

Passive relaxation script

find a comfortable spot and position, which may shift as you engage in the relaxing process. you may choose to leave your eyes open or close them. You may want a friend to read this, or to make a tape for yourself.

Please forget about everything except the idea of becoming deeply relaxed... just forget about everything that may be coming up in the future and that's on your mind. Just leave these things behind for the time being and concentrate on being relaxed. If your mind wanders that will be okay, just bring it back to concentrating only on deep and complete relaxation.

Please take a deep breath and hold it... breathe in fully until it starts to feel uncomfortable... and then slowly exhale. Try once again. Take a deep breath in, and hold it... and now slowly exhale. Notice that a feeling of relaxation begins to develop as you breathe out.

Now direct your attention to the feelings in your forehead and around your eyes... just relax your forehead and eyes... just relax... your forehead and eyes... Now focus your attention on the feelings in your face... let go of any tension that you may feel in your face... just relax the muscles of your face... Now direct your attention to the feelings in and around your mouth and jaws... and make efforts to relax your mouth and jaws... just let them go completely loose and limp and relaxed... Your whole face is relaxing you continue to breathe in and out, slowly, deeply, and evenly... And now focus your attention on the feelings in your neck... let go of any tension in the muscles of your neck... imagine that someone is gently massaging your head and neck... just relax your neck... feel as completely and as totally relaxed as you possibly can in the muscles of your head, your face and your neck and continue breathing in and out deeply and evenly and slowly...

Now concentrate your attention on your hands and fingers... Direct your mind's eye to those parts of your body and make efforts to relax your hands and fingers... relax and let go of any tension in your hands and fingers... be aware of the material that touches your hands... Now concentrate on the feelings in your forearms... let the muscles in your forearms relax completely... just your forearms... let the muscles in your forearms relax completely... just relax your forearms...

Now focus on your biceps, the upper part of your arms... relax your biceps... just let go of all the tension in your biceps... and try to feel as completely and as totally loose as you possibly can throughout your hands, your fingers, and your arms... Your arms are hanging limply from your shoulders, just like a rag doll... loose, relaxed.

Now concentrate your attention on the feelings in your chest... relax the muscles in your chest... just concentrate on relaxing your chest... as you continue to breathe deeply and evenly and slowly... Next, direct your attention to the feelings in your stomach... relax the muscles of your stomach... just relax and let go of any tension in your stomach... your stomach feels relaxed, but firm... feel as completely and

as totally relaxed as you possibly can in your chest and stomach... continue to maintain the feelings of relaxation... that are developing in various parts of your body... and continue to breathe slowly and evenly and deeply.

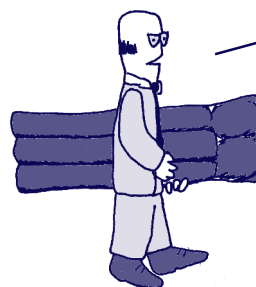
Now focus your attention on your thighs... simply relax your thighs... just relax your thighs... now focus on your calf muscles and let them relax too... just relax your calves... and now concentrate on the feelings in your feet and toes... relax your feet just relax your feet. Feel as completely, as totally and utterly relaxed as you possibly can throughout your legs and your feet... just let go of all the tension and let every muscle in your body feel loose and limp and relaxed... like a rag doll... and continue to breathe in slowly and deeply and evenly.

The feelings of relaxation that have developed in various parts of the body begin to join up like the parts of a jigsaw puzzle... and you feel an overall feeling of general relaxation... A feeling of calmness begins to develop and spread and radiate and you continue to breathe in and breathe out slowly and deeply and evenly... breathing in deeply, breathing out slowly.

The feelings of relaxation permeate the whole of your body and you notice a general feeling of well being... a feeling of warmth and comfort... you are feeling generally relaxed and calm... at times you are hardly aware of your relaxed body... feeling relaxed and warm... feeling fluid... feeling comfortable... your mind is clear and calm... breathing in deeply, evenly, and slowly... your mind feels calm and relaxed... you have a general feeling of serenity... you feel as if you are sinking and at the same time you feel very, very light.

Now, imagine that you are in a very safe and comfortable place. Imagine that there is warm water all around you. It is very warm and makes you feel very light and buoyant... weightless. And as you imagine this place, you continue to breathe

Ahhhh... Skill development time again!



in deeply and evenly... breathing in... breathing out... slowly and deeply and evenly... it is warm all around you, cushioning the sides of your body. You feel safe and comfortable... you feel fluid and airy, your whole body is feeling as if it is gently massaged.

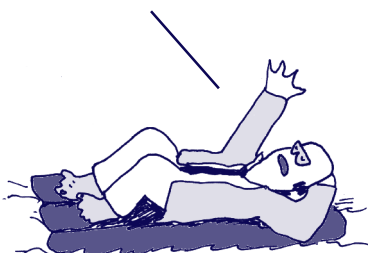
Your head is supported and floating... your shoulders are supported and resting comfortably like they are suspended as if you are on deep soft cushions... your legs feel light... your whole body is floating... and you feel warm and comfortable... your mind is calm and relaxed... and you continue to breathe in deeply and evenly... you can feel the softness and warmth surrounding you... being gently massaged in this comfortable place... and you feel even more comfortable, even more relaxed.

And as you continue to float and relax in this place... you are feeling very safe and very calm... you have a total feeling of well being and serenity... your head feels light and loose, and warm in this peaceful place... your legs feel light and you are continuing to float... you feel very comfortable and very relaxed... letting go of your body... you are continuing to breathe in deeply and evenly... you can feel warm, comfortable air around you... the air smells sweet... the sounds you hear around you are pleasant... feeling safe, feeling calm and relaxed... feeling light... and comfortable... feeling relaxed and warm... and you breathing continues to be even and

deep... notice the feelings of calmness, of serenity and relaxation that has been developed all over.

Now think of a place where you can go for a little while... you can be by yourself in this place or with someone else... try to imagine a place where you feel totally safe... totally calm and relaxed... and you can spend a few minutes in this place... imagine it as much as possible... in every way possible... and while you are there, continue breathing deeply and evenly. You will know have 3 minutes to imagine and relax in this safe place.

*Work!
Work!
Work!*



Three minutes later...

Notice how you feel now... how calm and relaxed you can be... your breathing is slow and regular... and every time you practice this exercise, you will find that you will be able to become more relaxed more easily... and that the calmness that results from the exercise will last longer after you have completed it... and you will become more relaxed and more calm each time you do the exercise... as if your body developed a memory of how relaxed you now feel... try to be aware of the changes that take place as you end this exercise... and the world comes flooding back in. With practice you will be able to take with you into your everyday life, these feelings of calmness and of relaxation that you have developed as you have gone through this process.

*A lot of people
might not now
how hard I'm
working!*

