

abc20. Backward Count Drill From 10

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Backward Count Drill From 10

Phase I

Lay in bed, lights out, eyes closed. Start by visualizing the numeral 10. Explore the number and the background until you feel there is nothing more to learn about it. Then progress to the numeral 9. Continue on to 0 then start again.

Phase II

After doing this drill for three weeks, begin to speed up the time on each number. After several months you can reach a point of instantaneous relaxation and calmness on initiating this drill, even with eyes open in a crowded place.

The goal is to build a mental tool to help you get to sleep and help you induce calmness when you feel you need it.

I have written about this before many years ago so you may find it explained in other places too.