

From Chapter 7: Anxiety Disorders

SAMPLE PROGRESSIVE RELAXATION SCRIPT

- Allow your eyes to gently close. If you are not comfortable doing so you may choose to focus your eyes on a spot on the wall. Either way is fine.
- Take several deep, slow breaths.
- Now, begin to notice any tension in your head and scalp. There is nothing you need to do, but notice. As you take another slow, deep breath, you may feel comfortable just breathing out that tension.
- Pay attention to your face, neck, and shoulders. If you are experiencing any tension in your body, just allow yourself to breathe it out in the next exhale.
- Now pay attention to your back. Release any tension you notice in the next exhale.
- Pay attention to your chest and breath out any tension you notice in the next exhale.
- Notice your arms and hands and allow yourself to release any tension as you exhale.
- Continue paying attention to your body and breath out any tension in your buttocks and the back of your legs.
- Now notice any tension in your legs, and just breath that out in the next exhale.
- Finally, notice any tension in your ankles, feet, and toes. Just breath it out in the next exhale.
- Scan your body, and notice how it feels in this very relaxed state.