

Bedwetting Script

By Journi Smed

Instructions to hypnotherapist:

Use the appropriate induction and deepening technique then follow with this script.

Say to Subject:

“Every morning when you wake up you feel great. You feel wide-awake and you are ready to go.

If you need to wake up at night, it is now very easy for you to get up.

You know you are awake and you go to the bathroom and know you are in the bathroom.

You urinate in the toilet and return to bed and very easily go back to sleep.

When you wake up in the morning you remember getting up in the night.

You no longer sleep through wetting the bed.

If you start, you wake up immediately because you no longer sleep so deep.

If you start drifting too deep while sleeping, you automatically bring yourself into a lighter state of sleep.

It is not your fault that you wet the bed. No one is to blame. You simply sleep too deep.

Bed Wetting Script

Each night you sleep lighter and lighter and you no longer sleep so deep. You feel better and better about yourself because you are now controlling the problem.

Every night that you sleep lighter, each time you wake up and go to the bathroom, every time you remember your dreams, you feel great because you know that you are being successful.

You feel good about yourself because you know that you are being successful. You feel good about yourself because you know that nothing is wrong with you physically or emotionally because you have wet the bed and now your family understands too.

Every dry night reinforces this program.”

(Follow up with other therapies if required, then the count-up)

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