

### LIBRARY SCENE

(Use this imagery after doing a standard induction and deepening technique.)

I WOULD LIKE YOU TO USE YOUR IMAGINATION...I WOULD LIKE YOU TO  
IMAGINE YOURSELF STANDING IN FRONT OF A DOOR...THIS MAY BE A DOOR  
YOU HAVE SEEN IN YOUR PAST OR A DOOR YOU SEE IN YOUR IMAGINATION...  
THE DOOR OPENS EASILY AND EFFORTLESSLY AS YOU WALK INTO A LIBRARY...  
YOU LOOK AT THE BOOKS LINING THE WALLS OF THE LIBRARY...THIS IS A  
SPECIAL LIBRARY BECAUSE ALL OF THE BOOKS IN THIS LIBRARY ARE ABOUT  
YOU...THE BOOKS ON THE LEFT SIDE OF THE LIBRARY ARE ALL OF THE GOOD  
THINGS THAT HAVE EVER HAPPENED TO YOU...THE BOOKS ON THE RIGHT ARE  
ALL OF THE NOT SO GOOD THINGS THAT HAVE EVER HAPPENED TO YOU...THE  
BOOK CLOSEST TO YOU HAS THE YEAR 1999 (OR CURRENT YEAR) IMPRINTED ON  
IT...AND AS YOU MOVE FURTHER BACK INTO THE ROOM...THE BOOKS GO BACK  
IN CHRONOLOGICAL ORDER ALL THE WAY BACK TO THE TIME YOU WERE  
BORN...I WOULD LIKE YOU TO FIND A BOOK FOR ME...THIS BOOK WILL TRY TO  
HIDE...IT THINKS IT CAN OUTSMART YOU...BUT YOU KNOW THAT YOU CAN  
OUTSMART IT...THE TITLE OF THE BOOK IS (SMOKING AND EXCUSES TO  
CONTINUE), (BAD EATING HABITS) OR (ANY BOOK TITLE THAT YOU CAN THINK  
OF WHICH EXPRESSES THE CONFLICT YOUR CLIENT IS WORKING THROUGH)...  
TAKE YOUR TIME AND FIND THIS BOOK... WHEN YOU FIND THE BOOK...TAKE IT  
OFF THE SHELF AND LET ME KNOW YOU HAVE IT BY RAISING THE FIRST FINGER  
OF YOUR RIGHT HAND...GOOD...KEEP THE BOOK IN YOUR HAND AND FIND A  
DOOR IN YOUR LIBRARY WHICH LEADS DOWN INTO THE BASEMENT...AND AS I