



Mental Practice – drinking a glass of milk

Please imagine sitting at your own dining room table at home. Near by, you hear familiar sounds in the kitchen. You can smell delicious food cooking and you are looking forward to eating your favourite meal. You see a small glass of milk on the table in front of you. The glass is easily within reaching distance. Your hand is lying on the table in front of you. Please imagine the feeling and effort of lifting your hand off the table and moving away from you, towards the glass. Take your time. Imagine slowing down your arm movement as you get closer to the glass. Now you begin to feel the effort and sensation of you opening your hand to grasp the glass. This requires less effort than usual. As your finger tips make contact, you feel the cold temperature of the smooth glass. Now imagine the effort and sensation of lifting the glass using your whole arm. The glass is small and half full. You begin moving the glass upwards towards your mouth. You bend your arm at the elbow. As you place the glass to your lips you enjoy a small sip of the cold milk, you feel happy and pleased that you didn't spill a drop. You move the glass away from your mouth and down towards the table. You hear the sound of the glass as it gently makes contact with the table. Please focus on the feeling and effort of opening your hand and releasing your grip. Now imagine placing your hand back down on your lap. You feel independent and confident in your actions