Table 5.1 **Tensing Strategies for Each of the 16 Muscle Groups**

Muscle Group	Tensing Instructions
Right (dominant) hand, lower arm	Make a tight fist
Right (dominant) upper arm	Push elbow down against chair
Left (nondominant) hand, lower arm	Make a tight fist
Left (nondominant) upper arm	Push elbow down against chair
Forehead	Lift eyebrows as high as possible
Upper cheeks, nose	Squint eyes while wrinkling nose
Lower face and jaw	Bite hard, pulling back corners of mouth
Neck	Pull chin toward chest, counterposing tension to keep chin from touching chest
Chest, shoulders, upper back	Pull shoulder blades together
Abdomen	Make the abdomen hard as if preparing to be hit in the stomach
Right (dominant) upper leg	Counterpose top muscles against bottom muscles
Right (dominant) calf	Pull toes toward head
Right (dominant) foot	Point and curl toes gently while turning foot inward
Left (nondominant) upper leg	Counterpose top muscles against bottom muscles
Left (nondominant) calf	Pull toes toward head
Left (nondominant) foot	Point and curl toes gently while turning foot inward