

Progressive Neuro-muscular Relaxation Induction

Roll your eyes up, all the way up as if you're trying to look at your hairline through your forehead. Keep your eyes up and take a deep breath and hold it...

Now, slowly close only your eyelids, and when they close, you can exhale and relax, and relax your eyes as well.

I'd like for you to now curl your toes up as tight as you can... That's right, now hold them tight... Hold them... Hold them... Now let them go... Relax your toes. (Pause)

Now, tighten all the muscles in your feet... Hold them tight ... Hold them ... Hold them tight... Now relax them, let them go... Relax the muscles in your feet and relax the muscles in your toes... (Pause)

Now, tighten the muscles in your calves... Hold them tight... Hold them... Hold them tight... Hold them... Now let them go... Relax the muscles in your calves, relax the muscles in your feet, relax the muscles in your toes... (Pause)

Now, tighten all the muscles in your thighs... Hold them tight... Hold them... Hold them... Hold them tight... Now let them go... Relax the muscles in your thighs... Relax the muscles in your calves, relax the muscles in your feet, and relax the muscles in your toes... (Pause)

Now, tighten all the muscles in your buttocks... Hold them tight... Hold them... Hold them tight... Hold them... Now let them go... Relax the muscles in your buttocks... Relax the muscles in your thighs, relax the muscles in your calves, relax the muscles in your feet, and relax the muscles in your toes... (Pause)

Now, tighten all the muscles in your stomach... Hold them tight... Hold them... Hold them tight... Hold them... Now relax them... Let them go... Relax the muscles in your stomach... Relax the muscles in your buttocks... Relax the muscles in your thighs, relax the muscles in your calves, relax the muscles in your feet, and relax the muscles in your toes... (Pause)

Now, tighten all the muscles in your chest... Hold them tight... Hold them... Hold them... Hold them tight... Now let them go... Relax the muscles in your chest... Relax the muscles in your stomach, relax the muscles in your buttocks, relax the muscles in your thighs, relax the muscles in your calves, relax the muscles in your feet, and relax the muscles in your toes... (Pause)

Now, tighten all the muscles in your shoulders... Hold them... Hold them tight... Hold them... Now relax them... Relax the muscles in your shoulders... Relax the muscles in your chest... Relax the muscles in your stomach, relax the muscles in your buttocks, relax the muscles in your thighs, relax the muscles in your calves, relax the muscles in your feet, and relax the muscles in your toes... (Pause)

Now tighten all the muscles in your hands, making them into fists... Hold them tightly... Hold them... Hold them tight... Hold them... Now let them go... Relax the muscles in your hands... Relax the muscles in your shoulders... Relax the muscles in your chest... Relax the muscles in your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now, tighten the muscles in your lower arms... Hold them tight... Hold them... Hold them tight... Now let them go... Relax the muscles in your lower arms... Relax the muscles in your hands... Relax the muscles in your shoulders, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now tighten the muscles in your upper arms... Hold them tight... Hold them... Hold them tight... Now let them go... Relax your upper arms... Relax the muscles in your lower arms... Relax the muscles in your hands... Relax your shoulders, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and finally, relax your toes... (Pause)

Now, for a second time, tighten the muscles in your shoulders... Hold them tight... Hold them... Hold them... Now relax them... Relax the muscles in your shoulders... Relax the muscles in your upper arms... Relax the muscles in your lower arms, relax your hands, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now, tighten all the muscles in your neck. Tighten them very tight... Hold them... Hold them tight... Hold them... Now relax them... Relax all the muscles in your neck... Relax all the muscles in your shoulders... Relax the muscles in your upper arms, relax your lower arms, relax your hands, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now, Tighten the muscles around your mouth and your lips... Hold them tight... Hold them... Hold them... Hold them tight... Now release them... Relax the muscles in your mouth and lips... Relax the muscles in your neck... Relax the muscles in your shoulders, relax your upper arms, relax your lower arms, relax your hands, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now, tighten all the muscles in your face... Hold them tightly... Hold them... Hold them tight... Now relax them... Relax the muscles in your face... Relax the muscles around your mouth and lips... Relax the muscles in your neck... Relax your shoulders... Relax your lower arms... Relax your upper arms... Relax your lower arms... Relax your hands, relax your chest, relax your stomach, relax your buttocks, relax your thighs, relax your calves, relax your feet, and relax your toes... (Pause)

Now just allow your mind to slowly scan your body from your head to your toes, to be certain that there's no tension lingering in any muscles anywhere... And if you find any tension, focus your mind on relaxing that remaining part of you completely as you begin to listen to the beneficial suggestions I'm about to give you...

Insert script or suggestions here.