

## Guided Imagery Script

*Please read and then try with your client*

First, find a comfortable position and begin to focus on your breath. Take a few deep, full breaths, directing the air into your belly and exhaling slowly. As you breathe, visualize releasing any unwanted tension or distraction and allow yourself to shift your attention to a tranquil place that is meaningful to you.

Breathe in... and breathe out.

As you inhale, imagine fresh oxygen and energy circulating throughout your body, and with each exhale, let go of any stress, discomfort, or disturbances. Ignore any external sounds and focus only on your breath.

Breathe in... and breathe out.

Now, picture yourself in a peaceful, beautiful, and secure environment. It could be a place you have been to before, or a location that you create in your mind. Take a moment to appreciate the colors, shapes, and objects that surround you.

Breathe in... and breathe out.

Listen to the sounds in this serene place, or enjoy the silence. You may even imagine a delightful scent or fragrance that adds to your relaxation.

Breathe in... and breathe out.

Feel the temperature and weather of this place, whether it's warm and sunny or cool and cloudy. Let yourself sink into the calmness, comfort, and relaxation that this place offers. Take your time and allow yourself to recharge your body and mind.

Breathe in... and breathe out.

Remember that you can always come back to this peaceful place whenever you desire, by taking a deep breath and focusing on the images in your mind. When you are ready, let the images fade away, but carry with you the sense of serenity and

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tranquility. You can always revisit this place in your mind and find peace and refreshment whenever you need it.

As you return to the present moment, bring with you the calm and peacefulness of this place. Know that you can access this feeling anytime you need to by simply closing your eyes and taking a few deep breaths. Let this experience of relaxation and comfort infuse your daily life, allowing you to face challenges with a greater sense of ease and tranquility.

Breathe in... and breathe out.

Take a moment to appreciate the feeling of calmness and relaxation within you. When you are ready, slowly open your eyes and bring this sense of peacefulness into the rest of your day.