

Autogenic Training Basic Script

Get comfortable, feel relaxed and close your eyes!

Focus your attention onto your breathing. As you breathe in and out you relax more and more.

I will soon give you a series of phrases and I like you to repeat these quietly in your mind.

Let's begin ...

I am very calm.

I am very calm.

I am very calm.

As you breathe in ... you say quietly in your mind ... very
As you breathe out ... you say quietly in your mind ... calm

Very - calm

Very - calm

Very - calm

My right arm is heavy.

My right arm is heavy.

My right arm is heavy.

My left arm is heavy.

My left arm is heavy.

My left arm is heavy.

My arms are very heavy.

My arms are very heavy.

My arms are very heavy.

As you breathe in ... you say quietly in your mind ... very

As you breathe out ... you say quietly in your mind ... heavy

Very - heavy

Very - heavy

Very - heavy

My right leg is heavy.

My right leg is heavy.

My right leg is heavy.

My left leg is heavy.

My left leg is heavy.

My left leg is heavy.

My legs are very heavy.

My legs are very heavy.

My legs are very heavy.

As you breathe in ... you say quietly in your mind ... very

As you breathe out ... you say quietly in your mind ... heavy

Very - heavy

Very - heavy

Very - heavy

My right hand is warm.

My right hand is warm.

My right hand is warm.

My left hand is warm.

My left hand is warm

My left hand is warm.

My hands are very warm.

My hands are very warm.

My hands are very warm.

As you breathe in ... you say quietly in your mind ... very

As you breathe out ... you say quietly in your mind ... warm

Very - warm

Very - warm

Very - warm

My right foot is warm.

My right foot is warm.

My right foot is warm.

My left foot is warm.

My left foot is warm

My left foot is warm.

My feet are very warm.

My feet are very warm.

My feet are very warm.

As you breathe in ... you say quietly in your mind ... very
As you breathe out ... you say quietly in your mind ... warm

Very - warm

Very - warm

Very - warm

I am calm and very relaxed.

As you breathe in ... you say quietly in your mind ... very
As you breathe out ... you say quietly in your mind ... relaxed

Very - relaxed

Very - relaxed

Very - relaxed

I will now count backwards from 3 to 1 and when I reach 1 you are fully awake.

3, 2, 1. Wake up! Open your eyes and scan your surroundings.

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