

Learning state of mind technique script

Read this aloud to someone or ask them to read it to you as you follow the instructions.

I would like you to get comfortable and find a point on the wall which is straight in front of you and slightly above your eye level ... And just continue to look at that point in soft focus, noticing everything about that point ... So as your eyes keep looking at the same point, don't move your eyes. But you can begin to broaden out your field of vision and notice what's either side of that point and your field of vision can get wider and wider until you're really paying attention to what you can see out of the corners of your eyes ... At the periphery of your vision ... And you might be quite interested to find out how far round your peripheral vision goes And I'd like you to extend your awareness all the way around behind you

Just use your senses to be aware of what's behind you as well ... And you may have noticed that your breathing has slowed down a little ... And you find yourself quite relaxed, sitting there. So, when you're really in peripheral vision ... You are calm and relaxed ... And now, I'd like you to let your field of vision narrow back down...looking back at the point ... and you are ready to continue in a calm and relaxed way.