

## GUIDED IMAGERY SCRIPT

Find a comfortable position sitting or lying down. Close your eyes if it helps you get calm and relaxed. Notice how you are feeling right now... physically and mentally.

Take a deep breath in through your nose, and let it out through your mouth.

Take another breath in, and allow your breathing to relax you as you breathe out fully.

Breathe in gently... and as you breathe out, image the air carrying all tension out of your body. Think about what it feels like to be relaxed, to let go of bad feelings you might be holding inside of you.

Continue to breathe slowly and gently.

Notice where in your body your muscles are tight. Focus your attention on one of these areas. As you breathe, picture that part of your body becoming slightly more relaxed than it was before. With each breath, that part of your body becomes a little more relaxed.

Pay attention to what relaxation feels like for you..... soft.... gentle....warm....loose....free. Whatever it is for you is OK. Now let that feeling of relaxation grow.

Scan your body for any areas of tension, and for each area, let the relaxation soften the muscles as they give up their hold. Let the feeling of relaxation grow....spreading calm throughout your body.

Breathe in relaxation..... and breathe out tension..... breathe in calm.... and let all the tension go as you breathe out....

Continue to breathe slowly and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Now begin to create a picture in your mind. Imagine a place where you feel completely at ease. Maybe this is at home, or a favorite place you have visited, or somewhere you have seen. It might be completely imaginary. It's up to you. Picture this place where you feel happy and calm.

Add details about this place to the image in your mind. See the sights, hear the sounds, and notice the smells. Notice how you feel physically. You are comfortable, enjoying the pleasant temperature...happy being still and relaxing or doing whatever enjoyable activities you participate in here.

Concentrate on the way you feel in this safe, peaceful place.

Remain in your peaceful place while you practice being calm and confident.

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Imagine that all of the following statements are true for you, right now in this moment, and enjoy the good feelings you experience. Repeat each statement in your mind, or out loud, with conviction.

I am at peace with myself.

I appreciate who I am.

I am able to relax.

I look forward to the future.

I enjoy the present.

I forgive myself for my mistakes.

I feel good about myself today.

Again notice the environment around you in this peaceful place. Take some moments to just enjoy it and be here. Soon, it will be time to leave, but know that you can return here in your imagination any time to relax, feel calm and relaxed, and feel comfortable and safe. Take with you the feelings of acceptance of yourself, and calm confidence. Continue to feel positive and accepting of yourself. Hold onto this secure feeling as you return to your day.

In a moment I will count to three. You can increase your alertness and become energized and fully alert on the count of three.

One... take a deep, cleansing breath in... and breathe out slowly.

Two... take another deep breath.... and breathe out...

Three.... you are feeling calm, confident, and refreshed.