

Guided Visualization/Guided Imagery/Guided Relaxation Scripts:

Guided Visualization: Guided visualization is the process by which you relax by picturing a relaxing scene, place, or image.

Guided Imagery: Guided Imagery can be used to visualize positive actions, changes, or accomplishments.

Guided Relaxation: Relaxation is the act of relaxing the mind and body and can also be defined as the state of being relaxed.

Beach Visualization Relaxation:

Visualization relaxation is an effective way to relax the mind and body by picturing a relaxing scene, such as a beach, garden, meadow, or any other peaceful place.

This beach visualization script guides you to relax by imagining spending time on a beautiful beach.

Start reading the beach visualization relaxation script here:

Get comfortable. Sit in a supportive chair or lie on your back.

Relax your body by releasing any areas of tension. Allow your arms to go limp... then your legs....

Feel your arms and legs becoming loose and relaxed...

Now relax your neck and back by relaxing your spine.... release the hold of your muscles all the way from your head, down your neck...along each vertebra to the tip of your spine...

Breathe deeply into your diaphragm, drawing air fully into your lungs.... and release the air with a whooshing sound....

Breathe in again, slowly.... pause for a moment.... and breathe out.....

Draw a deep breath in.... and out....

In..... out.....

Become more and more relaxed with each breath....

Feel your body giving up all the tension.... becoming relaxed.... and calm.... peaceful....

Feel a wave of relaxation flow from the soles of your feet, to your ankles, lower legs, hips, pelvic area, abdomen, chest, back, hands, lower arms, elbows, upper arms, shoulders, neck, back of your head, face, and the top of your head....

Allow your entire body to rest heavily on the surface where you sit or lie. Now that your body is fully relaxed, allow the visualization relaxation to begin.

Imagine you are walking toward the ocean.... walking through a beautiful, tropical forest....

You can hear the waves up ahead.... you can smell the ocean spray.... the air is moist and warm.... feel a pleasant, cool breeze blowing through the trees....

You walk along a path....coming closer to the sea....as you come to the edge of the trees, you see the brilliant aqua color of the ocean ahead....

You walk out of the forest and onto a long stretch of white sand.... the sand is very soft powder.... imagine taking off your shoes, and walking through the hot, white sand toward the water....

The beach is wide and long....

Hear the waves crashing to the shore....

Smell the clean salt water and beach....

You gaze again toward the water.... it is a bright blue-green....

See the waves washing up onto the sand.... and receding back toward the ocean.... washing up.... and flowing back down.... enjoy the ever-repeating rhythm of the waves...

Imagine yourself walking toward the water.... over the fine, hot sand.... you are feeling very hot....

As you approach the water, you can feel the mist from the ocean on your skin. You walk closer to the waves, and feel the sand becoming wet and firm....

A wave washes over the sand toward you.... and touches your toes before receding...

As you step forward, more waves wash over your feet... feel the cool water provide relief from the heat....

Walk further into the clear, clean water.... you can see the white sand under the water.... the water is a pleasant, relaxing temperature.... providing relief from the hot sun... cool but not cold....

You walk further into the water if you wish.... swim if you want to.... enjoy the ocean for a few minutes.... allow the visualization relaxation to deepen.... more and more relaxed... enjoy the ocean....

Now you are feeling calm and refreshed...

You walk back out of the water and onto the beach...

Stroll along the beach at the water's edge.... free of worries... no stress... calm... enjoying this holiday....

Up ahead is a comfortable lounge chair and towel, just for you...

Sit or lie down in the chair or spread the towel on the sand.... relax on the chair or towel.... enjoying the sun... the breeze.... the waves...

You feel peaceful and relaxed.... allow all your stresses to melt away....

When you are ready to return from your vacation, do so slowly....

Bring yourself back to your usual level of alertness and awareness....

Keep with you the feeling of calm and relaxation.... feeling ready to return to your day....

Open your eyes, stretch your muscles... and become fully alert... refreshed... and filled with energy.

You can practice this visualization relaxation as often as you wish, to provide a mental vacation whenever you need it.

Forest Visualization Script

This Forest Visualization is a guided relaxation script in which you imagine walking through a beautiful forest in the mountains.

Start reading the visualization relaxation script here:

Begin by finding a comfortable position sitting or lying down. Allow your body to begin to relax as you start to create a picture in your mind. Let the forest visualization begin.

Imagine yourself walking on a path through a forest. The path is soft beneath your shoes, a mixture of soil, fallen leaves, pine needles, and moss. As you walk, your body relaxes and your mind clears, more and more with each step you take.

Breathe in the fresh mountain air, filling your lungs completely. Now exhale. Breathe out all the air. Feeling refreshed.

Take another deep breath in... revitalizing.... and breathe out completely, letting your body relax further.

Continue to breathe slowly and deeply as you walk through the forest and continue the forest visualization.

The air is cool, but comfortable. Sun filters through the trees, making a moving dappled pattern on the ground before you.

Listen to the sounds of the forest.... Birds singing. A gentle breeze blowing. The leaves on the trees shift and sway in the soft wind.

Your body relaxes more and more as you walk. Count your steps and breathe in unison with your strides. Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Breathe in 2, 3, 4... hold 2, 3...exhale 2, 3, 4, 5.

Continue to breathe like this, slowly and deeply, as you become more and more relaxed.

As you walk through the forest visualization, feel your muscles relaxing and lengthening. As your arms swing in rhythm with your walking, they become loose, relaxed, and limp.

Feel your back relaxing as your spine lengthens and the muscles relax. Feel the tension leaving your body as you admire the scenery around you.

Your legs and lower body relax as well, feeling free and relaxed.

As you continue to walk through the forest visualization, you begin to climb up a slight incline. You easily tread along smooth rocks on the path. Feeling at one with nature.

The breeze continues to blow through the treetops, but you are sheltered on the path, and the air around you is calm.

Small saplings grow at the sides of the path.

Around you is an immense array of greens. Some of the leaves on the trees are a delicate, light green. Some leaves are deep, dark, true forest green.

Many trees have needles that look very soft and very green. The forest floor is thick, green moss.

Tall trees grow on either side of the path. Picture the variety of trees around you. Some have smooth, white bark. Others are darker, with coarse, heavy bark, deeply grooved. Enjoy the colors of the bark on the trees - white, tan, brown, red, black... many combinations of color. You admire the rough, brown bark of pine trees and enjoy the fresh pine scent.

Smell the forest around you. The air is fresh, and filled with the scent of trees, soil, and mountain streams.

Continue the forest visualization...

You can hear the sound of water faintly in the distance. The gentle burbling sound of a creek.

As you continue to walk through the forest, you are gaining elevation and getting closer to the sound of a running stream.

Continue to enjoy the forest around you. Enjoy the forest visualization.

As you near the top of the mountain, you hear the stream, very close now. The path curves up ahead. You can see sunlight streaming onto the path.

As you round the corner, you hear the water, and see a clearing in the trees up ahead. A beautiful look out point awaits.

You are growing tired from your journey. Your body feels pleasantly tired and heavy.

Imagine yourself walking toward the clearing and the stream. Steppingstones make an easy path across the stream and toward the edge of the mountain. Step on each large flat stone to easily cross the small, shallow stream.

Up ahead is a large, smooth rock... like a chair waiting for you to rest. The rock is placed perfectly, high up on this beautiful vantage point.

Sit or lie down on the rock if you wish. It is very comfortable. You feel very comfortable and at ease. The sun shines down on you.

Looking around, you see mountains in the distance. Faint and blue.

You can look down from your vantage point into a valley with trees and a brilliant blue lake. Across from you is another mountain.

The clearing around you is made up of rocks, soil, pine needles, moss, and grass. The grass and mountain wildflowers around you blow gently in the breeze. A deer quietly emerges from the edge of the forest to graze in the clearing. As the deer raises its head to look at you, you can see its nostrils moving to catch your scent. The deer cautiously walks to the stream to drink before disappearing back into the forest.

Squirrels dart in and out of sight as they romp through the trees, and race across the clearing.

Feel the sun warming your body as you relax on the rock. Enjoy the majestic landscape around you and feel your body relaxing even more.

Your body becomes very warm, and very heavy.

Continue to breathe the clean, fresh air.

You feel so relaxed.

Calm.

At peace.

In unity with nature around you.

Enjoy the sights.... sounds....and smells of the forest around you.

Feel the sun, warm on your skin.

Feel the gentle breeze blow across your cheek.

Listen to the birds singing.

Hear the stream flowing. The leaves rustling in the breeze. Squirrels chattering.

See the flowers, trees, valley, and mountains around you.

Lay back on the comfortable rock, and you can look up to see the blue sky. Small white clouds float gently across the sky. Watch them drift slowly by. Shapes ever changing.

Enjoy this peaceful place.

(pause...)

When you are ready to leave this peaceful place, slowly begin to reawaken your body.

Know that you can return to this forest visualization in your imagination whenever you like.

As you reawaken, keep with you the feeling of calm, peace, and relaxation.

Wiggle your fingers and toes to wake up your muscles.

Shrug your shoulders. Stretch if you want to.

When you are ready, open your eyes and return to full wakefulness, feeling alert and refreshed.

Candle Visualization Relaxation

This candle visualization relaxation is a guided imagery script in which I'll guide you to imagine relaxing while looking at a candle. You can relax your body and mind by focusing on the candle.

To begin the candle visualization relaxation, find a comfortable position. Take note of how your body feels. Take a deep breath in, and as you exhale, notice where your body feels the most tense.

Focus on these areas as you take another breath.

Allow the tension to flow away as you breathe out.

Inhale as you raise your shoulders... then relax as you exhale and lower your shoulders into a comfortable position.

Continue to breathe smoothly and gently as you continue the candle visualization relaxation.

As you rest peacefully, begin to form an image in your mind. Imagine that you are in a safe, comfortable room. The room is pleasantly dark.

Imagine the glow of a candle beside you. Keep your attention facing forward as you notice the gentle flickers of warm light on the wall in front of you. See the dancing light from the candle.

Feel yourself relaxing as you watch the beautiful patterns made by the light of the candle.

You might want to turn to look at the candle. If you wish, turn in your imagination toward the candle.

Picture the candle in front of you and see the soft light it creates.

Notice the flame gently moving as the candle burns.

Imagine what the candle looks like. What shape is it? What color? What size? Create a picture of the candle in your mind.

Imagine that the candle gently melts away the stresses and tension you have been holding in your body. As the candle burns, feel the tension easing, and relaxation flowing through your body.

Notice the wax becoming softer. Feel your body also becoming softer.

Notice again the soft flame at the top of the candle. See how it flickers slightly in response to your breath as you exhale. Watch how the flame responds each time you breathe.

Now turn your attention back to the wax of the candle. The softening wax is melting, turning to liquid. Warm and flowing.... free from tension....

See the wax of the candle melting.... melting the way your tension is melting away.

As the melted wax builds, see it slowly overflow, and pour down the side of the candle, drop by drop.

It feels like any stresses you were holding on to are dripping away with each drop of wax from the candle. The soft flame of relaxation warms you from the inside, melting away all stress.

Watch the wax melting.... feeling the same effects on the tension in your body. Melting.... relaxing.

Continue to observe the burning candle, enjoying the relaxation you are experiencing.

When you are ready to finish your relaxation session, take a deep breath.... and exhale through your mouth, blowing out the candle.

Slowly bring your awareness back to the present.

Become more aware of the time and place you are in today.

Slowly stretch your muscles.... and open your eyes... enjoying the feeling of calm and peace that remains with you.

Calming Color Relaxation Visualization

This calming color relaxation script allows you to relax with visualization by imagining each color of the rainbow. A rainbow consists of red, orange, yellow, green, blue, and violet... and this relaxation script will describe each color to allow you to relax by mediating on the colors.

Visualization can be particularly effective to relax because it allows you to focus your mind on an imagined image. This focus is key to meditation and relaxation in general.

Begin reading the calming color relaxation script here:

To begin, make yourself comfortable. Adjust your clothing as needed and assume a comfortable position.

First, before the calming color relaxation begins, notice how your body feels in this moment.

Passively pay attention to the state of your body right now. Do not try to change anything, simply notice how your body and mind feel.

Feel your body begin to relax slightly, as your shoulders drop a little lower.... your jaw loosens so your teeth are not touching.... and your eyelids start to feel heavy.

Take a deep breath in.... hold it.... and slowly breathe out....

Now just notice your breathing. Your body knows how much air you need. Notice with interest how your breath goes in and out. Feel the pause after you inhale and before you exhale.... and the pause before drawing another breath.

Allow your body to relax and your mind to focus on the calming color relaxation.

Allow the relaxation to occur naturally.... allow and observe....

Create a picture in your mind of the color red.

Imagine red of all shades....

You might picture red objects, a red landscape, or just a solid color....

Imagine all of the different tones of red.... roses.... bricks.... apples.... sunset....

Enjoy the color red.

Now allow the color you are imagining to change to orange. Picture the color orange.... infinite shades of orange.... flowers.... pumpkins carrots....

Fill the entire visual field of your mind's eye with the color orange.

Enjoy the color orange.

Visualize the color yellow. See in your imagination all the various shades of yellow. Allow yellow to fill your vision.... lemons.... flowers.... fall leaves...

Imagine the endless tones of the color yellow. Imagine yourself surrounded with the calming color yellow.... Immerse yourself....

Enjoy the color yellow.

Let the color you are imagining become green. Fill your imagination with the color green. Endless shades and tones of green.... plants.... leaves.... grass....

Imagine being surrounded by beautiful green.... all shades from the lightest to the darkest, bright green.... subdued green...

Enjoy green.

Now see in your mind the color blue. Surround yourself with beautiful blue.... Unending shades of blue.... water.... sky....

Imagine blue filling your vision....

Enjoy the color blue.

Allow the color in your imagination to become violet.... Focus on the multitude of purples around you.... flowers.... eggplant.... sunrise....

Immerse yourself in the color violet....

Enjoy violet.

Now allow your attention to return to your breathing.... notice how calm and regular your breathing is now....

Meditate on the calming color relaxation once more....

Imagine the colors again, one at a time.... starting with red....

Orange....

Yellow....

Green....

Blue....

Violet....

Now picture whatever calming color you wish. Do you have a favorite? Or a color that suits your mood right now? Imagine whatever colors you like. Allow your mind to be relaxed, focused, and calm....

Enjoy the feeling of relaxation you are experiencing.....

Now it is time to return your attention to your regular activities....

Become more alert with each breath you take....

More aware of your surroundings....

Stretch your muscles.... and open your eyes. Fully alert and calm.

Floating on a Cloud

This relaxation script is a calming visualization that will guide you to imagine floating on a cloud.

Begin reading the relaxation script here:

Find a relaxed position – lying down is best – and get comfortable.

First, relax your body. Starting at the top of your head, allow a feeling of relaxation to begin. Feel the relaxation grow with each breath you take.

Inhale... Relax your scalp and head.... exhale.... Let the tension go away even more....

Breathe in relaxation.... Feeling your face and ears relax... exhale all the tension.

Inhale.... Feeling your neck and shoulders relaxing.... As you exhale, let all the muscles of your neck and shoulders release their hold, relaxing fully....

Breathe in, feeling the relaxation continuing to your arms and hands... Breathe out the tension....

Breathe in relaxation.... Allowing your chest and upper back to relax.... release the tension as you exhale.

Inhale, feeling the relaxation flowing through your middle back and your stomach.... Release the muscles of your back and stomach as you breathe out....

As you take another breath, feel your lower back relaxing. Feel the tension leaving as you release the breath.

Breathe in, relaxing your hips and pelvic area... Breathe out, relaxing even further.

As you inhale, feel your upper legs relaxing... Let the muscles of your legs completely let go as you breathe out.

Take another breath drawing in relaxation, all the way down to your feet. Let your legs go limp as you exhale.

Continue to breathe in relaxation and breathe out tension.

Now you are feeling deeply relaxed. Deeply relaxed and calm...

Begin to create a picture in your mind. Imagine that you are floating on a soft, fluffy white cloud.

Feel the surface beneath you becoming softer... more cloud-like... Feel the cloud rising out of the surface you are on, surrounding you in its protective support... soon you are floating on just the cloud...

Let it rise a little further, taking you with it.... see the walls and ceiling around you disappearing as you float into the sunny sky.... Drifting on the cloud.

Feel the cloud beneath you. It is soft but supportive. Feel the cloud supporting your whole body.

Notice each place where your body is touching the cloud. Feel how soft and comfortable the cloud is. It is almost like floating in the air.

Notice how the cloud feels. It might be a little bit cool, and moist, like fog. Your body is warm, very warm and heavy, and sinking into the cloud. It is a wonderful feeling.

Start to create an image in your mind of where you are. You might be floating just barely above the ground. You can choose to float wherever you like. The sky above you is bright blue, sunny, and inviting. You are warm and comfortable, warmed by the sun's rays shining down peacefully.

There are some other clouds in the sky, floating gently. See them lazily passing by, far above.

Your cloud can float wherever you choose. If you enjoy being high up, you can let your cloud rise into the sky. It is very safe. Very calming. Very relaxing. You are so relaxed. Floating on a cloud. Supported gently but firmly by your cloud. Surrounded by the cloud's protective embrace.

See the sights around you as you are floating on a cloud. Imagine the green grass below, gently blowing in the wind. The grass recedes further away as you rise into

the sky. From here, the grass looks like a soft carpet, the wind creating gentle waves in the grass as if it were water.

What else do you see? Perhaps some trees, their leaves whispering in the gentle breeze. You can gaze down on housetops, country roads, hills.

From this amazing vantage point, you can see around you 360 degrees. The horizon stretches out in a complete circle around you.

Notice in the distance how the hills appear almost blue.... slightly hazy.

How does it feel to be floating on a cloud? Does it sway gently, like a boat on almost-smooth water? Does it drift in the breeze? Can you feel the movement as you gently float on the cloud? You feel so comfortable.... So relaxed.... Floating on a cloud....

(pause)

Continue floating on a cloud, enjoying the sights around you. Up here, the air is so clean.

Look up at the beautiful sky. The clouds that were high above you are much closer now. Some are so close you can almost touch them. Not quite.

Continue floating on a cloud, drifting, rising even higher if you wish.

The ground below you looks like a patchwork quilt. Green grass. Golden fields. Yellow. Brown. Blue patches of water... rivers and lakes.

See the clouds around you. You are even able to look down on some clouds. See the shadows they make on the ground below. Can you see the shadow from your cloud? See how the shadow drifts silently across the ground below.

Relax and luxuriate in this beautiful scene, floating on a cloud. You are so close now to another cloud above you, that if you reach out, you can touch it. What would it feel like?

You can even rise higher still and pass right through the clouds above. Feel the mist on your cheeks as you rise through the clouds. Around you it is a glorious

white, like fog... the sun shines through just enough that the white all around you glows vibrantly.

You rise higher still, suddenly coming through the clouds and into the open, dazzling sunlight shining on your face. The sky above is brilliant blue.

You can look down on the cloud you just passed, and see the white, fluffy peaks and valleys of this cloud below. It looks like perfect snow. Looking around below you it is as if you are above a land of snow. The sun shines brightly.

Lay back on your cloud, floating... Relaxing.... Floating on a cloud.

Feel the cloud beneath you... Still supporting you smoothly and comfortably.

Take your cloud wherever you wish.... Higher, lower, side to side... Drift wherever you want to go.

Enjoy the sights around you, as you are flying wherever you wish....

(pause)

Continue floating on a cloud, relaxing... Imagine wherever it is you would like to go. Your cloud can take you there.

Maybe you want to float above the mountains, drifting above their rocky peaks.

Perhaps you would like to drift along the coast of the ocean, watching the waves crashing to shore.

Maybe you would like to float through the city, drifting in and out among buildings and watching the cars below.

You can travel anywhere you wish. You can look down on forests... the countryside... even your own home... Float wherever you like.

(pause)

Enjoy the sights around you. Enjoy floating on a cloud. You are so relaxed... so peaceful...

(pause)

Now it is time to return to your day. Let your cloud take you there. Feel your cloud flying through the sky, back to where you need to go. Let your cloud lower you down, back toward the ground. Float back to where you were when you started this visualization. Let the cloud meld with the bed, chair, or whatever surface you are on. Feel the cloud slowly disappear as the real surface becomes more solid beneath you.

Notice now your surroundings. Gradually come back to the present. Feel the surface beneath you. Hear the sounds around you. Become more and more aware and alert. Continue to rest for a few moments longer but open your eyes and look around. See your surroundings.

Wiggle your fingers and toes, feeling your body reawaken. Shrug your shoulders. Move your arms and legs. Turn your head. When you are ready, you can return to your day, feeling refreshed and alert after your journey floating on a cloud.

Peaceful Meadow Relaxation Script

This guided visualization relaxation script will guide you to imagine relaxing in a peaceful meadow. Visualization is an effective relaxation technique that allows you to take a mental vacation to reduce stress, decrease anxiety, and experience full body relaxation.

Begin reading the relaxation script here:

Take a moment to relax your body. Get comfortable. Notice how your body feels and make some slight adjustments to increase your comfort. Take a deep breath in. Hold it... and breathe out, releasing tension.

Breathe in again, and as you exhale, allow your body to relax slightly.

Continue to breathe slowly...deeply.

As you visualize the following scene, let your body and mind become more and more relaxed with each moment.

Imagine yourself walking outdoors.

You are walking through the trees...small aspens, their leaves moving in a slight breeze.

The sun shines down warmly.

You walk toward a clearing in the trees. As you come closer to the clearing, you see that it is a meadow.

You walk out of the trees, into the meadow. Tall green grass blows gently...

You are probably feeling a bit tired...

It would be so nice to sit down in the grass.

Walk further into the meadow now...looking around...

Imagine the meadow in your mind's eye...what does the meadow look like?

Find a place to sit. You might want to sit or lie down in the grass...perhaps you have a blanket with you that you can unroll over the soft grass and lie down.

Feel the breeze caress your skin as you sit or lie down in the sun.

It is a pleasant day...warm, but not hot...quiet and peaceful.

Notice the sights around you. The grass, whispering...see the mix of meadow grasses, clover, wildflowers around you.

Watch a small ladybug climb a blade of grass. Climbing up toward the top, pausing for a moment, and then flying away.

Imagine closing your eyes and listening to the sounds of the meadow. Hear birds singing...the breeze rustling the grass softly...

Feel the sun on your face. Imagine turning your face up toward the sky, eyes closed, enjoying the warmth of the sun.

Smell the grass...the wildflowers...the smell of the sun on the earth...

Look around again to see the sights around you. Notice how the ground follows gentle contours of hills. See the blue sky above you...a few wispy clouds drifting slowly by.

See the trees at the edge of the meadow.

The meadow is lush and green, a haven for birds and animals. As you watch, a deer peers out through the trees, and emerges to graze at the edge of the meadow.

The deer raises its head to look at you, sniffing the breeze, and then turns, disappearing silently into the trees.

Rest and luxuriate in this peaceful, beautiful meadow. Notice the sights, sounds, and smells around you. Feel the soft grass beneath you, the sun and breeze on your skin. Imagine all the details of this place.

(pause)

Now it is time to leave the meadow and return to the present. Notice your surroundings. Feel the surface beneath you. Hear the sounds around you. Open your eyes to look around, re-orienting to the present.

Take a moment to stretch your muscles and allow your body to reawaken.

When you are ready, return to your usual activities, keeping with you a feeling of peace and calm.

Peaceful Place

The purpose of this peaceful place relaxation script is to relax your mind and guide you to imagine your own peaceful, safe place. This place will be an imaginary area that you can visualize to help calm and relax your mind when you are feeling stressed.

Begin by setting aside a few minutes so that you can relax without having anything else you need to focus on. Find a comfortable position.

For the next few moments, focus on calming your mind by focusing on your breathing. Allow your breathing to center and relax you. Breathe in.... and out.

In..... out....

In.... Out....

Continue to breathe slowly and peacefully as you allow the tension to start to leave your body.

Release the areas of tension, feeling your muscles relax and become more comfortable with each breath.

Continue to let your breathing relax you....

Breathe in....2...3...4.... hold....2....3..... out...2...3....4..... 5

again....2....3....4....hold....2....3.... out...2...3....4.... 5

Continue to breathe slowly, gently, comfortably....

Let the rate of your breathing become gradually slower as your body relaxes.

Now begin to create a picture in your mind of a place where you can completely relax. Imagine what this place needs to be like in order for you to feel calm and relaxed.

Start with the physical layout of the place you are imagining.... where is this peaceful place? You might envision somewhere outdoors.... or indoors.... it may be a small place or large one.... create an image of this place.

(pause)

Now picture some more details about your peaceful place. Who is in this place? Are you alone? Or perhaps you are with someone else? Are there other people present? Animals? Birds? Imagine who is at your place, whether it is you only, or if you have company.

(pause)

Imagine even more detail about your surroundings. Focus now on the relaxing sounds around you in your peaceful place.

Now imagine any tastes and smells your place has to offer.

Imagine the sensations of touch... including the temperature, any breeze that may be present, the surface you are on.... imagine the details of this calming place in your mind.

Focus now on the sights of your place - colors, shapes.... objects.... plants.... water.... all of the beautiful things that make your place enjoyable.

To add further detail to this relaxing scene, imagine yourself there. What would you be doing in this calming place? Perhaps you are just sitting, enjoying this place, relaxing. Maybe you imagine walking around.... or doing any other variety of activities.

Picture yourself in this peaceful place. Imagine a feeling of calm.... of peace.... a place where you have no worries, cares, or concerns.... a place where you can simply rejuvenate, relax, and enjoy just being.

(pause)

Enjoy your peaceful place for a few moments more. Memorize the sights, sounds, and sensations around you. Know that you can return to this place in your mind whenever you need a break. You can take a mental vacation to allow yourself to relax and regroup before returning to your regular roles.

In these last few moments of relaxation, create a picture in your mind that you will return to the next time you need a quick relaxation break. Picture yourself in your peaceful place. This moment you are imagining now, you can picture again the next time you need to relax.

When you are ready to return to your day, file away the imaginary place in your mind, waiting for you the next time you need it.

Turn your attention back to the present. Notice your surroundings as your body and mind return to their usual level of alertness and wakefulness.

Keep with you the feeling of calm from your peaceful place as you return to your everyday life.

Starry Sky

This starry sky relaxation is a guided imagery script that will describe relaxing at dusk and watching the stars appear in the night sky.

Start by finding a comfortable position. As you settle in, direct your attention to your body. Notice how your body feels in this moment. Let your body begin to relax by releasing the areas of tension, such as your shoulders.... feel the tension slipping away as you lower your shoulders slightly and let the muscles give up their hold.

Take a deep breath in.... and as you exhale, let your body relax even more. Where is your body feeling the most tense? Focus your attention on this area as you take another breath in.... and feel this area relaxing as you breathe out.

Breathe in.... and out....

In.... out.....

Continue to take slow, deep breaths.

Where is your body the most relaxed? Notice how this area feels. Notice how the relaxation feels. See how you can let this relaxed feeling increase... growing.... relaxing.... feeling your whole body relax.... as if your muscles are melting.... softening.... relaxing.

As your body relaxes more and more, you can also relax your mind as you focus on the guided imagery to follow.

Imagine that you are outdoors at dusk. It is still light out, but the sun has set below the horizon.

It is a pleasant temperature, comfortable.... and you are in a safe, peaceful place in the country. Maybe you are on a farm, or in the mountains, or in the open prairie.... picture a place that feels calm, safe, and serene.... a place you would enjoy watching the starry sky at night.

Imagine the details of your surroundings. You are probably sitting in a chair or lying on a blanket. Your position allows you to admire the sky above.

See the grass on the ground around you. You might see some trees, or rocks.... or even just wide-open plains. Imagine this pleasant scene, and feel yourself relaxing, simply enjoying this solitude.

The sky is becoming gradually darker. The highest part of the sky is a deep indigo color, becoming darker and darker as the moments pass. This color blends into a lighter shade, almost green.... At the horizon, the sky is an interesting shade of pink, mixed with gray in the fading light.

It is very peaceful watching the sky darken. The air around you is still and calm. In the distance, you can hear crickets and frogs as they begin to sing.

The air is slightly cooler now, very pleasantly cool against your forehead and cheeks.

Looking at the horizon now, shapes such as distant trees or buildings are in silhouette. Your eyes are slowly adjusting to the decreasing light. As you gaze up at the sky above, it stretches from horizon to horizon like a vast dome. Straight up above, the sky is growing darker, and is nearly black.... fading to a lighter color near the horizon in the west.

You can see the first stars appear.... first one star... and then another.... and another.... See them twinkle.... shining like tiny diamonds.

As you look at the darkening sky, you can see more and more stars.

Relax and enjoy the dusk.... watching night begin.

(pause)

The sky is even darker now. It has become a dark black, with only a slight hint of light at the horizon where the sun has set. The sky is so clear.... you see no clouds anywhere to obscure the starry sky.

More stars have appeared, until now the sky looks like it has been sprinkled by a saltshaker full of gleaming crystals of salt that are the stars. Some stars are bright, luminous.... others are tiny specs that you can barely see.

Simply enjoy relaxing under the starry sky.... enjoying this quiet retreat.

(pause)

Now the sky is jet black. Out here, away from city lights, the stars are amazingly bright. Have you ever seen so many stars? The sky is filled with so many stars, you would not even be able to count them.

See the constellations formed by stars... it is like hundreds of connect the dots pictures spread out before you. The starry sky is so huge.... so vast.... a beautiful glimmering blanket of stars stretching up in a complete circle around you from every horizon.

Admire the starry sky.... feeling very calm.... relaxed.... at peace....

(pause)

When you are ready to leave your imagined peaceful place, you can begin to reawaken your body and mind.

Feel your muscles reawakening as you take note of your surroundings.

Slowly return to the present....

Move your muscles by wiggling your fingers.... now open and close your hands a few times.

Wiggle your toes.... move your ankles....

Move your arms and legs....

Stretch if you want to.... feeling your body becoming fully awake.

Take a moment to sit quietly as you reawaken completely. Notice that you still feel calm and relaxed, though you are awake and alert.

When your mind and body are fully awake, you can resume your usual activities, feeling refreshed.

Self-Esteem Relaxation

Relax with affirmations, meditation, visualization and deep breathing. This self-esteem relaxation can be used to promote positive self-image and help you fall asleep in a positive frame of mind.

The script will begin by guiding you to relax your body. Once you are calm and breathing deeply, you can focus on the guided meditations that follow. Each affirmation will help you to relax and focus on building positive self-esteem.

You can use this relaxation script to record your own audio or learn to relax.

Begin reading the self-esteem relaxation script here:

Find a comfortable position sitting or lying down. Notice how you are feeling right now...physically and mentally.

Take a deep breath in through your nose and release the breath through your mouth.

Take another breath and allow your breathing to relax you as you exhale fully.

Breathe in gently... and as you breathe out, let the air carry the tension out of your body.

Continue to breathe slowly and gently as you begin to focus on relaxing your body.

Notice where your body is tense. 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.

Imagine what the relaxation feels like... tingly... soft... gentle... calm... loose... free... and 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 exhale...

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. This might be a favorite place you have been, or somewhere you have seen, or it might be completely imaginary. It's up to you. Picture this place where you feel happy and calm.

Create the details about this place in your mind. Visualize the sights... sounds... and smells... of your place. Imagine how you feel physically. You are comfortable, enjoying the pleasant temperature... enjoying being still and relaxing or doing whatever enjoyable activities you participate in here...

Enjoy the way you feel in this safe place.

You feel calm and safe here. At peace with yourself.

Remain in your peaceful place while you meditate calmly and build your self-esteem.

Imagine that all of the following affirmations are true for you, right now in this moment, and enjoy the self-esteem relaxation you experience. Repeat each affirmation in your mind, or out loud, with conviction. Use your imagination to fully believe each self-esteem relaxation affirmation.

The self-esteem relaxation affirmations begin now.

I am at peace with myself.

I appreciate who I am.

I value myself as a person.

All people have value, and I am a valuable human being.

I deserve to relax.

I deserve to be happy.

I embrace my happy feelings and enjoy being content.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

When my mood is low, I accept my emotions and recognize that the low mood will pass, and I will be happy again. I look forward to the good times.

My future is bright and positive.

I look forward to the future, and I enjoy the present.

I look fondly upon many memories from my past.

I forgive myself for my mistakes. All people make mistakes. I used to feel regret about some of my mistakes because I am a good person and want to do the best that I can, and now, I am still a good person and I release the feelings of regret because I have learned and moved on. I forgive myself for errors I have made, because I have felt bad about them long enough. I have suffered enough, and now it is time to be free. By freeing myself from past mistakes, I can move on and do good things. I forgive myself.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I feel good about who I am today.

I accept the person that I am. I accept my flaws and accept my strengths.

I view my shortcomings as strengths not yet developed, rather than as weaknesses.

I eagerly develop new strengths.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I approach challenges with strength.

I do the best that I can at the time. I give 100% effort when I am able and when I choose to put full effort toward the things that are important. I accept my imperfections and the imperfections in what I do. My efforts are good enough, and they're okay.

I do not have to be perfect to be okay as a person.

I am a human being with flaws. I enjoy being who I am, and love myself as I am.

I nurture the child within me.

I feel secure in who I am, and do not need to compare myself to others.

All of the strengths I have ever had are present in me today. I still have the same positive character, even if not all of my strengths are shown right now. I have all of those strengths of character and will use those strengths again.

I imagine and believe that all of these affirmations are true for me, right now in this moment, and enjoy the self-esteem relaxation I am experiencing.

I accept myself.

I care for myself.

I take time for myself and enjoy it. I deserve time for myself, and I feel good about taking this time regularly.

I handle difficulties with grace.

I allow myself to experience and express emotions, both negative and positive.

I accept myself.

I am perfectly alright just the way I am.

I accept myself.

I am a valuable human being.

I accept myself.

I feel confident.

I accept myself.

I feel secure.

I accept myself.

I accept myself.

Think again about your peaceful place. Picture yourself enjoying this environment. Acknowledge the feelings you are experiencing after repeating the self-esteem relaxation affirmations. Accept any positive or negative feelings you are having. Allow yourself to feel calm and at peace.

Now it is time to leave your special place. 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 belief in the self-esteem relaxation affirmations. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day.

In a moment I will count to 3. If you choose to sleep, you can drift into a relaxing and pleasant sleep on the count of 3. If you wish to become fully awake, you can increase your alertness and become energized and fully alert on the count of 3.

One... take a deep, cleansing breath in... and exhale slowly.

Two... take another deep breath... and exhale...

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

Healing Relaxation: Free Relaxation Script to Promote Physical Healing

This healing relaxation begins with passive progressive muscle relaxation, and then guides you to imagine your body healing itself.

Begin by finding a comfortable, relaxed position.

Allow your body to begin to relax.

Breathe in.... and out....

Take a cleansing breath in.... and breathe out the tension in your body....

Feel relaxation beginning at the bottom of your feet. It might feel like stepping into a warm bathtub... or it may feel like a tingling sensation.... or simply calm and loose. Allow the relaxation to spread over your feet, and up to your ankles.

Feel the relaxation rising above your ankles, flowing up your lower legs.... to your knees.... continuing up to your upper legs...

Allow the relaxation to continue to spread throughout your body, rising now to your hips and pelvic area....

to your stomach and lower back....

to your chest and upper back....

Let your upper arms relax.... your elbows.... lower arms.... and wrists... feel the relaxation spread to your hands... relaxing the palms of your hands.... the back of

your hands.... each finger and thumb.... your hands feel pleasantly warm, heavy, and relaxed.

Feel your body relaxing further as the area by your collar bones widens and relaxes.... allow your shoulders to ease back slightly....

Allow your upper back to relax even further.... let your shoulders relax.... and your neck....

Feel the relaxation continue to spread to your chin... the back of your head... your mouth.... your cheeks.... nose.... eyes....

Feel your eyelids, heavy and relaxed....

Notice your eyebrows relaxing.... your ears relaxing.... and your forehead....

Your forehead feels cool and relaxed....

Let the relaxation spread further to the top of your head....

Your entire body now is relaxed and calm. Feel the relaxation flowing throughout your body, from your head to your feet.

You can relax even further as you let your spine relax completely. Starting where the top of your spine meets your head, feel the relaxation.... feel the muscles giving up their hold and relaxing....

Feel the relaxation spread down your spine... down your neck.... upper back.... middle back ... and lower back.... all the way down to your tailbone at the bottom of your spine...

Notice all of the muscles of your back relaxing completely....

Feel the relaxation flowing throughout your body.

Breathe in.... now hold that breath. And relax your muscles totally, allowing the breath to flow gently out your nose or mouth.

Take another deep breath, breathing in relaxation....

And release the breath. Breathe out any remaining tension.

Continue to breathe smoothly and slowly as you mentally scan your body, looking for any remaining tension.

If you notice any tension, focus on that area. Direct the relaxation to flow into that area, and then carry the tension away.

Imagine that the air you are breathing can cleanse your body and remove tension. Imagine that each breath in carries relaxation. Picture the tension in your body leaving with each breath out.

Now simply relax, calmly, enjoying the feeling of relaxation for a few moments.

(pause)

Focus your attention now on your body and think about the healing that needs to take place.

Create an image in your mind of your current state of being. Imagine the physical ailment that troubles you. It might be pain, or illness, or injury. It might be something diagnosed, or it may be a problem that is not yet identified. Whatever it is that you would like to heal, imagine this problem in your mind right now.

Focus on the specific location in your body where this problem is present.

You might want to imagine the problem as a dark area and picture the healing relaxation as light. See the light of relaxation flowing through your body. Direct the light of healing relaxation toward the dark area.

Your body has many ways of healing itself. See the healing relaxation promoting your immune system.... promoting strength... promoting growth of healthy tissue.... removing unhealthy matter from your body.... removing toxins, bacteria, or waste.... cleaning up your body....

Imagine the light of healing relaxation flowing, swirling, touching the edges of the dark problem area in your body.

You might notice small pieces of the dark area being carried away by the healing relaxation.... allow these dark pieces to leave your body as you breathe out.

Breathe in health, healing, and calm....

Breathe out tension, illness, and any problems in your body....

Allow the light healing relaxation to continue swirling around the dark problem area... see the dark area getting smaller...

Imagine the dark area completely enveloped by relaxation....

See the healing relaxation making the dark area lighter.... and lighter... carrying away anything that is not good for your body....

Imagine your immune system working to heal you.... picture the cells you need going to the places they need to go.... working as needed to heal your body....

Imagine the healing relaxation flowing, coursing through your body....

Picture your body entirely filled with relaxation....

See the problem area your body is healing.... see it becoming even lighter.... filled with relaxation.... carrying away any discomfort.... healing....

Allow your body to heal itself....

Take a cleansing breath in.... and breathe out what your body does not need....

Breathe in relaxation.... breathe out all the old air....

Relax for a few moments and imagine the healing process going on inside your body.... feeling confident in your body's ability to heal.... feeling calm and at peace....

(pause)

Now you can choose to return to your usual level of wakefulness and alertness, or drift into sleep.

If you choose to awaken, feel your body and mind becoming more aware of your surroundings.

If you decide to sleep, let the relaxation deepen.

I will count to three. When I reach three, you will be at your desired level of relaxation or alertness.

1

2

3

Public Speaking Visualization

This public speaking visualization is a guided imagery script that uses visualization to allow you to imagine yourself calmly and successfully giving a speech or public performance.

To begin, choose a comfortable position, seated or lying down. Make sure that you have no distractions around you and are not trying to do anything besides focusing on these words and allowing yourself to become relaxed.

Get comfortable, preparing to relax. start to relax your body.

Take a deep breath in.... and breathe out.....

In..... and out.....

Continue to breathe deeply, slowly, and comfortably.

I'll count down now, from 10... to 1. As I say each number, you can become more relaxed.

Let's begin.

10.... feeling your muscle start to relax....

9.... your hands and feet are warming and relaxing....

8.... your muscles are becoming loose and heavy....

7.... notice your attention drifting... becoming more relaxed....

6.... relaxing even further now.... peaceful....

5.... a tingly feeling of relaxation spreading through your body... pleasant and relaxed

4.... further relaxed and peaceful....

3.... free of tension....

2.... almost completely relaxed now....

1.... you are now deeply relaxed.

Very deeply relaxed and comfortable.

Allow this feeling of relaxation to grow... becoming even more relaxed.... calm and peaceful.

Keep with you the feeling of relaxation as you think about public speaking. Notice your reaction, physically and emotionally, to the concept of talking in public. Perhaps in the past this has been a source of anxiety for you... notice now how you can be relaxed and calm while thinking about speaking in front of others.

Calm and relaxed.

Peaceful and relaxed.

In the future you will know that the stress symptoms you may experience when faced with speaking publicly indicate excitement. This is a positive feeling, filling you with energy. The thought of speaking in front of people fills you with good feelings of excitement and anticipation.

You may even be feeling a bit excited now, just thinking about public speaking. Let this feeling subside as you return to a state of deep relaxation.

Take a deep breath in... hold.... and exhale.

Breathe in.... and out.

In.... out....

Continue to breathe deeply, noticing how you relax a bit more each time you exhale.

Breathe in.... and relax, breathing out.

In.... relax....

Breathe.... relax....

Keep breathing slowly and calmly. You can relax like this any time you need to. Whenever you want to calm down, you can breathe deeply, and relax... like you are relaxing now.

(pause)

Now let's begin a guided imagery exercise to allow you imagine successfully speaking in public and enjoying the positive experience.

In this visualization, imagine that everything goes perfectly. Imagine what it would be like to be the most confident, best speaker a person could possibly be.

Create an image in your mind image of an excellent public speaker.... imagine a confident, well-spoken person.... see that this person is you. Picture yourself as a superb speaker.

Begin to create a mental picture of yourself preparing to give a speech. Imagine that you are preparing in advance to speak. You are feeling confident, excited ... you're looking forward to speaking.

After your focused preparation, you are ready to speak. When the day arrives for you to speak, you are excited, eager to begin.

Imagine going to the location where you will speak. See yourself looking forward to speaking. You are excited, eager to talk in public. You can't wait to share your knowledge. You have memorized the words easily and know that they will come to you exactly as you need them.

Picture entering the location where you will speak... maybe it is an auditorium.... or another place. Many people are gathered to see you. You love it. They can't wait to hear what you are going to say, and you can't wait to tell them.

imagine getting up to the front of the room, ready to speak. The crowd waits expectantly.

Picture all the details of this scene. See yourself standing at the front of the room, feeling confident. See the people in front of you, waiting to hear you speak.

Imagine yourself beginning your speech. Confident. Your phrases and words are well timed. All throughout your speech, you are breathing calmly, deeply... pausing between each sentence. You maintain a comfortable, smooth rhythm. You talk with smooth, clear speech. Ideas flow. Your hard work and extensive preparation allow your speaking to be easy, automatic, almost rote. Everything seems so familiar. It is such a great feeling.

Imagine giving your speech. See yourself as you enjoy this moment. You are confident, comfortable, and having a great time. The anticipatory excitement you felt at the beginning has smoothed into a feeling of confidence and calm.

You feel so at home in front of all these people. They listen, enjoying hearing you speak as much as you are enjoying speaking. You enjoy this experience immensely.

When you reach your conclusion, and speak the final words of your prepared speech, imagine giving the audience time to ask questions. You answer every question easily and proficiently. See your excellent answers satisfying each member of the audience.

The audience is pleased with your performance. You are pleased with your performance. The exhilaration at having completed this public speaking fills you with happiness, contentment, and pride. It feels great to have done this. You are a little bit disappointed it is over because you enjoyed it so much.

Notice how you can feel confident and calm when doing public speaking. This includes giving prepared speeches, responding to questions, talking spontaneously to strangers.... you are skilled and able to do any sort of public speaking. You are able to relax before, during, or after you speak. You are confident and assertive.

Practicing this visualization in your mind is like performing actual public speaking. If you are able to do this visualization and be calm, you can also speak in public calmly. Congratulate yourself for completing this challenge.

Now that you have completed this public speaking guided imagery, take a few moments to reawaken your mind and body... gradually becoming more alert.

I'll count to 5. When I reach 5, you will be fully awake and feeling calm and energized.

1 ... becoming more awake and alert

2 feeling your mind and body reawaken

3 move your muscles a little

4 almost completely awake now

5 feeling full of energy and refreshed.

Finding Your Authentic Self Relaxation

This guided imagery script will help you explore your values and connect with your authentic self. Use this relaxation technique to get in touch with your true self, live up to your full potential, and live according to your true identity in day-to-day life.

Begin by getting comfortable. You may want to sit or lie down. Close your eyes or focus your gaze on one spot in the room.

Start to relax your body, beginning with your feet. Allow a feeling of relaxation to fill your feet...feeling heavy, loose, and relaxed. Relax your ankles...lower legs...and knees.

Allow the relaxation to continue, relaxing your upper legs. Let the muscles of your legs completely let go...feeling very heavy and relaxed.

Relax your hips and pelvis, and all the surrounding muscles. Feel your stomach and lower back relaxing...the muscles giving up their hold.

Feel the relaxation in your chest, back, and sides...feeling very relaxed...very heavy.

Let your hands relax, all the way from your fingertips to your wrists. Feel your lower arms relaxing...letting go. Relax your elbows and upper arms...loose and heavy.

Relax your shoulders, feeling them lowering slightly...finding a comfortable, relaxed position...free from tension...

Allow the muscles of your neck to relax...letting go...and relax your face and head.

Feel your entire body relaxing even more deeply...becoming completely relaxed...limp...heavy...comfortable.

Now turn your attention inward...even more deeply inside...to find your authentic self.

Begin by reflecting upon your values. What is the most important to you in life? What do you value? Where does your sense of right and wrong come from? Spend the next few moments thinking about your values.

(Pause)

The values you have been thinking of make up part of the core of who you are. If you are being true to your values, these core beliefs will drive your behavior.

It feels good to behave in ways that are consistent with your values. For example, if honesty is something you value, this could be reflected in your life by being truthful. If you value your family, perhaps your life reflects this in the time you spend with family members.

Think about how your values can be a part of your day-to-day life.

(Pause)

Now consider what else makes you who you are. Finding your authentic self involves learning who you truly are. Your authentic self is the real you, the person you are truly meant to be. Your authentic self is the person you are the core, the person you can be if nothing holds you back.

Imagine the person you believe yourself to be right now. It's okay if you aren't quite sure who you are...just picture yourself going about the things you usually do in a typical day. Imagine that you are watching yourself...observing yourself going about your usual activities.

See yourself getting up in the morning...going about your day...imagine the things that you do in a typical day. See yourself doing these activities.

Picture this person...you...standing in an empty room. Imagine watching this person...observe...now imagine you could strip away all the things that hold you back from your full potential. Imagine self-doubt dissolving...being replaced with confidence and self-assurance. Picture this person before you, and imagine all the things that get in the way of success...such as circumstances, lack of resources, lack of forgiveness, illness, baggage from the past...anything that is holding this person back in any way at all...

See these problems dissolving...disappearing...going away...

Now imagine this person, standing in the empty room. What is left? Who is this person when all those barriers are stripped away?

This person is you. Imagine who you are at the core...the pure character that is left when there is nothing to get in the way of complete self-expression.

You may only have a vague picture in your mind right now...let's allow that picture to come into focus...becoming more clear...

Think of your motivations...what motivates you? What drives your behavior? What catches your interest...or has caught your interest in the past? What propels you to action?

Think about your personality and character traits...the characteristics that are left when all barriers are removed, and all fears have gone away. At your fullest potential, your simplest form...with no fears...what traits do you have? Think about your energy...are you laid back and calm, or are you energetic? Think about your other characteristics...

Are you introverted or extroverted?

Quiet or talkative?

Are you creative?

Are you practical?

What sorts of things do you appreciate?

What do you admire?

What do you like?

Imagine something that makes you feel happy...what is it?

Think of some things you enjoy...things that you like to do...

Think about all the characteristics of the person who is left when all barriers and fears are removed.

(Pause)

Now let's create a different picture. Imagine yourself as a young child, in a happy moment. See the potential in this child. Who is this young person? What makes this child who he or she is?

(Pause)

Think about the characteristics that you share with this child. In what ways are you similar? In what ways does the current you differ from this child? Think about how you have learned and grown since the time you were a small child.

(Pause)

Now picture yourself as the child...see the world through your younger self's eyes.

What did you want to be when you grew up? What hopes did you have for your future self? What dreams did you have as a child?

The hopes and dreams you had as a child were probably related in some way to your authentic self. Something about your dreams was connected to a part of your true self. What do these aspirations say about who you are? What personal characteristics of yours are related to your childhood dreams?

For example, if as a child you dreamed about becoming an astronaut, you probably have some personality traits that relate to this dream...such as being adventurous, curious, analytical...

Think about your own childhood dreams and see what these dreams say about who you are.

(Pause)

Now create one final picture in your mind. Imagine, in as much detail as you can, the person you want to be. Imagine your ideal self...

How would this person behave? What does this person, your authentic self, value? What motivates this ideal self? What personal characteristics are present in this ideal version of you? Imagine all the details of the person you most want to be.

(Pause)

The image in your mind right now, of this ideal person, is you. This is your authentic self. This is who you are. At the core, beneath all of life's getting in the way...this is you.

Spend a few moments with this image of your authentic self.

Now allow yourself to step inside this image, and fully become this person. Become who you are. For this moment, just be...simply be your authentic self. Feel a sense of calm and serenity...secure in who you are...knowing who you are. This is you. Your authentic self.

You can take this authentic self with you...allowing this true essence of you to shine through in everyday life. Allow your values, personality, and motivations to shine though...to guide your behavior...to make up who you are.

You have always been this person...you always will be your authentic self...a positive, confident person. A person you like and appreciate. Underneath the challenges, the baggage, the demands of living life...this is the real you that will always be with you.

(Pause)

It's time to reawaken now...to conclude this relaxation exercise...

Keep the image of your authentic self with you as you go about the rest of your day. Express this true self...and allow you to simply be you.

Wiggle your fingers, waking up your hands and arms...

Move your toes, allowing your feet and legs to wake up...

Feel your muscles reawakening...and your whole body filling with energy.

Open your eyes and sit quietly for a moment while you reorient to your surroundings...

When you are completely awake and alert, you can return to your usual activities, feeling confident and calm, in touch with your authentic self.

Relaxation for Panic Attacks when Flying

This relaxation is for panic attacks when flying. Most people experience at least some anxiety in airports or on planes, but for some, flying causes panic attacks. This relaxation script will help to decrease the stress associated with flying and stop the anxiety experienced on airplanes and in airports.

You can use this relaxation script while at the airport, when flying, or in preparation for flying to help visualize flying calmly. You can use this script to get rid of panic attacks when flying.

Before you begin this panic attacks when flying script, start by finding a place to sit or stand and making yourself as comfortable as possible. If you cannot find a place to be still, pause this audio, and resume when you can sit down or stand near a wall. This is to make sure that you are safe. Relaxation occupies your attention, and it can be unsafe to listen to relaxation audio when you are trying to walk. Do not listen to this audio while driving or during any other activity that requires your attention.

Now that you have found a place to sit or stand, let's begin to decrease panic attacks when flying. Get as comfortable as you can. You are going to be feeling better soon. Let's start by relaxing your body. You will find that as your muscles start to relax, you feel mentally calmer as well.

Find one spot to focus your gaze. You might want to hold a newspaper, and focus on that, or you may want to look at a spot on the wall. Perhaps you would like to close your eyes. Do whatever feels comfortable, either focusing on one spot, or closing your eyes.

Move your shoulders up toward your ears, close your hands into fists, and tighten the muscles of your arms. Now let that tension go, lowering your shoulders, and opening your hands as you relax. Let the tension leave your neck, shoulders and arms.

Take a deep breath in...and now breathe out slowly.

Breathe in...and out...

In...out...

Keep breathing slowly like this. Your deep, calm breaths can relax you.

Focus all of your attention on these words...allowing your concentration to deepen...focused...concentrating...

Think about your feet. Focus completely on your feet...noticing how your feet feel right now.

Notice that as you concentrate on your feet, they are becoming warmer...and feeling a bit more relaxed...without you doing anything at all. Feel your feet relaxing...becoming so relaxed...all on their own...

Even your ankles are starting to relax...

Concentrate on your lower legs...noticing how your lower legs feel. Don't try to change anything...just think about your lower legs.

Notice that the warmth is spreading from your feet and ankles...up to your lower legs.

Your legs and feet are starting to feel heavy...and the muscles feel so loose...the more you focus...the more limp the muscles become...so very relaxed and still...very heavy...relaxed...

Concentrate on your knees. Just think about how your knees feel. Your knees, too, start to feel a little different as you focus on them. The more you think about your knees, the more you notice how heavy they are...feeling warm...pleasantly relaxed...

Focus on your upper legs. How do your upper legs feel? Think about your upper legs...and notice the muscles becoming softer...more relaxed...with no effort from you. All on their own, your legs are relaxing...feeling so heavy...

Your legs feel like they are made of liquid lead...so heavy...yet so fluid...no tension...warm and relaxed.

Concentrate on your hips. Feel your hips becoming relaxed...naturally...automatically...

Think about your stomach and lower back...focus all your attention on this region of your body...feel the warmth at your core...so warm...and so relaxed...radiating warmth and relaxation...all the muscles are relaxing and becoming loose...the relaxation happens all on its own...you are just an observer...

Focus on your chest, sides, and upper back. Feel your calm, gentle breaths moving your entire upper body in and out...gently...calmly...such a relaxed feeling...

Feel the muscles of your chest relaxing...and the muscles of your sides becoming relaxed...the muscles of your back are becoming so relaxed...as you think about this area of your body, it becomes filled with relaxation and warmth...

Think about your hands...feel your hands getting warm...very warm...and very heavy...loose and open...naturally and easily becoming relaxed...

Focus on your wrists...feel the warmth continue to your wrists.

Concentrate on your lower arms and elbows...just think about your arms. Notice your arms becoming heavy...like liquid lead...soft and relaxed...heavy...sinking...

Think about your upper arms...notice that your upper arms are starting to feel different...you are simply observing, without doing anything at all.

Notice the relaxation here...your upper arms are feeling very heavy...and warm...

Focus on your shoulders. As you think about your shoulders, you can feel them sinking...ever so slowly sinking downward...feeling so heavy...so soft and relaxed...liquid...

Think about your neck...feel the muscles here relaxing...becoming loose....

Focus on your face...feel your face softening...all on it's own...relaxing...

Think about your head...notice how your head is relaxing...letting go of the tension in your scalp...

Notice your whole body...feel the warmth and relaxation coursing through your body...so heavy...just like liquid lead...

Just enjoy this relaxed feeling...observing passively...just observing what it is like to be relaxed....

(Pause)

You can become relaxed whenever you need to, just by noticing your body and allowing the relaxation to occur naturally.

Now that you are feeling more relaxed, I would like to talk to you about panic attacks when flying. As I talk, you may find that you become even more relaxed...that the feeling of relaxation deepens...as you become more and more deeply relaxed....

You are safe right now...whether you are in the airport, in a plane, or thinking about an upcoming trip. You are going to be okay. Worrying is not going to help you be any safer than you already are...in fact, worrying will serve no purpose besides to make you feel anxious. Worrying leads to panic attacks when flying.

When the anxiety comes up, just notice how it feels, and allow it to pass. Don't try to fight the anxiety or make it go away...it will go away all on it's own. Panic attacks when flying will go away without any input from you.

The thing you can control the most right now is your thinking. When people feel anxious or experience panic attacks when flying, they often have upsetting images or thoughts go through their minds.

If you are feeling anxious right now or have panic attacks when flying, you probably have many scary thoughts. It's okay to acknowledge those thoughts. Let's do that right now. Thoughts that lead to panic attacks when flying include thoughts like these:

Maybe you think the plane will crash.

Perhaps you feel crowded and think you aren't getting enough air.

Maybe you think people are going to notice how scared you are.

Perhaps you think people are thinking bad things about you.

Maybe you think the plane is going to explode.

You may think a terrorist is going to hijack the plane.

Maybe you think the wings of the plane will fall off.

You might think the plane will fall out of the sky.

You may think the plane will catch on fire.

Maybe you think the plane will crash as it lands.

You might have other scary thoughts, too.

It's normal to have some negative thoughts like these go through your mind once in a while, but these things are not going to happen. Don't try to fight the way you feel when these thoughts come up. It is normal to feel anxious when thinking about scary things. Panic attacks when flying can be caused by these scary thoughts.

You can control what you choose to focus on. You don't need to worry about controlling what thoughts come up, but you do need to choose what to focus your attention on.

When a negative thought comes up, such as "the plane is going to crash," simply allow it to pass, and focus your mind on something else. Let's practice that now.

Focus on these words, concentrating as much as you can on what I am saying.

You are safe. You are going to be okay.

Focus on your muscles...noticing which ones have become tense. Focus on one tense area...and feel the tension decreasing...little by little...until that spot is relaxed. Keep concentrating on areas of tension, one by one...and allowing each one to become relaxed...

(Pause)

Concentrate now on creating a positive image in your mind. Think of a safe, peaceful place...let's imagine a cabin by a calm lake. The cabin is close to the water...a small path leads from the cabin door to a dock. A rowboat floats next to the dock.

The lakeside is made up of soft sand...a small, clean beach. At each end of the beach are round pebbles and large, smooth rocks. Imagine standing on the beach. Next to you on one side is the lake...and on the other side is grass and the cabin...and behind the cabin large, beautiful trees.

Imagine all the details of this place...a place of complete safety and serenity.

(Pause)

Any time you feel afraid, you can focus on this safe place and feel calm again. While you imagine your safe place, I would like to talk to you about flying...and about panic attacks when flying.

Your plane is going to take off safely.

You are going to have a safe flight.

There may be turbulence, but it will not hurt you.

You will have a safe landing.

You are going to get off the plane perfectly safe.

No one notices if you feel anxious, because the anxiety is inside and not something anyone can see by looking at you. Other people may feel anxious too. The people around you are not focused on you.

You will be able to congratulate yourself for getting through the flight calmly.

If you experience panic attacks when flying, you have probably become so accustomed to picturing scary things, flying seems terrifying. You can replace these frightening images with positive ones...and make the positive images so familiar that they become automatic.

Imagine that you are getting ready for a trip that involves air travel. See yourself packing your things and thinking about the trip, feeling calm.

Picture the journey to the airport. Imagine all the details of this trip and imagine being completely calm as you travel to the airport.

See yourself arriving at the airport, still calm...in control...feeling good.

Imagine the things that you would do at the airport...checking in... getting your boarding pass...checking your bags...going through security...see yourself calmly completing each step...feeling at ease...feeling confident...unhurried...easily completing each step...

Imagine getting ready to board a plane, feeling completely calm. Imagine what it would be like to be perfectly calm while boarding a plane.

Picture getting on the plane, and finding your seat, still calm and serene.

Imagine settling into your seat and feeling comfortable...even if the space is small, you feel relaxed, comfortable, and calm.

See in your mind, the plane taking off...taxiing down the runway...lifting smoothly into the air...getting further up into the sky...

Flying is such an amazing thing to do...up with the clouds...flying in the sky...imagine flying in the plane, so calm and relaxed...enjoying the flight. Imagine what this would be like. See yourself flying and enjoying yourself.

Imagine encountering some turbulence. Imagine the bumps you will feel...and imagine feeling calm, knowing that this is normal and safe.

See yourself flying in the plane...maybe looking out the window...maybe reading...maybe sleeping...you may even be a little bored. All the while you are calm.

Imagine arriving at your destination. See the plane gliding down toward the airport, getting closer to the ground...and eventually touching down on the runway...slowing to a stop.

Picture getting off the plane, still feeling calm. Imagine congratulating yourself for getting through this so calmly. Imagine how you would feel...so happy...triumphant.

You can run through this visualization over and over again, until you automatically picture calmly, safely flying whenever you think about airplanes.

For the remainder of this relaxation for panic attacks when flying exercise, I will just talk you through whatever you are experiencing right now. Whether you are thinking about flying, you have an upcoming trip, are in an airport, or on a plane, I'll be here to talk you through it for the next few minutes.

You are safe right now.

You are getting all the air you need. Your body knows how much air it needs. There is plenty of oxygen available, and you are getting enough air in your lungs.

You are getting through this.

The plane is safe...it is going to take off, fly, and land perfectly safely.

The flight is going to go well. You will arrive safely at your destination.

It's okay to be anxious...anxiety will not last forever. Soon you will be feeling very calm.

Allow yourself to feel however you are feeling right now, without fighting or resisting. Just observe how you are feeling...notice how you feel physically...and mentally...without trying to change anything.

You can relax your muscles any time you need to. Notice your muscles now. Find that when you concentrate on an area, it automatically becomes more relaxed. I'll name some areas to concentrate on. Focus completely on each one.

Notice your shoulders. Focus completely on your shoulders.

Your hands.

Your jaw.

Your legs.

Your shoulders.

Your chest.

Your face.

Your stomach.

Your shoulders.

Your jaw.

Your hands.

Your face.

Your chest.

Your back.

Your neck.

Your shoulders.

Your feet.

Your arms.

Your legs.

Your head.

Your upper body.

Your lower body.

Your whole body.

Now just let your mind drift. You don't need to focus on anything at all.

You are safe...protected...everything is fine.

You are okay...you are getting through this...you are doing well...

You are able to fly without panic attacks...experiencing no more panic attacks when flying...no more panic attacks when flying or in airports or when thinking about flying...just calm...feeling confident...no more panic attacks when flying...no more panic attacks when flying...no more panic attacks when flying...no more panic attacks when flying...finished with panic attacks when flying...overcoming panic attacks when flying...

You can go to the airport and get on a plane and fly and feel calm throughout the process...you can get through it with ease...you are so much stronger than the panic you have experienced in the past...

The panic attacks have no control over you. Panic attacks cannot hurt you. You are free from panic attacks when flying...free because you know that even if you experience panic, you will get through it. The panic will go away. It will not last long. It is no big deal. Since you know that anxiety is no big deal, you have no fear of becoming anxious...you are not even worried about facing your former fears because you know you can do it.

You are getting through this, right now. You're here...and you're okay...even if you feel anxious...even if you feel afraid...you are here. You are coping. You are getting through this experience, and you are going to be just fine. You will feel so good and be so proud of yourself when this is over, because you can look back and know that you got through this.

You are doing well.

Whenever you need a mental vacation...or need to take a break...think back to your imaginary safe place...the cabin by the lake...and picture the details there. Imagine that you are there...relaxing...maybe sitting in a lawn chair on the beach...maybe floating in the rowboat and gazing up at clouds drifting by...see yourself relaxing at this beautiful place.

Imagine this peaceful place for as long as you like.

You have completed this relaxation for panic attacks when flying exercise. Keep a feeling of relaxation with you as you continue with your day. You may choose to return to full alertness now, or to drift off to sleep. I will count from ten to one. If you decide to reawaken, become more alert and awake with each number. If you decide to sleep, drift deeper into sleep with each number. Whether you become awake or fall asleep, continue to feel calm, confident, and relaxed.

Ten...

Nine...

Eight...

Seven...

Six...

Five...

Four...

Three...

Two...

One.

Taking an Exam Guided Imagery Script

This guided imagery script will allow you to visualize the process of studying for and taking an exam. Visualizing success will promote increased confidence, concentration, and memory. Relaxation can also improve the ability to learn by eliminating some of the anxiety that interferes with taking in new information. Regular practice with this script can help you overcome test anxiety.

Test and exam anxiety can be problematic for students. Worrying and stress interfere with studying and make it difficult to do your best on a project, test or quiz. Some people get so nervous that they get sick before exams. Exam anxiety can make it really challenging to getting good grades. This guided imagery exercise will help.

Guided Imagery Exercise for Taking an Exam

Begin by becoming very relaxed. Make yourself comfortable, finding a relaxed position in an environment free of distractions.

Start to relax your body, taking a deep breath in.... and out.

Breathe in again.... and exhale fully.

Breathe in.... and out.

In.... out.

Keep breathing, letting each breath relax you.

Notice some key areas in your body where tension tends to build. Your shoulders, hands, back, neck, and jaws. Focus first on your shoulders. See how your shoulders relax as soon as your attention is focused on them. Feel the muscles loosening, and your shoulders lowering... relaxing.

Let your jaws relax, letting your lower jaw drop slightly, leaving a space between your upper and lower teeth. Feel the muscles of your face becoming smooth, loose, and relaxed.

Turn your attention to your neck. See how you can let the tension go, relaxing the muscles of your neck. Let the relaxation continue down the length of your spine, relaxing all the muscles. Feel the relaxation in your neck and back.

Now focus on your hands. Open and close your hands a few times, wiggle your fingers, and then relax. Let your hands be limp and loose, resting in your lap or at your sides.

Scan your body now for any other areas that are tense. For each one, imagine directing your breath to that area. Imagine breathing in relaxation.... and breathing out tension. Breathing in a feeling of relaxation and exhaling all the tension. Feel your muscles relaxing with each breath.

Continue to scan your body, relaxing each area that feels tense.

(pause)

Now you are feeling calm and relaxed. Your whole body feels relaxed and heavy.

Begin to visualize now the process of preparation for taking an exam. The first stage is motivation. Imagine how it would feel to be filled with motivation and drive, feeling compelled to study and write a test.

Fully imagine this feeling and allow yourself to experience it completely. Feel motivation.

(pause)

You are so eager to take an exam.

Imagine now the preparation leading up to taking a test. Picture yourself studying... interested, motivated, eager. Enjoying the process of assimilating new information. You are confident and capable. See yourself studying, remembering the material, and feeling energized by this process.

See yourself studying several times, reading, writing, speaking... reviewing the information you need and committing it to memory.

(pause)

Now see yourself in your mind's eye... you have studied and are prepared for the exam. You are feeling a bit excited to write a test and share your knowledge.... but at the same time, you are feeling calm and confident about the prospects of taking a test.

Imagine yourself during the examination. See how easy it is to recall the information you studied. Picture yourself confidently taking an exam, easily drawing upon your knowledge, answering every question, and knowing you have it right.

Some of the questions are easy, and you answer them quickly. Some questions are difficult, requiring intense thought. You were expecting this, and you are prepared. Imagine yourself as you take an exam, taking a moment to breathe deeply, slowly, calmly.... feeling your body relax and allowing your mind to become calm. In this state of calm, you are able to focus... and you answer the difficult questions thoughtfully. You experience mental clarity and concentration.

Take a few moments now to imagine the process of taking a test, feeling calm and confident, and seeing yourself answering questions successfully.

(pause)

Picture now, that you have finished the exam. See yourself feeling confident and gratified, though you have not yet received the results. You are feeling proud of yourself for your accomplishments of studying and taking an exam. You feel calm and confident while you wait for the exam results. You may find out soon how you did or may have to wait.

Imagine getting the exam results. Feeling confident and excited.... and seeing the results: you passed! You receive an excellent grade, exactly what you were hoping for. This feeling of success and accomplishment is so wonderful, you want to take another exam just to experience it all again.

Enjoy the feelings of success.

(pause)

Take a moment to reflect upon the process of writing an exam - motivation, preparation, taking the exam, and finding out the results. Reflect upon this process feeling calm and interested.

(pause)

Now you have completed this visualization experience.... feeling mentally prepared for the process of preparing for and taking an exam. You may even find that completing this guided imagery exercise helps you to feel motivated. You may find that immediately after this session, you pursue one of the steps for writing an exam... perhaps you feel inclined to prepare and study.... or maybe to take the exam itself. You can anticipate success in whatever stage you are at. You are calm, confident, and in control.

Begin to wake up your mind and body.... returning your awareness to the present.

Wiggle your fingers, feeling your hands and arms reawakening.

Wake up your feet and legs by wiggling your toes.

Shrug your shoulders... turn your head from side to side.... feel your body waking up.

When you are feeling awake and alert, you can return to your usual activities, feeling energized, motivated, and confident.

Overcoming Shyness Relaxation Guided Imagery

This relaxation script is for overcoming shyness. Use guided imagery, affirmations, and visualization to foster a sense of self-confidence and help decrease social anxiety.

Start by getting comfortable. For the moment, keep your eyes open and your gaze fixed on one spot in the room. Find a position seated or lying down and rest your arms at your sides.

Take a deep breath in.... and exhale slowly.

Breathe in again.... and out.

In.... out.

In.... out.

Keep breathing slowly, smoothly.

Allow your body to begin to relax. The first thing you might notice is that your muscles begin to let go of some of the tension they were holding. Feel your shoulders easing downward, relaxing and giving up all the tension. Your arms are feeling heavy... getting heavier.... and heavier... and they pull downward gently, moving your shoulders even lower, into a loose, relaxed position.

As you relax, you may notice your eyelids starting to feel heavy. Very heavy.... each blink becoming slow.... moving the heaviness of your eyelids... until opening your eyes becomes an effort. It would feel so good to close your eyes.... go ahead and relax, allowing your eyes to close.

Notice the rest of your body relaxing. Your legs are very heavy.... so heavy and limp. Allow the muscles of your neck and back to relax. Let your hands and your feet relax. Relax your head and face.

Focus your attention for a moment on the center of your body. Let a feeling of relaxation grow, feeling the relaxation in your chest and stomach. Each breath you take can relax you even more... filling your lungs with relaxation.

Sit quietly for a moment, relaxing... letting the relaxation deepen as you breathe slowly and smoothly.

(pause)

Start to create an image in your mind. Imagine yourself feeling confident, interacting with others positively. What would it be like if you were very confident? Imagine how you would behave.... how you would carry yourself. See in your mind your confident facial expression.... your self-assured posture....

How would this confident you behave? Imagine yourself if you were completely confident and did not feel shy. See yourself feeling calm and confident.

Now focus for a moment on relaxation. Turn your attention to your breathing and feel yourself becoming more relaxed with each breath.

Take a calming breath in... and breathe slowly out...

Breathe in... and out.

Feel yourself relaxing more with each breath as you keep breathing slowly and calmly.

Turn your attention now to a situation where you would need to interact with others. See your confident self in this situation... feeling good.

Imagine all the details... see yourself talking to others. Notice your slow, steady heart rate. See how steady your hands are and how smooth your voice is. See yourself smiling, calm, speaking out loud to individuals or groups.... It feels good to imagine yourself handling all kinds of social situations positively.

(pause)

Now change the visualization slightly, to imagine the shyness itself. Picture what it is like to be shy. What does shyness mean to you? Perhaps shyness means a difficulty speaking to others. Maybe it is a feeling of embarrassment in public, or a tendency to be quiet around people. Think of what it means to you to be shy.

(pause)

You can overcome shyness. The most effective way for overcoming shyness is to challenge the shyness by facing head on the situations that are the most difficult. Picture your most difficult situation... the one where you experience the most shyness. You can practice facing this situation in your imagination, and then you can face this situation in real life. You will be able to handle the situation positively, with confidence, and overcome shyness.

Walk yourself through the situation now in your mind. Picture as many details as you can.... and see yourself handling the challenge, facing directly the situation in which you feel the most shy. Picture the confident self you were imagining a few moments ago and see yourself facing a situation where you felt shy in the past. See yourself overcoming shyness.

It's okay if you feel nervous... this feeling of nervousness will go away as soon as you see how capable you are. You are stronger and more capable of overcoming shyness than you may realize. Take a few moments now to mentally face the situation where you experience the most shyness.

(pause)

Imagine your future self.... a self who is not shy. See that this exact same person is present already, within you. You have a confident, positive self within you, just waiting to come to the surface. Imagine how good it will feel overcoming shyness and being filled with a feeling of confidence.

Simply relax... feeling confident. Knowing you will achieve self-assurance, and the ability to interact with others and feel great. Overcoming shyness is possible. You are capable of overcoming shyness. Experience these feelings of self-assurance and calm right now.

(pause)

Foster this feeling of confidence... and allow it to grow... enjoying how it feels to be relaxed and confident.

(pause)

Take a few moments to hold with you a picture of self-assurance that you can recall in the future. Memorize this feeling of calm relaxation and confidence.

You can remember this feeling again in the future.... any time you need to face a situation where you experience shyness, you can recall this feeling of confidence and relaxation, and experience this feeling again. Holding this self-assurance, you can get through challenging situations. You can use this confidence in overcoming shyness.

You may even find that soon, maybe today, maybe tomorrow... you will feel motivated to face a situation that is challenging for you. Most likely, you will want to seek out other people, and talk with them.... and you might even find that you feel confident, calm, not shy at all. It feels good overcoming shyness. It feels good to face situations that are challenging.

(pause)

To conclude this overcoming shyness relaxation session, you may want to drift off to sleep, or you might decide to reawaken and resume your usual activities.

If you choose to sleep, simply let the relaxation deepen until you drift off into pleasant sleep.

If you decide to reawaken, move your arms and legs a little, feeling your muscles waking up. Let your attention return to the present, and your mind and body return to their usual level of alertness and wakefulness.

I'll count back from 3 to 1, and upon reaching 1 you will either become fully awake or drift off to sleep, keeping with you a feeling of calm and self-assurance.

3

2

1

Becoming More Playful

This guided imagery script is for becoming more playful. It begins by guiding you to relax your mind, and then use visualization, meditation, and guided imagery to get in touch with your inner playfulness.

To begin, find a comfortable position, sitting or lying down. You may want to place your hands in your lap or at your sides. Close your eyes if you wish or focus your gaze on one spot.

Begin with your attention directed outward, noticing the sounds around you. Concentrate on all the things you can hear...

(Pause)

Gradually turn your attention inward now...turning your attention away from your surroundings...in toward yourself. Focus on your physical self...noticing how you are feeling...observing...

(Pause)

Focus even more intently now...focus on your breathing...observe your breaths, without trying to change anything...

Bring your attention deeply inward...all the way to the core of your body...notice how your stomach moves in and out with each breath you take. Feel the movement of the core of your body...ever so slightly moving with each breath you take...focus completely on your core...

(Pause)

Notice how smooth, calm, and regular your breathing is.

Allow the tension to leave your body...relaxing your muscles so that you can rest calmly...becoming relaxed...

(Pause)

Now that you are starting to become more relaxed, let's focus on becoming more playful.

Everyone has the ability to be playful. Playfulness is a trait that we all have inside, but for many of us, playfulness has been pushed aside as we strive to be more serious.

The ability to be playful is important because it allows you to experience fun and joy. Becoming more playful also allows you to respond to challenges with humor and lightheartedness instead of always being serious or becoming defensive.

It is important to have a balance between being serious and being playful. You can use both of these qualities to handle situations effectively.

Becoming more playful is possible, whether you have never been very playful before, or if you used to be playful but have lost touch with this quality.

Think about a time when you were playful. Were you playful as a child? As an adolescent? As an adult? Maybe you cannot recall a time when you were playful. That's okay. You still have a playful inner child that you can nurture.

Create a mental picture of yourself when you were playful or think about positive memories of yourself as a child. Imagine your playful or childhood self, creating all the details you can in your mind.

What did you look like?

How did you behave?

What was it like to be playful?

See yourself as this playful child, imagining all the details.

(Pause)

Now use your imagination create a picture of ideal playfulness. Create an imaginary child who is very playful, and very joyful. You can picture this playful inner child however you want to see him or her in your mind. This playful child is

happy and joyful, ideally playful, an ideal image of playfulness that would exist if there was nothing that could get in the way of being playful.

(Pause)

The child you are imagining has always been inside you...and still exists inside you right now.

You can get in touch with this child and allow the child to express himself or herself.

Think about the things you have planned for tomorrow. Maybe you will be at home...at work...or somewhere else. Think about the places you will be, and the things you will do tomorrow.

Now imagine that instead of being serious all-day tomorrow, you allowed your playful inner child to come out. Imagine becoming more playful. Imagine what this would be like...starting at the beginning of your day. Imagine yourself going about the routines and activities of the first part of your day with playfulness. Picture the way you would behave...the things you would do...how you would feel...imagine what it would be like to be playful.

(Pause)

Now imagine the middle of your day. Imagine becoming more playful. Think about the things you would be doing...and see yourself completing these activities while in touch with your playful self. How would you handle challenges? How would you respond to stress? What would you do differently from what you usually do? How would you feel?

(Pause)

Think about the later part of your day and see yourself going about your day in a more playful way. Imagine how your day would go. Imagine becoming more playful.

(Pause)

What was it like to imagine yourself going about your day tomorrow in a more playful way?

How does it feel when you picture being playful?

Now let's focus on affirmations for becoming more playful. Think about each affirmation, and if you want to, repeat each phrase in your mind. Imagine that each phrase is true for you in this moment. Let's begin.

I am a playful person.

It's okay to be playful.

I can be serious at times, and playful at times.

I am playful.

I behave in a playful way.

I am playful when confronted or when dealing with stress.

Now that you have completed the affirmations, return again to your visualization of your playful inner self. Imagine the things that you have held yourself back from doing that your playful self would do...the things you will do when you allow yourself to be more playful. Think about the playful things you would like to do.

(Pause)

Imagine now your present self...and imagine this person being fully in touch with your inner playful self. Imagine becoming more playful. Think about a situation that is difficult or stressful, perhaps a time when you are confronted by someone else. Imagine how you will handle this situation in a playful way...non-defensive...not needing to be completely serious...

Imagine how the scenario would go if you respond in a playful way.

(Pause)

Now take a few moments to just relax...simply absorbing the ideas you have been focusing on...seeing yourself in a new light...as a playful person...

(Pause)

Now you are finished this relaxation exercise. Gradually re-awaken your mind and body by turning your attention from inward to outward...start by focusing on your breathing. Notice each breath...feel your breaths moving in and out of your body. Now focus on how you are feeling...just scanning your body and noticing how your body feels. Turn your attention to the environment outside of yourself...feeling your clothing against your body...hearing the sounds around you...becoming aware of the room you are in.

Open your eyes and sit quietly for a few moments, becoming more aware of your surroundings.

When you are completely awake and alert you can return to your usual activities, taking your playful inner self with you.