



IMAGERY



IMAGERY



IMAGERY



IMAGERY

### Relaxing Place

Create a mental image of a safe space (real or imagined). Use all of your senses to experience the calm of this place.

### Soothing Person

Imagine someone who is kind, sees the best in you, and is never cruel. What do they look like? What do they say? What do you feel like with them.

### Secret Lockbox

Imagine a place in your mind where you keep what is most special to you. Open the box and sift through the pleasant things you keep in there.

### Imagine

Use all of your senses (sight, taste, touch, sound and smell) to create a pleasant or comforting image in your mind.