

Autogenic Relaxation Script

Behavioral Medicine Associates, Inc.

Make a recording of yourself slowly saying each phrase. After each phrase, let the recorder run while you take three very slow, easy breaths. Then speak the next phrase. After you finish the recording, play it for yourself once a day. Close your eyes and let yourself listen to yourself saying these calming statements. After each statement, circulate the idea in your mind for a little while, until you hear the next thought.

Phrases to promote muscular relaxation

1. I feel quite quiet.
2. I am beginning to feel quite relaxed.
3. The muscles in my toes and feet feel heavy and relaxed.
4. The muscles in my calves, thighs, hips and waist feel heavy and relaxed.
5. My abdomen, solar plexus, ribs and chest feel quiet, relaxed and comfortable.
6. My fingers, hands, arms and shoulders feel heavy and relaxed.
7. My neck, jaws and lips, eyes and forehead feel relaxed, comfortable and smooth.
8. The muscles in my whole body feel heavy, comfortable, relaxed and quiet.

Warmth phrases, to promote increased blood flow in the hands, fingers and feet

9. I am quite relaxed
10. My arms and hands feel heavy and warm.
11. I feel quite quiet.
12. My whole body is relaxed, and my hands are warm, relaxed and warm.
13. I can feel warmth flowing down my arms into my hands, down my legs, into my feet.
14. My hands and fingers are warm, pleasantly warm.
15. Warmth is flowing into my hands, they are warm, very warm.
16. My hands and fingers, feet and toes are warm, relaxed and warm.

Quietness phrases to promote the calming of the mind

17. My whole body feels relaxed, and my mind is quiet.
18. I release my attention from the outside world, and I feel serene and still.
19. My attention is turned inward, and I feel at ease.
20. Gently, I visualize, imagine and experience myself as relaxed and still.
21. I am aware in an easy, quiet, inward-turning way.
22. My mind is calm and quiet.
23. I feel an inward quietness.
24. I am at peace; I am at peace.

At night, let it all go here. Do something quiet, keep the lights low. If you're sleepy and it's around the time to go to bed, go.

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In the day if you have activities to carry on with, open your eyes, stretch, start to move about gently. Record this set of statements in a more activating voice at the end of your recording or as a separate track and play it while you're doing a little stretching:

Reactivation phrases to bring you back to the world of activity

1. I open my eyes and make contact with the outside world.
2. I feel life and energy flowing through my toes, feet, calves, knees, thighs and hips.
I feel life and energy flowing through my waist, abdomen, solar plexus and chest.
I feel life and energy flowing through my shoulders, arms, hands and fingers.
I feel life and energy flowing through my head, neck, jaws and lips.
3. This energy makes me feel light and alive.
4. I feel refreshed and good.