



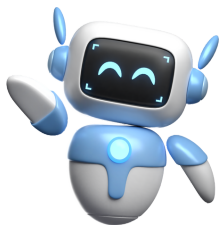
Gold Leaf Training

The Mental Blackboard Method for Anxiety

This script is a collaboration between Dante Harker and Google Gemini (AI), on behalf of Gold Leaf Training.

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Please note: products are intended for relaxation purposes only. They are not medical or therapeutic devices and are not intended to diagnose, treat, cure or prevent any medical condition or disease.



After a suitable induction and deepener...

***This script is designed to be read at a slow, gentle pace, with pauses for the client to process and experience the imagery.*

*Adapt and personalise the script as needed to suit your client's individual needs and preferences.***

And now, as you drift even deeper, allowing yourself to be carried on the gentle waves of relaxation, I want you to imagine a place. Not just any place but a specific place. A place of perfect safety and comfort.

Perhaps it's your own living room, a sunlit corner by a window, or a cosy armchair by a warm fire. It's a place where you feel completely at ease, completely secure. The air is still and calm, filled with a sense of peace.

I wonder if you can notice a gentle breeze from an open window, carrying the scent of freshly cut grass or blooming flowers from just outside.

See it now. The familiar furniture, the soft textures of cushions and blankets, the warm glow of the sunlight or the flickering flames. Feel the comfort of the space around you, the sense of being protected and contained.

Hear the quiet sounds of your home, the gentle ticking of a clock, the soft rustle of pages if you have a book nearby. Breathe in the calming atmosphere that surrounds you. This is your sanctuary, your place of perfect peace and tranquillity.

In this place, you are completely safe, completely protected. Nothing can disturb you here. You are free to simply relax, to let go, to allow yourself to drift even deeper into this state of profound relaxation.

And as you relax even more deeply, I want you to bring your awareness to the words you use. The words you speak to yourself and to others. Words have power. They can shape your thoughts, your feelings, your experiences.

Think now about the word “anxiety.” It’s a word that has become a habit, a label applied to a range of feelings and experiences, particularly when thinking about leaving this safe space. But what if that word, that label, was no longer necessary? What if you could find other, more accurate, more helpful ways to describe those feelings? You can.

Now, in this peaceful place, you see a large blackboard leaning against a wall. A solid, dark blackboard with a smooth, matte surface. On this blackboard, you see the word “anxiety” written in large, bold, white chalk letters. It stands out starkly against the dark background. Notice how the word looks: the sharp angles of the ‘x,’ the rounded curves of the ‘a’ and the ‘y.’ Just observe it for a moment.

Allow yourself, deep in your mind to reach out and pick up a large, firm eraser. A heavy, felt eraser, the kind that leaves a satisfying cloud of chalk dust when used. Feel its weight in your hand, the rough texture of the felt against your fingers.

With intent, you begin to erase the word “anxiety” from the blackboard. Not slowly, not hesitantly, but with firm, decisive strokes. You wipe away the letters, one by one.

See the white chalk dust billowing out, drifting down, perhaps landing on the soft carpet or wooden floor.

Watch as the word begins to fade, to become less distinct, until finally, it is completely gone. The blackboard is now clean, clear, and empty. Feel the lightness as the last wisps of chalk dust drift away.

And now, to sink this idea, this new belief, that you are letting go of anxiety, leaving the word and its attached emotions in the past, we will count down from 5 to 1, each number bringing you deeper and deeper into this state of relaxation and allowing you to let go... let go.

5... sinking deeper now...

4... allowing yourself to let go completely...

3... drifting further and further into tranquillity...

2... feeling more and more peaceful...

1... deeply relaxed, completely at peace.

Notice how it feels to let that word go. The absence of that word. A sense of liberation, of freedom, of clarity.

It's as if a weight has been lifted from your shoulders. You are free from that label. And as you continue to relax, allowing these suggestions to sink deeply into your subconscious mind, you begin to notice other words appearing on the blackboard as if written by an unseen hand.

Words like "calm," "content," "secure," "peaceful," and "capable." Words that describe similar experiences but in a different, more empowering way, especially when considering venturing outside.

For example, instead of thinking or saying, "I feel anxious about going to the door," you will now think, "I am capable of approaching the door calmly." Instead of "I have anxiety about going outside," you will now think "I feel a sense of peaceful anticipation about the possibility of going outside." Notice how these shifts in language create a shift in feeling, a shift in perspective. It is already happening.

Now, turn your attention to another blackboard, also within this safe space. This one is slightly smaller, and on it, you see not just one word but a whole list of words: "worry," "fear," "stress," "panic," "apprehension," "trapped."

These are all words that have been associated with that old label, "anxiety," especially in relation to leaving your safe space.

Now, you take the eraser again, and this time, with one swift, powerful motion, you sweep it across the entire blackboard, wiping away all the words at once. A clean sweep. A decisive action. A complete clearing. Feel the sense of release as those words disappear, the chalk dust forming a small cloud before gently dissipating into the air within this safe and comfortable space. It is done. The board is clear.

And now, we will count down once more, allowing these suggestions to settle even deeper...

5... feeling more and more relaxed, more able to let go...

4... sinking further into this peaceful state...

3... allowing yourself to drift deeper still...

2... feeling a profound sense of calm...

1... deeply relaxed, completely at peace.

As the words vanish, you experience a profound sense of lightness, of freedom.

You are shedding old, limiting labels, creating space for new, more resourceful ways of thinking and feeling.

You are becoming increasingly aware of your words' power and their direct impact on your internal experience.

And you are consciously and unconsciously choosing to use your words with the intention to create a more positive and empowering reality for yourself, even when considering the world outside.

Now, imagine one final blackboard. This one is not made of wood or slate. It is a blackboard within your own mind, a mental screen where you can visualise and process your thoughts and feelings.

And on this mental blackboard, you see not words but vivid images. Images of situations that you might have previously labelled as “anxiety-provoking,” specifically situations involving leaving your safe space or being outside.

See yourself in these situations now. Perhaps it’s simply opening the front door, stepping onto the porch, walking to the end of the garden path, or even imagining yourself further afield.

But this time, you see yourself handling these situations with increasing confidence, a growing sense of ease, and a deep sense of calm focus and control. You are in charge. You are resourceful. You are capable. You have everything you need within you.

And, as you observe these images, you notice that the feelings associated with them are also transforming. Instead of feeling overwhelmed or stressed, you feel a sense of anticipation, a sense of curiosity, a sense of growing confidence, and a sense of readiness.

And as you continue to relax, these suggestions are sinking deeper and deeper into your subconscious mind, becoming an integral part of you, a natural way of thinking, feeling, and responding.

You will find yourself automatically using different words, different phrases, to describe your experiences. You will find yourself approaching situations with a new sense of calm, confidence, and control, starting from the secure base of your safe space.

This is already happening now. This will continue to happen more and more each day. You are changing. You are growing. You are becoming more and more resourceful. And this new way of being is becoming your new, natural way of being. It is done.

And now, as we prepare to gently bring your awareness back to the room, I want to reinforce these positive changes that are taking place within you. Remember the feeling of lightness and freedom you experienced as the word “anxiety” and its associated words were erased.

This feeling represents the shedding of old, limiting beliefs and the opening up to new possibilities. You have within you the strength, the resourcefulness, and the capability to navigate the world with increasing confidence and ease.

Think again of those empowering words that appeared on the blackboard: calm, content, secure, peaceful, capable.

These words represent the new, more positive and resourceful ways of thinking and feeling that are now becoming your natural way of being. They are a reminder of your inner strength and your ability to create a life filled with joy, purpose, and connection.

Remember also the images you saw on your mental blackboard – images of yourself handling situations with calm focus and control. These images are not just wishful thinking; they are powerful visualizations of your potential, your ability to overcome challenges and embrace new experiences.

They represent the future you are creating for yourself, a future filled with possibility and excitement.

As you begin to become more aware of your surroundings, carry with you this sense of calm, this feeling of confidence, this anticipation for the future. These positive changes are now a part of you, working within you at a deep subconscious level, gently guiding you towards a more fulfilling and empowering life.

You may begin to notice the sounds in the room around you, the feeling of the chair beneath you, the gentle rhythm of your own breathing. These sensations are anchors to the present moment, bringing you back gently and gradually.

I will now count from one to five, and with each number, you will become more alert and awake, feeling refreshed, revitalised, and filled with a sense of calm confidence.

One... gently bringing your awareness back to the room...

Two... becoming more aware of your surroundings...

Three... feeling refreshed and revitalised...

Four... feeling a sense of calm confidence and anticipation for the future...

Five... fully awake, alert, and feeling wonderful.



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