



MANDIE SAFE HAVEN

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www.mandiesafehaven.com

Hypnotic Script for Anxiety: Returning to Calm

Take a moment...
and allow yourself to settle.

There's nothing you need to do right now...
nowhere you need to go...
nothing you need to figure out.

Just this moment.

Begin by noticing your breath.

Not changing it...
just noticing it.

The natural rhythm...
of inhale...
and exhale...

And as you gently bring your awareness to your breathing,
you may begin to feel your body softening...
just a little.

Now, as you breathe in...
imagine drawing in a sense of calm...

And as you breathe out...
allow any tension to begin to loosen...

Not all at once...
just a little at a time.

You may notice your shoulders beginning to drop...
your jaw unclenching...
your body remembering...
that it doesn't need to stay on high alert right now.

Because in this moment...
you are safe enough to begin to relax.

And if your mind is busy...
that's okay.

You don't need to stop your thoughts.

Just let them pass...
like clouds moving slowly across the sky.

You don't need to follow them.

You can simply observe...
and return to your breath.

Now imagine a place...
real or imagined...
where you feel calm... steady... and at ease.

It could be somewhere you've been before...
or somewhere your mind creates just for you.

Notice the details...

The colors...
the sounds...
the feeling of being there.

In this place...
there is no pressure.

No expectations.

Just space.

And as you spend a few moments here...
you may begin to notice something shifting inside you.

A quieting.

A softening.

A slowing down.

Now, gently bring your awareness back to yourself.

To your body.

To your breath.

And begin to notice...

That the anxiety you felt...
does not define you.

It is something you experience...
not something you are.

And in this moment, you may begin to realize:

You have the ability to pause.

To breathe.

To create space between you and what you're feeling.

Even if it's just for a few seconds.

And those few seconds...
can change everything.

Now, gently repeat to yourself:

"I am allowed to feel calm."

"I am allowed to slow down."

"I am safe in this moment."

Let those words settle...

Not forced...

just allowed.

And as you continue breathing...

you may notice a growing sense of steadiness.

Not perfect calm...

but enough.

Enough to feel grounded.

Enough to feel present.

Enough to continue your day...

with just a little more ease.

When you're ready...

you can slowly bring your awareness back.

Gently wiggling your fingers...
your toes...

Taking a slightly deeper breath...

And opening your eyes when it feels right.

And as you return...
you may find that something within you feels... lighter.

Calmer.

More centered.

And that calm...
is something you can return to...
whenever you need it.

Curtis Brown – Author, Strategist, Creator

Curtis Brown is a versatile writer and strategist who has worked with everyone from Fortune 500 giants to small, family-run businesses. With a background in marketing, research, and content creation, Curtis is passionate about helping individuals and entrepreneurs create lasting change from the inside out.

As co-founder of [**Mandie's Safe Haven**](#), Curtis partners with his wife, Mandie Brown, to provide resources and tools for emotional healing, personal transformation, and sustainable business growth.

Curtis writes across genres—including business, self-help, fantasy, and personal development—with a focus on mindset, mastery, and purpose-driven action. His mission is to simplify powerful ideas and deliver them in a practical, inspiring way for readers who are ready to elevate their lives.

“Knowledge is not power... unless manifested.”

~ Curtis Brown


Published Works by Curtis Brown:

Business & Professional Development

The Premium Shift: How to Build and Sell High-Ticket Offers That Transform Lives

Turn Your Expertise Into a Scalable \$5K, \$10K, or \$25K+ Offer That Sells

 **Ignite:** *How to Spark Relentless Motivation and Keep It Burning*

 **Becoming the Author:** *Reclaim Your Story, Align Your Life, and Lead with Purpose*

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