

Add-On Script

Authentic Relaxation vs. Avoidance

(Use when clients equate relaxation with escape, numbing, or collapse.)

Many people think relaxation means
being quiet...
turning things off...
or stepping away from life.

(pause)

And sometimes that's helpful.

But authentic relaxation goes deeper than that.

Naming avoidance without judgment

There's a kind of rest that looks like relaxation...
but underneath, it's actually avoidance.

(gentle tone)

Putting things off.
Numbing out.
Distracting the mind.

And even though the body pauses...
the system stays tense.

(pause)

Because what needs attention
hasn't been met yet.

Reframing authentic relaxation

Authentic relaxation is different.

(clear, grounding)

It's what happens
when the system feels *caught up with reality*.

When something important is handled...
sorted...
or moved forward—even a little.

(pause)

Sometimes that looks like rest.
And sometimes it looks like action.

Action as rest

Cleaning a space...
organizing a thought...
making a small decision...
taking one real step forward...

(pause)

These can be deeply relaxing.

Because the nervous system feels relief
when things are no longer waiting in the background.

No forcing, no overwhelm

This isn't about pushing or fixing everything at once.

(important reassurance)

Authentic relaxation respects pace.

One step at a time.
One drawer.
One conversation.
One clear decision.

(pause)

Each step releases a little pressure.

Integration with sleep and calm

And when the day includes authentic resolution...
the night doesn't need to carry it.

(gentle)

The mind doesn't have to rehearse.
The body doesn't have to stay alert.

Because something real has been completed.

Closing reframe

So you might begin to notice...

(slow)

Relaxation isn't always stopping.
Sometimes it's **finishing**.

And rest comes naturally
when there's nothing important being avoided.

(pause, then return to main session)