***Stress Management Training***

Session Seven. Relaxation Exercise Script

***Anchoring to Positive Thoughts and Feelings***

This is an exercise in Anchoring to positive thoughts and feelings.

You should be sitting or lying comfortably with your arms and legs uncrossed and your hands at rest……………………….

And allow your eyes to close…………. Take a deep breath as you begin to relax. Allow the relaxation to spread down from the muscles of your face down through your body to the tips of your toes, until your whole body is feeling heavier and heavier, more and more relaxed……….. And do this now………………

And now, I want you to think of a situation where you felt confident. It could be a memory or a fantasy, it doesn’t matter which. A memory or a fantasy of a time when you felt especially confident, a time when you felt very good about yourself. If you do have difficulty finding a memory of confidence, then create a fantasy that makes you feel successful, confident, and good about yourself. Don’t worry if it seems unlikely, it is the feeling that is important…………. When you have a clear picture of a memory or a fantasy, take a deep breath, notice everything about that situation. Notice especially your feelings and how you looked, hear the confidence in your voice. Allow yourself to feel the confidence…………………….

When these images are clear enough to make you feel confident, lift your right hand and touch your left wrist with it, touch it firmly, and in a spot that you will remember, you are anchoring your feelings of confidence to this touch on your wrist.

And now, find another memory or fantasy of success and confidence………. When you have a clear picture, take a deep breath and notice everything about that situation, notice especially the feelings of confidence, and do this now………..

And when the images are clear enough to make you feel confident, lift your right hand and touch your left wrist firmly, anchoring your feelings of confidence to the touch on your wrist………

And now, find another memory or fantasy of success and confidence………. When you have a clear picture, take a deep breath and notice everything about that situation, notice especially the feelings of confidence, and do this now………..

And when the images are clear enough to make you feel confident, lift your right hand and touch your left wrist firmly, anchoring your feelings of confidence to the touch on your wrist………

And again, find another memory or fantasy of success and confidence………. When you have a clear picture, take a deep breath and notice everything about that situation, notice especially the feelings of confidence, and do this now………..

And when the images are clear enough to make you feel confident, lift your right hand and touch your left wrist firmly, anchoring your feelings of confidence to the touch on your wrist………

And for the last time, find another memory or fantasy of success and confidence………. When you have a clear picture, take a deep breath and notice everything about that situation, notice the sights, the sounds, the tastes and smells and feelings, see how you looked, and how others looked………. Hear the confidence in your voice……….. Allow yourself to feel the confidence. And do this now……………..

And when the images are clear enough to make you feel confident, lift your right hand and touch your left wrist firmly, anchoring your feelings of confidence to the touch on your wrist………

And in this exercise you have anchored feelings of confidence to the simple stimulus of a touch on your left wrist. You can touch your left wrist whenever you want to feel more positive about yourself. Your positive memories or fantasies are resources that you can call on any time you need them. You can now tap into your positive feelings with a touch on your left wrist……………

And in a moment I am going to count to five, and when I reach five, you will open your eyes feeling very confident, relaxed and refreshed…………….

One, two three, four, five. Open your eyes now, and slowly return to your daily life.