



Passive Muscle Relaxation Script

Find a comfortable position such as sitting, reclining or lying down. Take a few moments to settle in as you begin notice the sensations of your breathing. Perhaps you become aware of the cool air flowing in through your nose, and the warmth of the air flowing out on the exhale. Notice the rise and fall of your chest and belly. When your mind wanders, as all human minds do, this is a place you can always return to and refocus your attention.

Begin by becoming aware of the top of your head and the muscles of your face. Let the muscles in your forehead relax as all the muscles become smoother and soften.

Let the muscles around the eyes soften, and the eyelids will find a place that is just right for them to rest comfortably. Now allow the feelings of comfort and relaxation to move into the temple area ... even the ears and nose may have a feeling of letting go. Allow the muscles in the jaw to release and allow the teeth to part slightly under the gentle pull of gravity on the face and jaw.

Now let the relaxation flow into the back of the neck and shoulders, allowing the muscles of the neck and shoulders to become loose and more comfortable, settling into gravity more deeply, perhaps feeling the surface beneath you support your body.

Let the relaxation flow now into the back and the spinal column, letting all the muscles from the top of the neck down to the tailbone loosen and soften, feeling gently supported, and letting the tension go. Allow the relaxation to flow into the chest and abdomen, feeling the muscles becoming smoother, softer, and heavier ... becoming more comfortable and at ease.

Let the arms feel heavier, letting the tension go. Feel the arms and hands becoming more comfortable, relaxed, and heavier as the relaxation flows into the hands and into each finger ... the thumb ... the index finger ... the middle finger ... the ring finger and into the little finger.

Now allow the relaxation to flow into the hips and down the legs, smoothing and softening every muscle. Allow the large muscles of the thighs to become soft and comfortable and let the joints of the knee relax. Allow your calves to soften while letting the feeling of release settle in. Allow the balls of the feet, the heels, and each toe to soften.

Now experience a total body relaxation, allowing all the muscles of your body to feel softer, smoother, and heavier.

Adapted from Inna Khazan's "The Clinical Handbook of Biofeedback"