

## PROGRESSIVE RELAXATION INDUCTION

(When used as an Assessment Tool)

You are about to participate in an interactive experience. I will ask you to participate by using your imagination in a very active way to help achieve the results that you desire.

Now close your eyes and relax. Just for a moment, imagine all the muscle groups in your body letting go. Take a deep breath. That's good! Exhale now. And take another deep breath.

Each time that you breathe from here on in, imagine your breath flowing out through your mouth and spreading relaxation throughout your body. So feel that relaxation as I talk to you.

Relax all the muscle groups around your face for a moment. Relax your scalp, your forehead, your eyebrows, your eyelids, your cheeks, your nose, your mouth, and especially those muscle groups around your mouth and lips.

Make sure your teeth are not clenched together. Now just relax. Relax your chin, and allow all the muscles in your face to just let go. And now your neck relaxes. The front part of your neck. The back part of your neck. Right through to your shoulders. Feel your shoulders relaxing completely. Get rid of any tension that might be in your shoulder area. It feels good to do that.

And allow your arms to relax now. Your upper arms — your elbows — your forearms. Relax your wrists. Your hands. Even your fingers relax and let go. Just imagine your arms becoming very loose and limp. Heavy — loose — limp. Like a wet wash cloth.

And allow yourself to breathe comfortably. And notice how much deeper and more regular breathing has become than just a few moments ago when we started. Feel your breathing. Notice the rhythm of your breathing. Notice the contraction and expansion of your diaphragm and your chest. Allow your chest muscles to relax completely. Right down through to your stomach. Feel your stomach muscles just relaxing. Get rid of any tension that might be in that area.

And allow your back muscles to relax. Those large muscle groups in the upper part of your back. Right down your spinal column and into your lower back. Just let go. Let go completely. And allow those smaller muscle groups in the lower part of your back to relax as well. And your hips relax. Especially your legs, your thighs, your knees, your calves, your ankles, your feet, and even your toes. Just allow those muscle groups to relax completely as you begin to drift into a very deep, relaxed state. Letting yourself go. Letting your mind and body become one. Feeling good. Feeling relaxed. Now.

Many people sitting there as you are report certain feelings in their bodies. Some report a numbness in their arms or legs. Some people report a tingling feeling (such as pins and needles), usually in their hands or arms. And some report both a numbness and tingling feeling alternately ...

Some people experience a lightness in their body and others experience a heaviness. . . if you experience a lightness it would feel buoyant as though you were floating above the chair. If you experience a heaviness it would feel as though you were sinking into the chair, shoulders sagging.