

**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>)



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Dr. Jennifer Sweeton is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health. Dr. Sweeton has been practicing EMDR for nearly a decade and has treated a variety of populations using EMDR and other memory reconsolidation approaches, including combat veterans, individuals with PTSD and complex trauma, and those suffering from treatment-resistant anxiety.



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