

## Scanning for Strength Script

*Begin by closing your eyes or gently gazing downward on one spot. Focus your attention on your breath, breathing effortlessly, not trying to change your breath. Notice what it feels like as you breathe in, and as you breathe out.*

*Now begin Scanning for Strength. As you go through this exercise, you may notice various sensations. When this happens, simply experience and acknowledge the sensations, as well as any accompanying thoughts or emotions you may notice.*

*To begin, shift your focus to the soles of your feet, just noticing any sensations that may arise as you attend to this area. Feel into the soles of your feet, without judgment, noticing what the heels, balls, and arches of your feet feel like. Stay here for a moment.*

*Still focusing on the soles of your feet, ask yourself, "Is there strength in this area?" If the answer is no, begin to redirect your awareness to the next area of the body – the toes and tops of your feet. If the answer is yes, remain focused here for a few moments, connecting more deeply with this area of the body and intentionally experiencing the strength this area is providing. Remember that you can connect with this strength whenever you need it.*

*Now gently shift your awareness to your toes, and the tops of your feet, noticing what this area feels like, without judgment. Notice any sensations that are present in your toes or the tops of your feet. Stay here for a moment.*

*Still focusing on your toes and the tops of your feet, ask yourself, "Is there strength in this area?" If the answer is no, begin to redirect your awareness to the next area of the body – the lower part of the legs. If the answer is yes, remain focused here for a few moments, connecting more deeply with this area of the body and intentionally experiencing the strength this area is providing. Remember that you can connect with this strength whenever you need it.*

*Let awareness begin to shift upward to the lower part of the legs, above the feet but below the knees. Notice the sensations occurring in your calf muscles, and in the front areas of your legs. Just feel into these areas with a calm awareness. Stay here for a moment.*

*Still focusing on the lower part of your legs, ask yourself, "Is there strength in this area?" If the answer is no, begin to redirect your awareness to the next area of the body – the upper parts of your legs. If the answer is yes, remain focused here for a few moments, connecting more deeply with this area of the body and intentionally experiencing the strength this area is providing. Remember that you can connect with this strength whenever you need it.*

*As you complete this exercise it is okay to stop, or skip certain areas of the body, if a region does not feel safe or comfortable to connect with.*

*Withdraw your attention from your lower legs, and begin focusing on the upper parts of your legs, above your knees but below your hips, noticing what your hamstrings and quads feel like. Become a non-judgmental observer of these areas, simply accepting any sensations that may be present. Stay here for a moment.*

*Continue this exercise, moving your awareness through several major muscle groups and different regions of the body. Which specific areas you choose to focus on is up to you, but it is recommended that most of the following areas be scanned in this exercise:*

- *Feet*
- *Lower legs*
- *Upper legs*
- *Buttocks/hips/pelvic area (any or all of these areas)*
- *Abdomen*
- *Lower and/or upper back, or entire back*
- *Arms*
- *Hands*
- *Chest area (with a focus on the breath)*
- *Shoulders*
- *Neck*
- *Head*