



# InfoSheet

Panic Disorder Support Group • Fort Lauderdale

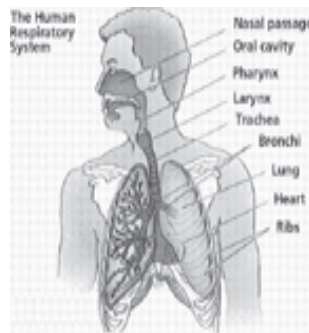
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Tuesday, March 5, 2002

## Breathing Relaxation Script

Now, take a moment to settle down into where you are sitting or lying and take a few relaxing breaths ... Close your eyes as you take these relaxing breaths so you can experience more fully the sensation of the air moving in through your nose and traveling down deep into your lungs ... Make yourself comfortable and find a spot a little above your eye level to fix your attention on ... it can be any type of spot ... perhaps an interesting object ... a shape ... an area ... a color ... anything that appeals to you ... now, as you continue to look at that spot, allow your eyes to go into a soft focus ... not really concentrating hard, but rather, just using the spot as a center of focus in a soft, easy way ... now inhale deeply through your nose and hold it for just a moment ... then exhale all at once through your mouth . As you now take a second deep breath, notice the tension in your chest ... and as you again exhale all at once through your mouth, feel the release as you start to really relax ... now, take a third deep breath ... hold it a moment ... then let it all out and notice how good your body is beginning to feel ... Continue to focus your attention on the spot as you now breathe in ... and out ... evenly ... and regularly ... relaxing more and more deeply ... and as you continue to focus on the spot, your eyes may water a little ... your eyelids may even flutter a bit as they begin to feel very heavy ... and these are all good signs that you are ready to relax completely ... And as you continue to focus on the spot, your eyelids become increasingly heavy ... so heavy that you want to close them ... now, on a very comfortable ... relaxing exhalation ... just allow them to close ... keeping your eyes closed now allows you to move into a deeper ... and deeper relaxation ... as you now move your attention to your hands and continue to breathe every easily and comfortably ... calm and controlled ... breathing all the way from your abdomen. And as you focus on your hands, you begin to notice a very pleasant and interesting sensation ... beginning maybe in your right hand ... maybe in your left hand ... perhaps even in both hands ... you may feel this sensation in the back of your hands or perhaps in your fingers ... a feeling of lightness ... or increased warmth ... perhaps a coolness ... or a sensation of heaviness ... very often a feeling of pleasant tingling ... any one or combination of these feelings is a good sign that your muscles are relaxing and letting go ... causing your blood vessels to expand a little and allow just a little more blood to flow to your skin as your entire body moves into deeper and deeper relaxation ... And you can just allow that pleasant sensation to begin to spread throughout your body ... calm and controlled ... more and more relaxed with every exhalation ... breathing in comfort and peacefulness ... breathing out all the tension as you allow a very natural process of deep relaxation to

carry you deeper and deeper ... very calm, pleasant feelings ... nothing to do but allow it ... And you can go even deeper now as I count from ten to one ... your relaxation doubling with every number ... ten ... just allowing a very natural process of deep relaxation to carry you even more deeply inside ... even more peaceful and relaxed ... nine ... more and more comfortable ... eight ... relaxing calm and controlled ... just allowing yourself to float and drift ... seven ... nothing important but the increasing sense of comfort and peacefulness ... six ... even deeper ... five ... half-way there ... continuing to go even deeper with every exhalation ... four ... and you can allow yourself to go deeper and deeper ... drifting comfortably ... three ... so peaceful ... so comfortable ... so secure ... two ... relaxing deeply ... nothing to bother ... nothing to disturb ... the deep relaxation proceeding on its own ... completely relaxed right now ... one ... And in just a moment you will have time to go even deeper into this pleasurable state of deep relaxation by using a word or phrase as a focal point ... this can be any word you choose that is relaxing and comfortable ... you might like the word "calm" ... or the word "relax" ... you might even want to use a short phrase such as, "I am centered and calm" ... it can be any word or phrase you choose ... And you will repeat your word or phrase once every time you exhale ... and if you choose, you may also imagine a special place while you practice saying your



word or phrase on every exhalation ... and with every exhalation ... and every repetition of your word or phrase ... your relaxation will increase ... deeper and deeper ... and now you have time to say your word or phrase on each of your exhalations. (one to three minutes of silence)

Your eyes may be open while you are experiencing these positive feelings and you will be able to more effectively do whatever it is that you are doing.... And now it is time to return to the outside world. In just a moment I will begin counting from one to five. With each count you will become more and more alert.- At the count of five you will feel bright, alert, wide awake and refreshed as if you awoke from a peaceful sleep. Your body will have a feeling of well-being throughout your arms, your legs, and your entire body. I will now begin counting ... one ... just floating back so easily to this time and space ... two ... your muscles beginning to stir ... three ... move your toes and fingers slightly as you become more and more alert ... four ... your eyes getting ready to open ... five ... opening your eyes as you're ready, you feel alert and rested as though you just awoke from a refreshing sleep. Now take a deep breath, fill up your lungs, and stretch.

Based on breathing relaxation script from "Anxiety, Phobias & Panic" by Reneau Z. Peurifoy, M.A., M.F.C.C.