Body Scan Script

For the next few minutes, we're going to focus on how your body feels. Your job is just to pay attention to these feelings. You don't need to change anything.

1 5 second pause

Sit back or lie down in a comfy position. Close your eyes if you want to, or just relax your gaze. Take a few deep breaths.

2 10-20 second pause

Feel what's happening in your feet, including your soles, heels, toes, and the tops of your feet. Notice the ground.

3 10-20 second pause

Move up to your ankles, shins, and calves. Notice how your muscles feel and the surface of your skin.

4 10-20 second pause

Keep moving up your legs, paying attention to your knees and thighs. Feel how your clothes touch your skin.

5 10-20 second pause

Move up to your hips and buttocks. Just notice the feelings without trying to change them.

6 10-20 second pause

Now, pay attention to your lower back and belly. Notice how your body feels against whatever you are sitting or lying on.

7 10-20 second pause

For a few moments, focus on your breathing. Feel your belly rise when you breathe in and fall when you breathe out.

8 20-30 second pause

Notice the feelings in your upper back and chest. Feel your clothes on your body.

Script continued...

9 10-20 second pause

Now, feel what's happening in your hands, fingers, and wrists.

10 10-20 second pause

Notice the sensations in your forearms, upper arms, and shoulders.

11 10-20 second pause

Pay attention to your neck and throat.

12 10-20 second pause

Notice the feelings in your face and head. Focus on each part of your face, one by one.

13 20-30 second pause

Finally, slowly scan your whole body, noticing all the sensations from your toes to the top of your head.

14 10-20 second pause

The body scan exercise is coming to an end. When you're ready, open your eyes. This concludes our body scan exercise.

