

FREE

Autogenic Training Worksheet



from Dr. Jennifer Sweeton

Autogenic training is a mindfulness practice where the participant focuses on selected sensations in the body in order to achieve a state of deep relaxation.

It's been found to reduce stress and hyperarousal symptoms, and to increase self-regulation.

This technique helps individuals learn to reverse the stress response and induce the relaxation response.



To Practice Autogenic Training, Follow These Steps

1. Draw your attention to the breath and engage in focused, diaphragmatic breathing.
2. Now state to yourself: "I am completely calm."
3. Shift your focus to your arms. State: "My arms are heavy" (repeat 6 times)
4. Now state to yourself: "I am completely calm."
5. Refocus on your arms. State: "My arms are warm" (repeat 6 times)
6. Now state to yourself: "I am completely calm."
7. Shift your focus to your legs. State: "My legs are heavy" (repeat 6 times)
8. Now state to yourself: "I am completely calm."
9. Refocus your awareness to your legs. State: "My legs are warm" (repeat 6 times)
10. Now state to yourself: "I am completely calm."
11. Focus on your heart. State: "My heartbeat is calm and slow" (repeat 6 times)
12. Now state to yourself: "I am completely calm."
13. Focus on the breath. State: "My breath is calm and steady" (repeat 6 times)
14. Now state to yourself: "I am completely calm."
15. Focus on your stomach area. State: "My stomach is soft and warm" (repeat 6 times)
16. Now state to yourself: "I am completely calm."
17. Focus on your forehead. State: "My forehead is cool and relaxed" (repeat 6 times)
18. Now state to yourself: "I am completely calm."
19. Shift your attention to the breath for a moment, practicing focused, diaphragmatic breathing. Enjoy the feeling of relaxation.
20. To end the practice, begin to open your eyes and come back into the room.

A Few Autogenic Training Tips

- It is recommended that you practice this meditation multiple times per day for short periods of time (10-15 minutes). If possible, try to practice 2-3 times per day.
- It is best to practice in a quiet space or room, without distractions.
- You may complete this exercise while sitting or lying down. If you are seated in a chair, try to straighten your back as you practice, with your feet flat on the floor.
- If you suffer from heart disease or high blood pressure, use caution in practicing this exercise and speak with your physician before engaging in autogenic training.

(Adapted from: Cuncic, A. (2012). How to practice autogenic training, Retrieved September 10, 2012, from <http://socialanxietydisorder.about.com/od/copingwithsad/qt/autogenic.htm>; Richmond, R. L. (2008). Other applications of psychology, Retrieved September 11, 2012, from <http://www.guidetopsychology.com/othapp.htm>)