



Protocol for Relaxation

Dr. Karen Overall

Day 15 Tasks

Sit/down for 10 seconds	
Sit/down for 5 seconds	
Sit/down for 15 seconds while you clap your hands and hum	
Sit/down while you disappear from view, knock or ring the doorbell, say "hello," talk for 10 seconds, and return	
Sit/down for 20 seconds while you hum	
Sit/down while you disappear from view, say "hello," invite the imaginary person in, wait 5 seconds, and return	
Sit/down for 10 seconds	
Sit/down for 5 seconds	
Sit/down while you disappear from view, say "hello," invite the imaginary person in, wait 10 seconds, and return	
Sit/down while you disappear from view, say "hello," talk (as if to someone) for 5 seconds, and return	
Sit/down for 5 seconds while you clap your hands and hum	
Sit/down while you run around the dog	
Sit/down while you walk back and forth to the door	
Sit/down while you leave the room, quickly knock or ring the doorbell, and return	
Sit/down for 5 seconds	

Sit/down while you leave the room, knock or ring the doorbell for 3 seconds, and return	
Sit/down while you leave the room and knock or ring the doorbell for 5 seconds	
Sit/down while you leave the room and talk for 3 seconds to people who are not there	
Sit/down while you leave the room and talk for 5 seconds to people who are not there	
Sit/down while you leave the room and talk for 10 seconds to people who are not there	
Sit/down while you run around the dog	
Sit/down for 10 seconds while you Sit/down in a chair	
Sit/down for 30 seconds while you Sit/down in a chair	
Sit/down for 15 seconds while you clap your hands and jog	
Sit/down for 5 seconds	

Congratulations – you’ve made it through your first session of the Protocol for Relaxation!

For Future Repetitions

- Repeat all tasks in different locations
- Repeat all tasks with all family members
- Repeat all tasks with only every second or third task being rewarded with a treat (Remember praise!)
- Repeat with only intermittent treat reinforcement. (Remember praise!)