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guided imagery

1. Verb _____
2. Verb - Base Form _____
3. Adjective _____
4. Part Of Body _____
5. Adverb _____
6. Adverb _____
7. Verb - Present Ends In Ing _____
8. Part Of Body _____
9. Noun _____
10. Noun _____
11. Verb - Base Form _____
12. Verb - Present Ends In Ing _____
13. Adjective _____
14. Landscape _____
15. Noun _____
16. Noun _____
17. Noun _____
18. Adjective _____
19. Noun _____
20. Animal (Plural) _____
21. Verb - Present Ends In Ing _____
22. Noun - Plural _____
23. Location _____

24. Color _____
25. Location _____
26. Noun _____
27. Noun _____
28. Emotion _____
29. Emotion _____
30. Place _____
31. Noun - Plural _____
32. Noun _____
33. Noun _____
34. Adjective _____
35. Adjective _____
36. Part Of Body _____
37. Liquid _____
38. Part Of Body _____
39. Part Of Body _____
40. Liquid _____
41. Adjective _____
42. Liquid _____
43. Part Of Body _____
44. Liquid _____
45. Verb - Present Ends In Ing _____
46. Verb - Present Ends In Ing _____
47. Landscape _____

guided imagery

To begin the visualization, _____Verb_____ or _____Verb - Base Form_____ down in a _____Adjective_____ position and close your _____Part of Body_____. Take several _____Adverb_____, _____Adverb_____ abdominal breaths. As you begin _____Verb - Present ends in ING_____ you may be aware of a variety of physical sensations or thoughts. Scan your body for any muscle tension. If you become aware of any tension, tense the _____Part of Body_____ for a few seconds and relax them. Acknowledge any thoughts or concerns; you may imagine them as a _____Noun_____ releasing them into the _____Noun_____ to _____Verb - Base Form_____ away.

Now, imagine that you are _____Verb - Present ends in ING_____ down a path into a _____Adjective_____ _____landscape_____. As you walk along the path you take in the sights, sounds, smells, and feel of the environment. All around you are _____Noun_____, _____Noun_____, soft _____Noun_____, and _____Adjective_____ _____Noun_____. You hear the soothing sounds of _____Animal (plural)_____ _____Verb - Present ends in ING_____ and the breeze as it gently blows through the _____Noun - Plural_____. You smell the rich dampness of the _____Location_____ floor, and the new spring growth. Through gaps in the treetops you see the sun high in a cloudless, _____color_____ sky. The sun is dispersed through the canopy of the treetops and filters its warmth down onto the forest _____Location_____, creating intricate patterns of _____Noun_____ and _____Noun_____. With each breath you take you feel a deep sense of _____emotion_____ and _____emotion_____.

You soon come to a _____place_____. There are several flat _____Noun - Plural_____ surrounded by soft _____Noun_____. A small stream runs among the _____Noun_____. You lie back on one of the _____Adjective_____ rocks or on the _____Adjective_____ moss and put your _____Part of Body_____ into the cool _____liquid_____. You feel the warm sun and gentle,

light breeze through your _____Part of Body_____ and across your _____Part of Body_____. The sparkling clear _____liquid_____ rushes around the _____Adjective_____ rocks, making little whirlpools. You put your hand into the _____liquid_____ and lift a handful to your _____Part of Body_____. The water is cool and refreshing. You close your eyes and listen to the _____liquid_____ trickling through the rocks. You bathe in the warm sun and feel as if you are _____Verb - Present ends in ING_____..._____Verb - Present ends in ING_____ deeper and deeper.

You let yourself sink further into relaxation, while continuing to be aware of the sights, smells, sounds, and feel of the _____landscape_____ around you. You allow yourself to let go of any concerns or worries and feel completely refreshed and rejuvenated in this place...

When you are ready, imagine that you slowly get up and leave the clearing. As you walk back down the path through the forest, fully take in the peaceful nature and realize that you may return whenever you wish by the same path. Each time you enter this place you will feel relaxed and at peace.

Now slowly come back to the now. Open your eyes when you are ready and welcome back.

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