

EXERCISE: Practicing and Rating Relaxation Methods

So far you have learned how mindfulness and acceptance, breathing, progressive muscle relaxation, and imagery can help you manage your anxiety and stay longer in situations that make you anxious.

- Try each of these relaxation methods once or twice to see which ones work best for you.
- Use **Worksheet 14.6** on the next page to rate your level of anxiety or tension on a 0–100 scale before and after each practice session.
- Once you identify the one or two methods that work best for you, start using them regularly.
- If you practice them every day, you are more likely to be able to use them effectively when you need them.

WORKSHEET 14.6. Ratings for My Relaxation Methods

Under "Relaxation Method Used," choose "Mindfulness and acceptance," "Breathing," "Progressive muscle relaxation," or "Imagery." For each of your practice sessions, rate your anxiety or tension level on a 0–100 scale, where 0 is none at all and 100 is the most ever, both before and after the exercise. Do a number of practice sessions with each of the methods you want to try. At the bottom of the worksheet, make some comments about what you learn. See if your relaxation skills improve with practice, and also compare the different relaxation methods to learn which ones work best for you.

Relaxation Method Used	Anxiety/Tension Rating at Start (0–100)	Anxiety/Tension Rating at End (0–100)

What I learned (Did my relaxation improve with practice? Which methods work best for me?):