

## Soccer - Enjoying the Game

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This script is intended for people who enjoy the sport of soccer, but may be fairly new to it. The goal is to match the physical sensations of a fast-paced game with well-being and a sense of accomplishment.

### **(Script)**

Continue to breathe deeply and let yourself relax more and more... Let your thoughts be about soccer. Take a moment to reflect on how much you enjoy the game... think of being on the field, and enjoying that time with your friends...

Imagine now that you are in a game. You're on the field now, and you can see in your mind's eye the goals, the players, people seated on the sides of the field, watching... you look down and see that you are suited up and ready to play...

It's a pleasant day, sunny and not too warm. There are a few clouds in the sky, light puffs of cotton dotting the blue of early afternoon. It is good playing weather.

The ball goes into play, and you and your teammates spring into action. The ball darts back and forth, first closer to you, then farther away. A teammate kicks the ball to you. You and the rest of your team move the ball down the field to the opposite goal to score. You're part of a team, working toward a common end. This commonality gives you a sense of purpose...it is good to be a part of a team, to work together with other people. You enjoy this spirit of fellowship, as much as you enjoy the game itself...

Your team scores and you are a part of this accomplishment. Take a moment now and allow yourself to feel that sense of accomplishment...

You enjoy participating in this game...you enjoy working together with others...you are doing something you like, something that gives you pleasure...when you do the things you like, you become better at them...

Continue to feel the experience of being in this moment... to be on this field... to be with team members... notice the faster beating of your heart as you exert yourself... you feel the impact of your feet against the ground as you run back and forth, the thud of the ball against your chest, against your head, as you butt the ball to a team

mate... these are good feelings... they are exciting feelings... even the sweat on your forehead feels good as you play.

You have come to enjoy participating in this fast-paced sport. This is an activity you can share with others... and as you continue to take part in the game you come to feel stronger and faster. Your movements become more precise... you become more fit... and experience increased stamina. Most of all, you can feel a sense of accomplishment and victory as you participate. These are feelings you can have, both on and off the field. You are doing what you enjoy, and this makes you happy.

It is time to return to the here and now. Take a moment now to reflect on your experience today and when you are ready, begin to return to this room.

You've done very well here today.