

Progressive Muscle Relaxation Exercise Script

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Read at a slow, even pace; 10-15 minutes

Now, settle back, close your eyes, and let yourself become very, very comfortable. Just let yourself become very, very comfortable. If you feel any tension or tightness in your body, just let the tension or tightness fade, and let yourself become very, very relaxed.

Begin by concentrating on the feelings in your fingers and in your hands. Concentrate on these feelings, and as you concentrate let any tension, tightness, or constricted feelings—just let those feelings gradually fade—and let yourself feel the relaxation very gradually, very slowly take over. Let those muscles lose any tense or anxious feelings, and let them become very, very relaxed, very calm, very quiet. Just let yourself go. Keep your attention focused on these feelings, and let those muscles become longer and smoother, free of tension and tightness. Just let yourself go. Relaxation produces very loose, very long, and very calm muscles. Just let yourself go.

Now, concentrate on the muscles in your arms, your forearms and upper arms. Put your attention on the muscles in your arms, and when you concentrate let these muscles become very, very relaxed, very quiet, very calm, and let the tension and tightness fade. Just let it go. Let those muscles go deeper and deeper into relaxation. Focus all your attention on those feelings there. If you feel your mind wandering, just bring it back and continue to concentrate on the muscles in the arms and in your hands. Let those muscles become longer, calmer, smoother, and warmer. Let them remain very, very still...very, very tranquil. Just let yourself go. Let your shoulders just hang there very, very heavily. Very heavy. Let them continue to get heavier and heavier and heavier. Sometimes relaxation occurs in stages, and at other times it is a very gradual, smooth process. Just continue to focus on those feelings, and let the relaxation take over more and more of those muscles. And, then, let that calm, quiet feeling take over your entire body. As your shoulders become more and more relaxed, also let your upper arms, your forearms, your hands, and your fingers become even more relaxed. Deeper and deeper into a state of relaxation.

Now, concentrate on the muscles in your back, in the lower and upper parts of your back. Let those muscles also become very calm, very smooth, quiet and tranquil. Just let them become very, very relaxed, free of any tensions or any tightness. If you feel any tension or tightness at all, just let a feeling of relaxation replace it. Just let the tenseness and tightness fade very gradually from your body and be replaced by one of relaxation and calmness. Just let yourself go; let it happen to you. Let the relaxation sweep over your body.

And now, the muscles in the back of your neck: Pay particular attention to these muscles, as they become longer and smoother, quieter and calmer. Focus your attention on these feelings in the back of your neck. Concentrate. If you feel any tension or tightness remaining in those muscles, continue to let them relax and lose that tense, tight feeling. Just let yourself go. Let the muscles in the back of your neck become relaxed, and as they become relaxed let your entire body go deeper and deeper and deeper into relaxation. Let yourself go.

Now, the muscles around your jaw: Just let your jaw open to a place that's very comfortable, very quiet and calm, so you don't feel any pulling or contraction of muscles. There shouldn't be any tension there at all. Let that feeling of relaxation take over those muscles and let it become very, very relaxed, free of tension and free of tightness. Just let yourself go. Concentrate on the feelings on the muscles in your jaw. Your lips might part slightly, as your jaw becomes very, very relaxed. Just let your jaw find that place where it's very calm, very quiet, so it feeling like there's no tension or tightness. And, as your jaw becomes more and more relaxed, begin to focus on the muscles in the rest of your face...your mouth, your cheeks, your forehead. Let those muscles also lose any tense or tight feelings they may have; let them become very tranquil, very smooth, very calm. Just let yourself go. Let yourself go.

Now, focus on the muscles in your stomach. Let those muscles also become very limp and very heavy, very calm, very peaceful. Let the feelings of relaxation replace any constricted or tight feelings you may have. If you feel any tension or tightness at all, concentrate on those feelings, and let those muscles become more and more relaxed. Let them become more and more relaxed. Just let yourself go...Let yourself go. As your stomach becomes more relaxed, let your entire body just sink deeper and deeper and deeper into relaxation...your entire body.

Now, concentrate on the muscles around your legs: your shins, calves, and thighs. Just let all the parts of your legs go very, very deeply into relaxation. Let those muscles become totally calm, totally quiet, and very, very relaxed. Just let yourself go. Let yourself go. Concentrate on the muscles in your legs. If there's any residual tension or tightness or feelings of anxiety, let those feelings just fade away and be replaced by feelings of tranquility, peace and calmness...feel them become longer and smoother, calmer and quieter.

Keep your attention focused on relaxation. If your mind wanders, just bring it back, and continue focusing on those feelings. Let yourself become very, very relaxed, very quiet, very calm. Let your feet, your legs, your stomach, the muscles in your face, your neck—just let all those muscles become very, very tranquil; very, very loose. Let your breathing become very free and very even. Let your whole body just sink down very passively. Let your arms and your legs and your back and your head become very, very limp. Just let yourself go. Let all those muscles become very, very limp; very tranquil. Feel deep relaxation throughout your whole body. Just let all the parts of your body become very, very heavy; very quiet; and very calm. Just let yourself go. Let yourself go deeper and deeper into relaxation. You are very, very relaxed.

In this relaxed state, your focus is calmer and keener. Your concentration is free of worries and tension. You can think more clearly and handle things more calmly and effectively.

Now that you have learned to completely relax, you can attain this relaxed state any time you wish. Just get into a comfortable position, take several deep breaths, and relax your muscles, group by group...relax your feet, your legs, your stomach, your back, your shoulders, your face, and your neck. Just relax the muscles and let go.

You won't fall asleep, but you will feel rested. Your mind will be free of distractions. You'll feel energized. As you gradually stretch your relaxed muscles, and open your eyes slowly, bringing your concentration back to this room, you'll feel refreshed, and the pleasant state of relaxation will stay with you. Welcome back!