

## **Empowered Recovery Robbery or Home Invasion PTSD**

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**NOTE:** This session guides individuals to a fortified sanctuary within their minds, a place of safety and resilience. It helps in acknowledging emotions, reclaiming control, and fostering a sense of security within a personalized inner haven. "Empowered Recovery" offers a valuable tool for survivors to process emotions, find solace, and pave a path towards healing.

### **SCRIPT STARTS HERE:**

Imagine yourself in a tranquil and fortified sanctuary. This sanctuary is your personal haven of safety and protection. The walls are strong, and the surroundings radiate a sense of security.

Find a comfortable spot within the sanctuary. Feel the support of the ground beneath you. Imagine your connection to the present moment, anchored in the safety of this space.

Focus on your breath. Inhale deeply through your nose, allowing the breath to fill your lungs. As you exhale through your mouth, release any tension or fear you might be holding. Feel yourself becoming more present and relaxed.

Imagine a warm and comforting light in the center of your chest. This light represents your inner strength and resilience. With each breath, imagine the light expanding, radiating through your entire being.

Allow any feelings, thoughts, or memories related to the robbery or home invasion to arise. Acknowledge these emotions without judgment. Imagine them as clouds passing by, observed from a place of centeredness.

Imagine a figure of strength standing beside you. This figure represents your inner support and wisdom. It is here to guide you as you navigate the emotions associated with the traumatic event.

Imagine a serene and secure room within the sanctuary. This room is your inner haven, a place where you can process emotions and find peace. As you enter the room, feel the reassuring energy it holds.

Look around the room and notice details that bring you comfort. Engage with objects that represent your sense of control and empowerment. This is a space where you are in charge.

Imagine the warm light expanding from your chest, filling the room within your sanctuary. As it grows, envision it taking on a golden hue, symbolizing courage and empowerment.

Imagine the light enveloping any images, memories, or emotions associated with the traumatic event. See these images becoming softer, less intense, and more distant as they are bathed in the empowering light.

As the light interacts with the memories, imagine it infusing them with a sense of calm and strength. Watch as the scenes become less vivid and emotionally charged, transforming into a narrative of resilience.

Feel the comforting and reassuring energy of the light wrapping around you, dispelling any remnants of fear that may have been lingering. As the light interacts with your emotions, sense a gentle release of tension and distress.

Imagine yourself in the center of the sanctuary room, surrounded by the comforting light. Feel its warmth and energy supporting you from within and around you.

Take a moment to reflect on your journey and the transformation that has taken place within the sanctuary. Recognize that you hold the power to reshape your perceptions and emotions.

This is the empowered version of yourself standing before you, bathed in the same radiant light. This version embodies resilience, courage, and a renewed sense of control.

Imagine stepping into this empowered version of yourself, merging your energy and strength. Feel the confidence and determination flowing through your veins as you embody this empowered state.

As you fully embrace this sense of empowerment, imagine the room and sanctuary around you becoming even brighter and more vibrant. The light symbolizes the strength you've cultivated and the healing that has taken place.

Take a deep breath, acknowledging the transformation that has occurred. Know that you carry this newfound strength within you as you navigate your healing journey beyond the sanctuary.

Slowly bring your awareness back to the room you're in. Feel the support of your surroundings and the steadiness of your breath.

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This script is meant to be used as a tool to “complement” therapeutic support. Be sure to read the entire script beforehand to decide if it’s right for your client. Only use this script under the approval and permission of a licensed mental health professional experienced in trauma therapy.