

## **Jamieson (1996): Self-talk Script**

“Now slowly, in your mind, repeat to yourself each of the phrases I say to you. Focus on each phrase as you repeat it to yourself” (p. 73).

I am beginning to feel calm and quiet.

I am beginning to feel quite relaxed.

My right foot feels heavy and relaxed.

My left foot feels heavy and relaxed.

My ankles, knees, and hips feel heavy, relaxed, and comfortable.

My stomach, chest, and back feel heavy and relaxed.

My neck, jaw, and forehead feel completely relaxed.

All of my muscles feel comfortable and smooth.

My right arm feels heavy and relaxed.

My left arm feels heavy and relaxed.

My right hand feels heavy and relaxed.

My left hand feels heavy and relaxed.

Both my hands feel heavy and relaxed.

My breathing is slow and regular.

I feel very quiet.

My whole body is relaxed and comfortable.

My heartbeat is calm and regular.

I can feel warmth going down into my right hand.

It is warm and relaxed.

My hands are warm and heavy.

It would be very difficult to raise my hands at this moment.

I feel very heavy.

My breathing is slow and deep.

My breathing is getting deeper and deeper.

I am feeling calm.

My whole body is heavy, warm, and relaxed.

My whole body feels very quiet and comfortable.

My mind is still, calm, and cool.

My body is warm and relaxed.

My breathing is deeper and deeper.

I feel secure and still.

I am completely at ease.

I feel an inner peace.

I am breathing more and more deeply

(Jamieson, 1999, p.73-74).