SLEEP & RELAXATION

ASMR Roleplay Scripts

Three original ASMR roleplay scripts to record: a library book fitting, a quiet salon visit and a personal stationery consultation. Includes sound and pause cues.

1–2 min per scene · 3 segments

Pick one scene to perform. Bracketed directions are silent sound cues.

BEFORE YOU RECORD

- Test the loudest prop against your opening line before recording.
- Leave a few seconds of silence after each question for the imagined listener.

01. The library book fitting

1–2 min

Paper, pencil and a clothbound book

Welcome to the little reading room. I set aside three books for you. May I open the first one? [Rest the book on a folded towel. Turn one page.] This copy has a map inside the cover. Here is the river. See how the pencil line follows it almost to the edge?

[Trace the map slowly with a fingertip. Pause.] The second book is just letters. Someone kept a train ticket between these pages for years. I'll slip it back exactly where we found it.

Which would you like to take home? The map book? Good. [Write three slow pencil strokes.] Here's your slip. I'll leave the bookmark at the bend in the river, so you can find your way back.

02. The quiet salon appointment

1–2 min

Towel folds, a comb and a soft brush

You found the window seat. Let me put this towel over the chair. [Unfold a small towel away from the microphone.] Would you like the ends brushed today? We can take our time.

[Draw the brush across a folded cloth three times, leaving space between strokes.] I'll start low, then work a little higher. Tell me if you'd like a pause. There's one little knot here. I'll hold the hair above it. There.

Shall we leave the part where it is? [Run a fingertip along the comb once.] Lovely. I'll fold the towel and give you a moment with the mirror. [Fold once. Let the room go quiet.]

03. Choosing your personal stationery

1–2 min

Envelope edges, paper and a pen cap

I’ve cleared a spot for your writing paper. Is the letter going a long way? Then let’s find an envelope that feels good to open. [Slide one envelope across the table.] This one has a soft edge. This one makes a little rustle.

[Lift a sheet, then lay it flat.] Try the cream paper under the lamp. There’s room for a long first line. Would you like me to test the pen on a spare corner? [Uncap the pen slowly. Draw a small loop.] The ink settles quickly.

I’ll tuck two spare sheets underneath. One for starting over, and one in case you have more to say. [Square the stack with two gentle taps.] There you are. The first line is yours.

USAGE

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