

STUCK TO CHAIR

## INDUCTION

I want you to close your eyes now and take a slow deep breath in through your nose ...and slowly exhale through your mouth. Take another slow deep breath in...and slowly exhale. Allow every breath you breath, every word I say and every moment that passes to relax you even more. Allow yourself to begin letting go of the tension in your body. The more you give into this relaxation, the better you will feel and more effective it will be. The deeper you go, the better you feel and the better you feel the deeper you go.

## SCRIPT

As you continue to relax, you realize your body is becoming so physically relaxed, that it's sinking into its space. Thinking about that right now, you begin to realize just how heavy you feel. You realize your body's so relaxed that you're actually stuck to your chair. That's right, just the idea of getting up out of your chair makes you feel like your completely stuck solid to your seat. With every word I say and breath you breath, the more relaxed and stuck you become. In a moment when you open your eyes, you will try to get up from your chair and realize your stuck. The more you attempt to remove yourself from your seat, the more stuck you realize you've become. Thinking about how stuck your are right now on the count of one, two, three. Can you get up?

## ALLOWING THEM TO GET UP

You understand that this is all in your mind and that you have full control over your body. When I snap my fingers, you'll regain full control and composer and be able to remove yourself from your seat right now (snap fingers).