



Cope with Verbal Bullying 6-9 yrs - Stay Strong Inside (Unlock Your Life)

Lynda Hudson

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Breathe in colour of comfort and ease

Breathe out unwanted thoughts and feelings

Feel safe and strong inside invisible bubble of confidence

Unkind words bounce off the bubble

Visualise self coping calmly and confidently everywhere

Boosts self esteem

Remember, regular listening is the key to success!

A self help hypnotherapy recording for children aged about 6-9 years who are suffering from verbal bullying or teasing. Gentle & relaxing, it gives them a way to release negative feelings and helps them feel more confident about dealing with name calling and mean behaviour. It boosts their self esteem. Let them listen to the recording preferably daily, rather like a bedtime story, without making a big deal about it. Play the recording at bedtime They can relax and drift off to sleep at the end. If you find that they fall asleep more or less immediately, let them listen at a quiet time earlier on before bedtime instead, or as well as, when they go to bed. The recording should be in addition to, rather than instead of, any usual bedtime rituals or stories so that they don't feel deprived in any way. Imaginative framework It allows them to feel more protected by creating an invisible bubble of confidence around them so that unkind remarks don't upset them in the same way. They are encouraged to mentally listen to the remarks bouncing off their bubble so that they have less and less effect on them. They receive powerful suggestions for being confident in themselves and more resilient in the face of other children's unkind behaviour.

Successful approach This kind of approach is completely natural and safe. Research shows that when a person first acts out each positive step in their imagination, it dramatically increases the likelihood of their success in the real world. This CD contains powerful suggestions for boosting confidence and self esteem. The language and topics used are carefully crafted to appeal to the interests of this particular age group. NB Some children may seem more or less mature than their chronological age.

Lynda's gentle, well-modulated, English voice calms, re-assures and encourages Clinical hypnotherapist and former teacher, Lynda has worked with many, many children over recent years and has helped them overcome numerous different problems. Her work has been widely featured in the press and she has appeared on both TV and radio The recording uses state of the art technology, particularly effective when you listen on headphones



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