

## **Autogenic training script**

My right arm is heavy. Heavier and heavier. (6x)

My left arm is heavy. Heavier and heavier. (6x)

My right leg is heavy. Heavier and heavier. (6x)

My left leg is heavy. Heavier and heavier. (6x)

My right arm is warm. Warmer and warmer. (6x)

My left arm is warm. Warmer and warmer. (6x)

My right leg is warm. Warmer and warmer. (6x)

My left leg is warm. Warmer and warmer. (6x)

My right arm is warm and heavy. Warmer and heavier. (6x)

My left arm is warm and heavy. Warmer and heavier. (6x)

My right leg is warm and heavy. Warmer and heavier. (6x)

My left leg is warm and heavy. Warmer and heavier. (6x)

My heartbeat is calm and steady. (6x)

My belly is warm and soft. (6x)

My forehead is cool. (6x)

I am calm and relaxed.