

Fist Squeeze Script

Today we are going to try a squeeze exercise. This is helpful for letting go of anger.
You can stand, sit or lay down and relax your arms by your sides.

Begin to take three soft, slow, mindful breaths.

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Pay attention to what you are thinking...

Notice what you are feeling....

Next imagine those thoughts and feelings gathering like red hot energy in your hands,
breathe in and squeeze your fists as tightly as you can.

Breathe out and open your hands, soft and loose.

You might even Imagine the Red Hot energy flying away like sparks.

Now let's breathe in and squeeze your fists again. Let the energy build.

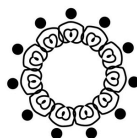
Breathe out open your hands and let the energy go.

Repeat

Repeat this until you feel a little more calm.

Let's try one more time breath in and squeeze those fists building the energy. Breathe
out, open your hands and let the energy go.

When you're done: swing your arms gently side to side to loosen them up.



MOOD Kit