

Autogenic Training Script

1. Sit or lie in a comfortable position, preferably in a position where the limbs do not touch any other part of the body.
2. Take a few slow, abdominal breaths before beginning the phrases.
3. Imagine the sensations in each phrase happening in the body as completely as possible.
4. Repeat the following phrases to yourself 3-6 times. If you prefer, you can use the phrase "I am relaxed" instead of "I am at peace"
 - My arms are heavy and warm [pause] I am at peace [pause]
 - My legs are heavy and warm [pause] I am at peace [pause]
 - My heartbeat is calm and strong [pause] I am at peace [pause]
 - My breathing is calm and relaxed [pause] I am at peace [pause]
 - My abdomen radiates warmth [pause] I am at peace [pause]
 - My forehead is pleasantly cool [pause] I am at peace [pause]

Visualize yourself being healthy, strong, and happy. Remain in a deeply relaxed state as long as you like...bringing yourself back slowly by letting your breathing deepen and moving your limbs gently until you are alert. When you are ready, check your stress level and hand temperature.

