ADVANCED Psych Care

Autogenic Training

Repeat these phrases twice	e to yoursell every 15 seconds:
	I feel quite quiet
	I am beginning to feel quite relaxed
	My feet feel heavy and relaxed
	My ankles, my knees, and my hips feel heavy, relaxed, and comfortable
	My solar plexus, and the whole central portion of my body feel relaxed and quiet
	My hands, my arms and my shoulders feel heavy relaxed and comfortable
	My neck, my jaws and my forehead feel relaxed. They feel comfortable and smooth
	My whole body feels quiet, heavy, comfortable and relaxed
	Continue alone for a minute
	I am quite relaxed
	My arms and hands are heavy and warm
	I feel quite quiet
	My whole body is relaxed and my hands are warm, relaxed and warm
	My hands are warm
	Warmth is flowing into my hands, they are warm, warm
	I can feel the warmth flowing down my arms into my hands
	My hands are warm, relaxed and warm
	Continue alone for one minute
	My whole body feels quiet, comfortable and relaxed
	My mind is quiet
	I withdraw my thoughts from the surroundings and I feel serene and still
	My thoughts are turned inward and I am at ease
	Deep within my mind I can visualize and experience myself as relaxed, comfortable and still
	I am alert, but in an easy, quiet, inward-turning way
	My mind is calm and quiet
	I feel an inward quietness
	I feel life and energy flowing through my legs, hips, solar plexus, chest, arms, hands, neck and head.
	The energy makes me feel light and alive