Catching the Brass Ring

Table of Contents

About the Author
And all the Diamonds are Perfect
The 7 Values for Using Scripts
Using the Great Escapes Resources
Table of Contents

Stories and Metaphors
  An Affirmed Life
  The Cracked Pot
  Delany’s Moment of Insight
  The Ogre and the Wizard
  The Land Where Wishes Come True
  The Story of Porcupine and Turtle
  Saving the Animals
  The Land Where the Sun Always Shines
  The Little Plant with the Strong Roots
  The Pond
  The Baby Bird

Affirmations
  Someone who Feels “Stuck”
  Peace, Harmony and Balance
  Facing Changes
  Managing Stress
  Abundance and Prosperity
  General Success and Wellbeing
  Overcoming Shyness
  Dealing with Procrastination
  Empowerment
  Confidence and Success
  Speaking in Public

Overall Assistance
  Peace (Induction and Prescription)
  The Star, the Tree and the Garden
  Expanding the Ability to Love
  The Rainforest Pool (Induction & Prescription)
  The Invisible Fence: Extending Boundaries
  Empowerment from the Center
  The Room of Fears

Post-Hypnotic Signals
  Water
  Green
  Red
  Stress Buster
  Anchoring Relaxing Moments
  Peace
  Recovering the Hypnotic State
Locating Initiating Causes
   A Problem and Solution-Finding Process
Problem-Solving Induction & Prescription
Introducing the Client to Ideomotor Signals
Ideomotor Questionnaire for Locating the Source of a Problem
Some Notes on Regression Work
Induction Variations for Regression
   The Island of Memories
   The Fog
   The Door
   The Highway
   Emotional Bridge
   Induction and Finger responses for Age Regression

Releasing Techniques
   Some Notes on Healing the Past
   Freeing the Adult Child
   The Healing & Cleansing Waterfall
   Bringing Healing to the Past
   Suitcases
   Leaves

Self-Esteem and Confidence
   Believing in Yourself
   Freedom to Be the Great You
   Loving Yourself
   Building Self-Confidence
   Developing Strong Self-Esteem
   Changing Labels: Building Self-esteem by Creating a New Self-Story
   Calm Confidence (Insert)

Empowerment and Finding Your Self
   Confidence in Facing Changes
   Recovering Your “Self”: Going through Personal Transformation
   Gaining Courage (Being Empowered
   Removing Fear of Risk
   Taking Back your Power
   New Beginnings (Getting “Unstuck”)
   Released for Empowerment

Shyness and Social Anxiety
   Dealing with Shyness and Lack of Confidence
   Handling Dating and Social Anxiety
   Becoming Confident in Social Situations

Performance and Speaking in Public
   Dealing with Stage and Interview Fears
   Public Speaking with Confidence
   Imagining Yourself on Stage
   Maintaining Performance Confidence in the Theatre Arts
   Musical Performance
   Dealing with Fears Related to Singing

Success, Prosperity and Creativity
Success in One’s Business/Career (an insert)
Healing Memories: Dealing with the Success Saboteur
Building a Successful Life (through Focus, Prioritization & Confidence)
The Confidence to be Successful
Motivation for Success (Dealing with the Fear of Succeeding)
Creativity: Developing Abilities
Success and Prosperity in Your Business
Deserving Prosperity

Motivation, Decision-Making and Organizational Skills
Dealing with Procrastination
Do it Now! Get it Done!
Confidence in Meeting Challenges (Ability to Solve Problems)
Decision-Making and Taking Action (Dealing with the Success Saboteur)
Organized to Complete Tasks on Time
Organizing as a Spirit Exercise
The Value of Being Organized
Organization (an insert)
The Room of Boxes

Work, Professional Skills and Colleagueship
Learning to Enjoy Your Work
Efficiency & Style in the Work Place
Enjoying your Work Place and Colleagues
Handling a Busy Work and Home Life (Induction and Prescription)
Run Your Business; Don’t Let it Run You
Torn Between Priorities
Confidence as a Writer
Writing More Freely

Serenity and Stress Relief
Managing Stress and Anger
Creating Inner Peace
Physical Stress-Buster (induction and prescription)
Juggling Balls

INDEX - Special Resources
Article: Fear of Change.
Article: Releasing the Past
Article: Running a Successful Business
Profile: Shyness, Reticence, Social Phobia
Useful Techniques to Overcome Shyness (handout)
16 Ways You Can Handle Stress (handout)
Bibliography
What Others Say about Great Escapes Scripts
Del’s Books: the Great Escape Series