

APPENDIX C: ASMR SESSION PLAN

Use this form to map out your trigger plan for each session. Spending a few minutes ahead of time to figure out what you'll do and for how long will eliminate time spent fumbling for tools and awkward spaces between triggers. Create a new and different plan for each future session to provide variety for the recipient. Please visit <https://asmruniversity.com/brain-tingles-forms/> to download a copy of this form.

Recipient's Name: _____ Date: _____

Pre-Session

- Review the recipient's ASMR Personalization Form for his or her preferences and potential allergies.
- If the recipient prefers, review this session plan with him or her prior to starting the session, then revise accordingly.

Session Phases

Preparation Phase: Relaxation Exercise
(about 5 minutes)

- Exercise: _____

Entry Phase: Single Triggers
(about 10 minutes total)

- Trigger: _____

- Trigger: _____

- Trigger: _____

Immersion Phase: Combination Triggers
(about 15–30 minutes total)

- Triggers: _____

- Triggers: _____

- Triggers: _____

Return Phase: Single Triggers (about 10 minutes total)

- Trigger: _____

- Trigger: _____

- Trigger: _____

Landing Phase: Quiet (about 5 minutes)

- Remain quiet with eyes closed and mind cleared.

Post-Session

- Discuss anything that the person particularly liked or did not like.
- Update the recipient's ASMR Personalization Form accordingly.