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Breathing and imagery script

1. Adjective _____
2. Adjective _____
3. Part Of Body _____
4. Part Of Body _____
5. Part Of Body _____
6. Part Of Body _____
7. Adjective _____
8. Noun _____
9. Noun _____
10. Noun _____
11. Verb - Present Ends In Ing _____
12. Adjective _____
13. Adjective _____
14. Verb - Base Form _____
15. Place _____
16. Verb - Present Ends In Ing _____
17. Verb - Present Ends In S _____
18. Adverb _____
19. Noun _____
20. Noun - Plural _____
21. Part Of Body _____
22. Part Of Body _____
23. Noun - Plural _____

24. Verb - Present Ends In Ing _____
25. Noun _____
26. Adjective _____
27. Adjective _____
28. Part Of Body _____
29. Verb - Base Form _____
30. Adjective _____
31. Noun _____
32. Verb - Base Form _____
33. Noun _____
34. Verb - Base Form _____
35. Verb - Base Form _____
36. Verb - Base Form _____
37. Adjective _____
38. Adjective _____
39. Noun _____
40. Verb - Base Form _____
41. Noun _____
42. Adjective _____
43. Adjective _____
44. Noun _____
45. Noun _____
46. Adjective _____
47. Noun _____
48. Noun _____

49. Noun _____

50. Verb - Base Form _____

51. Noun _____

52. Verb - Present Ends In Ing _____

53. Noun _____

54. Noun _____

55. Verb - Base Form _____

56. Noun _____

57. Verb - Present Ends In S _____

58. Adjective _____

59. Adjective _____

60. Noun _____

61. Noun _____

62. Noun _____

63. Adjective _____

64. Adjective _____

65. Adjective _____

66. Verb - Base Form _____

67. Adverb _____

68. Part Of Body _____

69. Part Of Body _____

Breathing and imagery script

Let's Begin. Take a _____Adjective_____, _____Adjective_____ breath in through your _____Part of Body_____ and out through your _____Part of Body_____. Keep breathing in and out, focusing on how your body feels at this moment. Feel the pace of your _____Part of Body_____ and _____Part of Body_____ becoming _____Adjective_____. With each breath, breath IN _____Noun_____ and breath OUT _____Noun_____ and _____Noun_____. Feel your body _____Verb - Present ends in ING_____ more and more into deep relaxation.

It is a _____Adjective_____ _____Adjective_____ day. It is late in the day. You decide to go for a _____Verb - Base Form_____ along the _____place_____. The sun is _____Verb - Present ends in ING_____ warmth and comfort as it _____Verb - Present ends in S_____ _____Adverb_____. The sky is crystal clear without a _____Noun_____ in sight. The grains of _____Noun - Plural_____ beneath your _____Part of Body_____ shine from the sunlight and warm the soles of your _____Part of Body_____. The sound of the _____Noun - Plural_____ _____Verb - Present ends in ING_____ against the _____Noun_____ echoes in the air.

You feel the _____Adjective_____, _____Adjective_____ breeze brush against your _____Part of Body_____ as you _____Verb - Base Form_____ onward. Far off in the distance, you can hear the cries of _____Adjective_____ _____Noun_____ ...You watch them glide through the sky, _____Verb - Base Form_____ down into the _____Noun_____, and then _____Verb - Base Form_____ off once again.

As

you _____Verb - Base Form_____ further along the shore, you decide to _____Verb - Base Form_____. You sit down on a mound of _____Adjective_____ _____Adjective_____ _____Noun_____ and _____Verb - Base Form_____ out at the _____Noun_____, staring intently at the _____Adjective_____, _____Adjective_____ motion of the _____Noun_____ rolling into shore.

Each _____Noun_____ breaks against the coast, rising slowly upward along the beach, leaving an area of _____Adjective_____ _____Noun_____. Slowly the wave retreats back out to _____Noun_____, only to be replaced by another _____Noun_____ that _____Verb - Base Form_____ against the _____Noun_____..._____Verb - Present ends in ING_____ its way up the _____Noun_____...then slowly retreating back out to _____Noun_____.

With each _____Verb - Base Form_____ of the _____Noun_____ as it _____Verb - Present ends in S_____ in and then out, you find yourself feeling more and more relaxed. The tranquility creates a sense of calmness, peace.

As you stare off into the distance, you see that the sun is beginning to sink into the horizon. The sky is turning brilliant colors of red...orange...yellow...while the sun sets, sinking down...down into the horizon. You feel very _____Adjective_____ and _____Adjective_____. You continue to watch the sun as it descends.

The beating of the _____Noun_____, the smell and taste of the _____Noun_____, the salt, the cries of the _____Noun_____, the warmth against your body - all of these sights, sounds, and smells leave you feeling very _____Adjective_____,

_____Adjective_____, and _____Adjective_____.

PAUSE

For a moment let yourself _____Verb - Base Form_____...For a moment be aware of how _____Adverb_____ relaxed your _____Part of Body_____ and _____Part of Body_____ feel right now...Remind yourself that you can create these feelings on your own during your daily activities.

Remember that periodically during any day you may scan your body, discover any tension you are holding and then inhale relaxation and exhale the tension and tightness. Come back to this place as often as you like or create your own getaway. Relax - renew - recharge your mind and body.

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