

3. (Ed says something halting and inaudible [(11)3-1].)
5. What are we going to talk about, Mr. Evans [(7)5-1]?
1. Well, now that's something [(6)1-5]. I think that's a good point for discussion [(5)1-0]. I would like to point out one thing [(6)1-0]. It seems to me that every man who comes here comes with a definite purpose in mind [(5)1-0]. He has certain feelings [(5)1-0], symptoms [(6)1-0], or problems [(6)1-0], and I can make a guess that when you came in the door down there, you think, "My God, what in hell am I doing here [(5)1-0]?" And perhaps you have a feeling some guy on the street is going to say, "There goes a nut [(5)1-0]." Still feel that way about it [(8)1-0]? Ever worry about people knowing you're coming here [(8)1-0]?
- [Paul looks at the floor [(11)-2-y], Ed wets his lips but says nothing [(11)3-y], Freddy reaches for a cigarette [(11)4-y], Joe shifts uneasily in his chair [(11)5-y].]
1. Of course actually we know that it doesn't mean nuts [(1)1-0] . . . of course a lot of people who got medical discharges from the Service, right away people would say, "Hm, you weren't wounded, were you? Must be nuts [(1)1-0]." Well, these are emotional problems, of course [(5)1-0]; and yet the man on the street, if you say you're psychoneurotic, will rear back and sort of look at you out of one side [(5)1-0] and start getting the hell out of the way [(5)1-0]. Well, all of that, of course, signifies that there's a lot of tension [(5)1-0] . . . you probably recognize it yourself [(5)1-0], the feeling of being keyed up too much [(5)1-0]—perhaps of not being able to sleep [(5)1-0], or if you do sleep, not getting up rested [(5)1-0]—if you're working, being worn out by the work [(5)1-0]; you've got to the point where you probably never think twice about it [(5)1-0]—so what we'd like to do [(5)1-0] . . . this is a treatment [(5)1-0] . . . a little social too [(5)1-0], but it's treatment [(5)1-0]. You've all been with the doctor [(6)1-0], and that's one kind of treatment [(5)1-0]; this is psychological treatment [(5)1-0]. As we go on in the group we will perhaps thresh out the reasons why this treatment has some advantages over the other kind of treatment [(5)1-0], how they fit together [(5)1-0], and how either kind or both fit in with the problems [(5)1-0]. One thing I'd like to do [(6)1-0]

- . . . do you agree that you all feel tensed up too often [(8)1-0]? [Paul and Ed say nothing [(11)2-0] [(11)3-0], Freddy and Joe nod their heads [(3)4-1] [(3)5-1].]
1. I'd like to put in at the beginning of each of our sessions a relaxation exercise [(4)1-0]. It's more or less . . . well, call it a pill [(5)1-0]. It doesn't cure anything [(5)1-0], but it helps to get relaxed a bit [(5)1-0]; and it's not hypnosis [(5)1-0]—it's only purely a relaxation exercise [(5)1-0]. So for this [(6)1-0], if you will [(1)1-0], just take seats over here so you can see the blackboard [(4)1-0]. . . .
- (All shift their seats [(3)0-1].)
1. Now are you all in a position where you can see that spot clearly [(1)1-0]? What I want you to do is just sit back on your chair [(4)1-0], get comfortable [(1)1-0], get your arms and everything loosened up so you're sitting just as relaxed as you can get in the chair there [(1)1-0], any position that's comfortable [(1)1-0]. What I want you to do is stare at that spot [(4)1-0], try to focus on it with both eyes [(4)1-0], just thinking only of that spot [(4)1-0]. Keep looking at it with your eyes open until they begin to water [(4)1-0]. When they begin to water, close them [(4)1-0], and continue focusing on that spot [(4)1-0]. If your eyes haven't begun to water after a little while, I'll tell you when to close your eyes [(6)1-0] and keep staring at that spot even after your eyes are closed [(4)1-0], just thinking of that spot, that's all [(4)1-0]. Try to focus both eyes on that spot and keep staring at it [(4)1-0].
- (Long pause. All members stare at the spot [(3)0-1].)
1. When your eyes begin to water, just close your eyes [(4)1-0] and continue concentrating on that one spot [(4)1-0].
- (Long pause. All members stare at the spot [(3)0-1]. 4 closes his eyes [(3)4-1].)
1. Now close your eyes and continue staring at the spot [(4)1-0].
- (Long pause. All members close their eyes [(3)0-1].)
1. Keep thinking about that spot with your eyes closed [(4)1-0].
- (Long pause, 5 or 6 minutes [(3)0-1] [(3)0-1] [(3)0-1] [(3)0-1] [(3)0-1].)

[On Continuous Activity: one score per minute]