

Squeeze the Lemon (hands and arms)

Pretend you have a whole lemon in your left hand.

Now squeeze it hard.

Try to squeeze all the juice out.

Feel the tightness in your hand and arm as you squeeze.

Now drop the lemon.

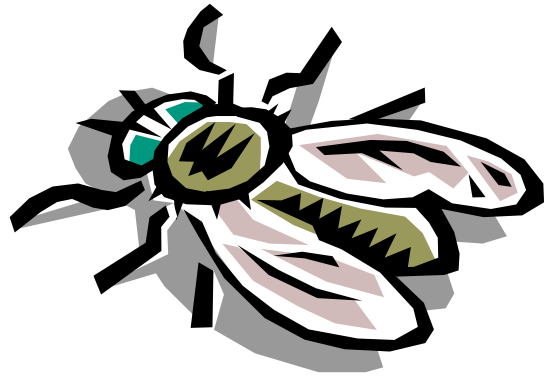
Notice how your muscles feel when they are relaxed.

Take another lemon and squeeze it in your right hand.

Try to squeeze this one harder than you did the first, really hard.

Now drop your lemon and relax.

See how much better your hand and arm feel when they are relaxed.

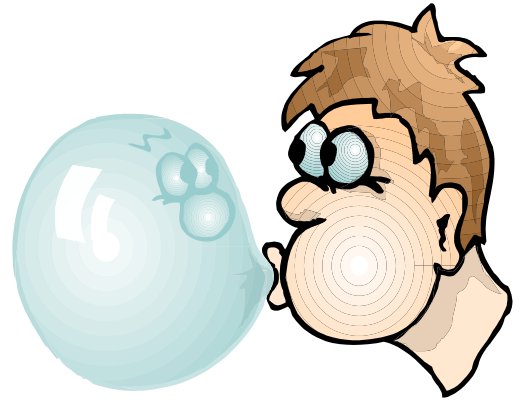


The Fly (nose)

A nasty old fly has landed on your nose.
Try to get him off without using your hands.
Wrinkle up your nose.
Make as many wrinkles in your nose as you can.
Good you've chased him away.
Now you can relax your nose.

OOPS, here he comes again, right in the middle of your nose.
Shoo him off.
Wrinkle your nose again very tightly.
Notice how your cheeks, your mouth, your eyes and your forehead get all wrinkled too.
Make lots of tight wrinkles to scare him off.
Hold it tight.
Okay, you can let go.
He's gone for good now.

You can relax.
Let your face go smooth.
No wrinkles anywhere.



Jawbreaker Bubblegum

(neck & jaw)

You have a giant jawbreaker bubblegum in your mouth.

It's very hard to chew.

Bite down on it. Hard!

Let your neck muscles help you.

Now relax.

Just let your jaw hang loose.

Notice how good it feels just to let your jaw drop.

Okay, let's tackle that jawbreaker again.

Bite down.

Hard, even harder!

Try to squeeze it out between your teeth.

That's good.

You're really tearing that gum up now.

Good.

You've beaten the bubblegum.

Now chew happily.

It's good not to have to fight that bubblegum.

Now relax.

Stop chewing and try to relax your whole body.

You've beaten that bubblegum.



The Tummy Balloon (stomach)

Put one hand on your tummy.

Breathe in and out slowly and deeply.

Feel your hand move up and down.

Imagine a balloon inside your tummy.

As you breathe in, blow up the balloon.

As you breathe out, empty the balloon.

Blow up the balloon again, as hard as you can.

Harder.

Make it the biggest balloon you can imagine.

Now let all the air escape slowly through your teeth.

Blow up the balloon again.

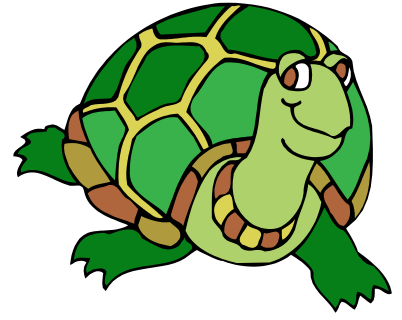
As hard as you can.

Now imagine sticking a pin in the balloon.

Let the air come out with a sudden POP.

Notice how relaxed you are.

How good you feel inside.



The Turtle

(shoulders and neck)

Now pretend you are a turtle.

You are sitting out on a rock by nice, peaceful pond, just relaxing in the warm sun.

It feels nice and warm and safe here.

Oh! Oh! You sense danger.

Pull your head into your house.

Try to pull your shoulders up to your ears and push your head down into your shoulders.

Hold it tight.

It isn't easy to be a turtle in a shell.

The danger is past now.

You can come out and relax in the warm sunshine again.

Watch out now!

Here comes more danger.

Hurry, pull your head back into your house and hold it tight.

Don't let even a tiny bit of your head show outside your shell.

Hold it!

Feel the tenseness in you neck and shoulders.

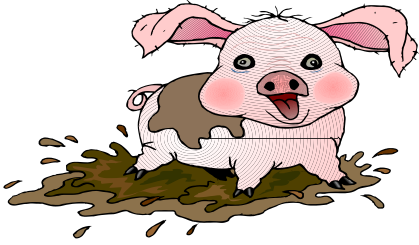
Okay, you can come out now.

It's safe again.

Relax and feel comfortable in the sunshine again.

There's no more danger.

Nothing to worry about.



Big Fat Puddle (legs and feet)

Now pretend that you are standing in your bare feet in a big, fat muddy puddle.

Squish your toes right down into the mud.

Try to get your feet right down to the bottom of the puddle.

You'll probably need your legs to help you push really deep down to the bottom.

Now step right out of the mud.

Relax your feet.

Let your toes go loose and see how nice that feels.

It feels so good to be relaxed.

Back into the mud puddle.

Squish your toes right down.

Let your legs help push your toes right down.

Push your feet.

Down hard, harder.

Okay, come back out now.

Relax your feet, relax your legs, relax your toes.

It feels so good to be relaxed.

No tenseness anywhere.

You feel kind of warm and tingly all over.