



GUIDED IMAGERY SCRIPT

Directions: It helps to turn the lights down and have soft music in the background.

We are going to do an exercise to help us relax and get us ready for our next task. Most of you have probably done some sort of guided imagery before. Some like it, others don't. Regardless of your past experience, I encourage you to be open to the chance that this might help us see some new possibilities.

You don't have to do any part of the process that you are uncomfortable with. For instance, I will be suggesting you close your eyes. If you are not comfortable with that, you can keep your eyes open.

I will be putting you through a few simple exercises to help you relax. It will only take a few minutes. Then we will continue with our work.

Now, I'd like to ask you to sit up straight in your chair, with both feet on the floor. Put anything down that you may be holding. If you are wearing glasses, take them off. Rest your hands comfortably on your legs. Close your eyes and be still for a moment (Pause about 30 seconds and allow people to be still, then continue).

Now pay attention to your breathing. Slow your breathing somewhat and exhale slightly longer than you inhale. (Pause for 30 seconds while people slow their breathing, then continue).

Now, we will move through your body, relaxing your various body parts. First your toes. Tense your toes up now. (Have people tense each body part for about 10 seconds) Now release the tension. Notice the difference.

Tense your calf and lower leg muscles. Now release the tension. Notice the difference.

Tense your thighs and upper leg muscles. Now release the tension. Notice the difference.

Tense the muscles in your buttocks. Now release the tension. Notice the difference.

The lower part of your body is now relaxed.

Tense your abdominal muscles. Now release the tension. Notice the difference.

Tense your chest muscles. Now release the tension.
Notice the difference.

Tense your upper back muscles. Now release the tension.
Notice the difference.

Tense your upper back muscles. Now release the tension. Notice the difference.

Now your neck muscles. Tense your neck muscles. Now release the tension

Now the muscles in your face. Tense your facial muscles. Let go of the tension.
Notice the difference.

Now your head. Notice where any tension is located in your head. Pinpoint the location.
Feel the tension. Now let go of the tension there.

Now our entire body is more relaxed. Notice any remaining tensions and let them go.

Now I want you to picture a peaceful and restful place that you enjoy. Look around and
notice what you see in the environment.

When I count to three, I want you to open your eyes feeling relaxed and re-energized,
ready to resume our work.

1-2-3