your great team work, your amazing catches, the home runs scored, the roar of an appreciative crowd.

You know that a great attitude will deliver great results . . . you have a great attitude . . . the winning attitude of a baseball legend . . . the baseball legend that you are. You always keep your mind in the here and now . . . you are a plugged-in player . . . you make things happen . . . you trust yourself . . . when called upon to act and lead . . . your mind clears . . . you intuitively know what to do . . . you deliver . . . you trust your body-mind connection to do the work . . . your hand-eye coordination, your speed, your timing, your level of aggressiveness, your balance, stamina and strength are all perfect.

From now on you will always see any mistakes you may rarely make as the perfect learning opportunities that, of course, you know they are . . . in fact, you are such a

winner and leader that you are glad of them . . . what you learn by overcoming them can only make you bigger and better . . . you are never discouraged . . . nothing stops you. You always listen and pay close attention to your coaches . . . your coaches are always your personal success mentors.

You do everything so much better than ever before . . . when standing at bat you are in “the zone” able to see each pitch as it approaches and choose the right one for you . . . It’s as if you have the perfect pitch meter . . . knowing when to swing and when not to . . . You have unique control of your swing . . . being able to hit the ball where you want with accuracy . . . you are confident in your ability to hit and you deliver.

When in the field your reflexes are swift and your eyes are keen being able to see the balls hit to you and respond quickly, accurately and effectively getting the ball where it need to go. You are a ball magnet in the field and you glove catches them all. You are a baseball superstar . .

When people congratulate you, you know in your heart, that what they say is correct . . .you did great . . . you know that the positive things they say about you are right . . . you always appreciate and soak in the encouragement . . . the great here and now . . . you have what it takes.

You fully realize that it doesn't get any better than playing the game you love . . . you love the game of baseball. You are relaxed, focused and confident.