

Guided Imagery Script

Let your mind take you to a place along a path where you feel safe, comfortable, and relaxed, a place where you can relax. This place can be somewhere you have already been or someplace you create in your mind. As you begin to go to this place, focus only on what is there in your mind's eye. Leave all other distractions and thoughts behind for this exercise.

Begin to go slowly down a path. Notice the plants and flowers around you. Breathe in this air around you and feel the positive energy that fills your lungs. Exhale releasing any negative thoughts or feelings.

As you continue going down this path the plants and flowers clear and you find yourself on a beach. Feel the breeze brush by your face. Smell the fresh cool air. Sense the warm sun on your shoulders as you go slowly into the sand.

Take a moment to explore your surroundings. Look for a place to sit down and go slowly over to it noticing the sand and wind and smells. Sit down and become comfortable in your surroundings. With each breath your surroundings become more vibrant. Watch the movement of the water.

Feel the temperature and movement of the air around you. Breathe in this air and imagine it filling your lungs. Exhale and feel your lungs becoming empty and releasing all the old stale air.

Sense the way it smells. Inhale a deep breath and savor the feeling of how full your lungs are. Exhale relaxing your body and becoming more of a part of your surroundings. Imagine the way the air smells.

Imagine the sounds that are around you. The waves coming up on shore, the rustle of the plants as the wind rushes through them. Notice any other sounds that are of your surroundings.

Imagine yourself. See yourself as being relaxed, content, confident, happy, satisfied with life or strong. Fill your body and soul with happiness, joy, satisfaction, self-worth, and any positive feeling you can think of.

Imagine yourself getting up now and slowly going back up the path to where you came from. After you go a ways you turn around and look back at your time at the beach. Inhale and take in all of the sights and sounds and positive feelings and slowly open your eyes.