Table 9.3
Progressive Muscle Relaxation Template

**Instructions**

Have clients get in a comfortable position and be sure there is minimal to no sound in the room. Also, do your best to make sure that you will not be disturbed. It is generally best to have clients begin relaxing by taking a few deep breaths or use diaphragm breathing. Below are suggested body parts and sequence for muscle groups. Use the following statement as a generic template for each body part: “Clench your hands... tighter and even more tighter... feel the tension in your hands... Now relax... Notice the difference when relaxed compared to tensed.” Be sure to modify your words to avoid sounding monotone and match the body part (e.g., wrinkle your forehead or tighten your upper legs). You can also integrate occasional breathing techniques, relaxing images (resting on a beach), and/or relaxing statements (“let go of the tension”) between muscle groups. Each muscle group should be tensed for 5-7 seconds and relaxed for 20-30 seconds. This process can be repeated or focused on specific areas of interest.

<table>
<thead>
<tr>
<th>Suggested Body Parts (in order)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands</td>
</tr>
<tr>
<td>Forearms</td>
</tr>
<tr>
<td>Upper arms</td>
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<tr>
<td>Shoulders</td>
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<tr>
<td>Neck</td>
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<td>Forehead</td>
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<td>Eyes</td>
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<td>Mouth</td>
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<td>Chest</td>
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<td>Back</td>
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<tr>
<td>Stomach</td>
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<tr>
<td>Buttocks</td>
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<tr>
<td>Upper legs</td>
</tr>
<tr>
<td>Lower legs</td>
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<tr>
<td>Feet</td>
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</tbody>
</table>