

SESSION TWO: WARMTH

In Session Two we will be covering two new autogenic phrases. The first covers the experience of warmth during relaxation. The second is a general relaxation statement to be used in any tense, or stress-creating situation, and at the end of each practice session.

Before you begin Session Two, you may wish to refresh your memory on the points made about the experience of warmth in Part One.

GETTING READY

Time, place, and posture, are all exactly the same as for Session One. Remember to do the exercise in a passive way and, if distracting thoughts occur, simply let them go. You might like to think of such thoughts as puffy white clouds sailing across the sky on a summer day. If they come, let them; then let them pass on.

THE PHRASES

The new autogenic phrases for this session are:

My right arm is warm
My left arm is warm
Both arms are warm
My right leg is warm
My left leg is warm
Both legs are warm
My arms and legs are warm

Do the exercise in the same manner as Session One, with the same pacing, passive awareness, and breathing rhythm. However, we would like you to continue saying the phrases from Session One before you start the new ones. If you repeat each phrase three times with pauses in between, the whole exercise usually takes between 7-10 minutes.

We would like you to try to practice at least three times a day.

UNDUE WARMTH

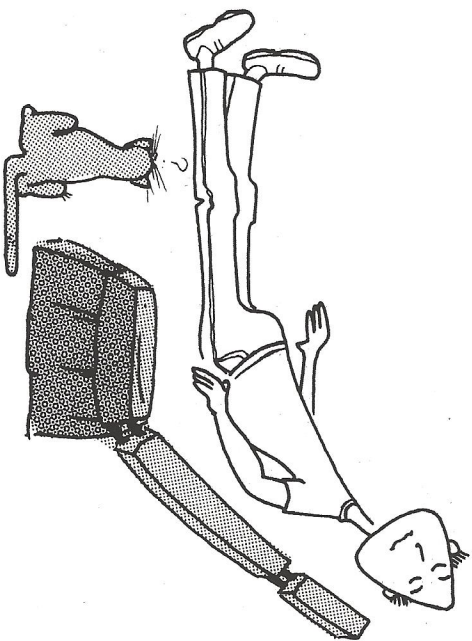
If you should find that your limbs are becoming too warm or too heavy, alter the phrase by inserting the word "comfortably". Thus "my right arm is comfortably warm"; "my left leg is comfortably heavy". This alteration should limit the response so that you are relaxed, yet comfortable.

UNACCUSTOMED SENSATIONS

Many people experience novel sensations while doing autogenic training. Such sensations are quite normal and indicate that your training is proving effective. Some of them might be:

- a feeling of detachment of the arms or legs;
- a feeling of numbness or decreased sensitivity of the arms;
- a feeling of weakness;
- a tingling, twitching of the arms;
- a feeling of floating, or a feeling that the arm is two to three times its normal size.

Don't let such sensations bother you. Actually, they are normal and pleasant when you are familiar with them.



NEW GENERAL PHRASE

We now introduce a general autogenic statement for you to use at the end of each practice session.

The phrase is:

My neck and shoulders are heavy.

The statement is built — in the same manner as the others — from the general observation that when one is relaxed a feeling of comfortable heaviness can be detected. The shoulders and neck are also among the most common places for tension to develop. The self-directing phrase "My neck and shoulders are heavy" thus directs relaxation to a very significant place.

We would like you to end every practice session with this new phrase. It thus will come to be associated with the relaxation you have won by patient repetition of the first two sets of autogenic phrases.

INTO DAILY LIFE

We would like you to begin using this phrase at various times in your daily life when you experience tension, or when you feel like it.

For example, you are driving in heavy traffic: at a stop sign, you can repeat to yourself "My neck and shoulders are heavy" and relax yourself. Or, if you are talking to somebody and feel yourself getting uptight, you can, even while they are talking to you, repeat to yourself "My neck and shoulders are heavy" and relax. The phrase thus begins to act as a cue for you to relax in any trying situation. We would like you to practice using this phrase randomly over the next week, and report on its effects to your clinician.



The steps

For your convenience we repeat here in summary form the steps for your sessions.

1. Appropriate place and posture.
2. Record your state.
3. Close eyes, pause, take a deep breath.
4. Repeat your phrases ending with "heavy".
5. Repeat phrases ending with "warm".
6. Be aware and breathe, passively.
7. Finish with "My neck and shoulders are heavy".
8. Make fists, flex your arms, breath in, relax, breathe out and open eyes.
9. Record results of at least one of your sessions a day.

Checklist for session two

Please fill out the following checklist as a measure of your progress and understanding when you have mastered Session Two. It will be useful in discussion with your clinician.

CHECKLIST:

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. I understand the rationale behind the second formula "my right arm is warm". | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I understand the addition "my neck and shoulders are heavy". | <input type="checkbox"/> | <input type="checkbox"/> |

3. I understand the development of the cue phrase, "my neck and shoulders are heavy" to elicit the relaxation response while doing other activities. ☐ ☐
4. I will practice doing the cue phrase while doing other activities. ☐ ☐
5. I have reviewed any questions with my clinician. ☐ ☐
6. I have arranged support, time and place to practice over the next seven to ten days. ☐ ☐

Visit to clinician

When you have practised Session Two, and the "cue" phrase for a week, visit your clinician to discuss progress and any problems you may be having.

USE THE PROGRESS CHART ON THE NEXT PAGE — BUT:
PLEASE DO NOT READ ANY FURTHER UNTIL AFTER YOUR
VISIT TO YOUR CLINICIAN.

