

## Test Anxiety

*By Rene Bastarache, CI*

**NOTE:** Test anxiety is a type of performance anxiety that is characterized by feelings of nervousness, stress, and worry when faced with the prospect of taking a test. This script will help them to relax and open the Alpha Mind where short term memories are stored to access more information.

### **SCRIPT STARTS HERE:**

Allow yourself to sink into a state of deep relaxation... Let go of any worries or concerns and focus on the present moment... Imagine yourself in a place that is calm and peaceful, where you feel safe and relaxed... This may be a place you have been to before, or a place that you have imagined...

Focus on the details of this place, and allow yourself to fully immerse in the experience...

Take a deep breath realizing that everything you studied is in your Alpha brain where all short-term memories are stored... Simply taking a deep breath opens the door to that information...

Now take a second deep breath... Taking a second deep breath opens it more... So just remain relaxed... and take one more relaxing breath... You now have the key to opening the door to your stored knowledge...

Imagine yourself confidently walking into the test room, feeling calm and focused... Imagine yourself completing the test with ease, remembering all the information that you have studied.... Know that you have the skills and abilities to succeed.

Allow yourself to feel proud and confident of your abilities... Know that you are capable of handling any challenge that comes your way... Focus on your strengths and let go of any negative thoughts or beliefs that may be holding you back...

Know that you are in control and capable of handling any test or challenge that comes your way... Remember the feelings of calm and focus that you experienced during this hypnosis session... and carry them with you as you go about your day...

Also remember to take several deep breaths before you test to open the door to your knowledge... You are a fountain of information and now you can access it at will...