



Relaxation for pain reduction script

Please read the script below to practice your relaxation technique. Alternatively, you can listen to a spoken version here: <https://soundcloud.com/kyoh-1/relaxation-4>

To begin with, let's just start with focusing on your breathing, being aware of breathing in cooler air, and breathing out slightly warmer air... cooler air passing over your nostrils and the back of your throat... and then breathing out slightly warmer air... and with each out breath, each time you breathe out, saying to yourself... I'm feeling more relaxed... with each out-breath, I'm feeling more relaxed.

And now scanning your body and being aware of all the sensations. If you notice discomfort or intense sensations in a certain part of your body, directing your breath into that area and allowing those sensations to happen. Noticing how those sensations can become more intense... and less intense.

And continuing to focus on the area of greatest intensity, noticing the quality of the sensation... what shape is it? What colour is it? Is it hot or cold?... see if you can get an image of what this looks like right now. Still relaxed, still calm, nice calm breathing, feeling in control

And now deciding how you would like to change that shape to make it more comfortable ... changing the shape... maybe shrinking it, or softening it... just a small change to start with...

Changing the colour... perhaps from a dark to a light colour, maybe imagining a lighter colour seeping in, or even imagining painting it... a nicer colour, a calmer, more comfortable colour...

And if you want to – imagine changing the temperature, cooling or warming it, pouring water over it? Using a fan? See if you can do this, as much or as little as you feel comfortable with...

Breathing into the area and again looking at the shape, the colour, the temperature, the texture and altering that image to something more comfortable.

You are all doing really well,

And now for a little while, going back to focusing on your breathing again, nice, calm breathing...

And, if you want to, let your mind wander off to your safe place, a place where you feel happy, peaceful and calm... build the scene as if you were there right now, the place where you would love to be, and spend a few minutes enjoying relaxing in this calm place.

And now just focusing on your breathing again and being aware that with each in breath... you are feeling lighter and more alert, more aware of your surroundings and more aware of being back in the room... and counting your next five in breaths, feeling more alert each time you breathe in ... and on your fifth in-breath, open your eyes. Stretch and move if you need to.