

Maid of Honor Speech

Rebecca C.





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Notes to Practitioner:

- Insert your favorite induction and deepener
- Find out who's wedding it is (is a friends/family members)
- Instructions for therapists are in **ORANGE** – do not read out these sections.

Allow yourself to sink deeper and deeper into a state of tranquility, drifting effortlessly and peacefully downward. Descending into complete relaxation, feel yourself becoming more and more at ease with each passing moment. As you drift deeper, you are enveloped in a sense of safety and comfort, fully aware of even the slightest movement within and around you, and attuned to the steady rhythm of your breath, which flows gently and steadily ... *Pause* ... In just a little while, you will be stepping into the role of the maid of honor at your ... *insert wedding label eg – friends, sister, brothers* ... wedding, tasked with delivering a speech ... *Pause* ... a task of real honor, that may initially seem daunting. But fret not, for we are about to explore some techniques together to help you craft the perfect speech to honor the newlyweds ... *Pause* ... The cornerstone of a successful speech lies in thorough research. Your unconscious mind now understands this need for information. You realize that gathering amusing anecdotes is essential,

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and you can easily source them. You already possess a wealth of knowledge about the couple, and likely some insight into their family as well ... *Pause* ... You'll be amazed by how much you truly remember once you allow your unconscious to recall past experiences of good times, memorable moments and grateful achievements that were for you and them alone. Tales of the heart that are truly memorable. ... *Pause* ... Whenever you find a spare moment, simply close your eyes, take a deep breath, and let those memories flood back into your consciousness. It would be wise to jot down these recollections for future reference in crafting your speech ... *Pause* ... Once you have gathered enough stories to entertain the guests, it's time to arrange them in a sequence, telling a story from start to finish with wonderful fun times, achievement times and honorable times ... Mentally organize them first, then commit them to paper ... *Pause* ... Let's travel back in time now and find some memories to guide you with this most honorable quests ... *Pause* ... take a nice deep breath in to the count of three 1 ... 2 ... 3 ... then slowly out ... 3 ... 2 ... 1 ... nice deep breath in 1 ... 2 ... 3 ... then slowly out ... 3 ... 2 ... 1 ... nice deep breath in 1 ... 2 ... 3 ... then slowly out ... 3 ... 2 ... 1 ... hands relaxed ... shoulders relaxed ... *wait 5 seconds* ... Feel how your breath has calmed your mind ... *wait 5 seconds* ... with your eyes remaining closed ... put both your hands on your heart ... *wait 5 seconds* ... and ... breathe ... deeply ... into your heart ... *wait 5 seconds* ... with both your hands on your heart and breath deep into your heart ... *wait 20 seconds* ... breathe into your heart and feel the strength of your heart ... *wait 5 seconds* ... I want you to think about those three moments in your life that you feel deeply grateful for the speech ... *wait 5 seconds* ... deeply grateful that you got to live in that moment ... *wait 5 seconds* ... Just go on a journey from one moment to the other feeling the gratitude, happiness and honor for your speech ... *wait 5 seconds* ... Take your

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time and when you have those 3 memories nod your head ... *await nod* ... what a blessing it was in your life, how grateful you are that those memories are yours and now it can be shared with others ... *Pause* ... now it is time to go into the future and practice your speech until it flows effortlessly and elicits laughter. Practice makes progress ... it may not be perfect, but it will be fun and memorable — rehearse your speech and If something doesn't sit right, feel free to tweak the order or replace a story. After all, you have an abundance of material ... *Pause* ... imagining yourself on the wedding day, observing the festivities from a serene vantage point. Witness the ceremony, the exchange of vows, and the tender moments shared between the newlyweds. Visualize yourself confidently delivering your speech, captivating the audience with wonderful memories being shared ... *Pause* ... Conclude your speech with heartfelt thanks, knowing you have contributed to making your friend's special day truly unforgettable ... *Pause* ... Now, return to the present moment, carrying with you feelings of joy and accomplishment. Whenever you need to, close your eyes, take a deep breath, and envision the success awaiting you at the wedding ... *Pause* ... In a moment, I will count from one to five, and at the count of five, you will awaken refreshed and revitalized, ready to embrace these suggestions with renewed vigor. One Two Three ...your eyelids begin to flutter ... Four ... your eyes open ... Five ... wide awake, feeling invigorated and empowered, ready to embrace the journey ahead.

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ABOUT THE AUTHOR – REBECCA THE AUTHOR IS A BIT SHY AND REQUESTED TO REMAIN SEMI ANONYMOUS – THANKYOU REBECCA FOR YOUR SHARE – NOTE TRISH’S MEMORIES OF GRATEFULNESS WAS ADDED INTO THIS SCRIPT AT REBECCAS REQUEST

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