

Calm Practice Guided Imagery Script

Using the [“Calm Practice” worksheet](#) go through the guided imagery practice below:

1. Bring back the image of you initial feeling. Picture that image’s color, shape, and texture. Imagine pulling their feeling out of that place in the body where you imagined the feeling residing.
2. In the empty space, replace to the shape of your initial feeling with the shape you named as peace, calm or joy. Bring to mind this feeling’s color, texture, shape and smell. If you wrote down a favorite song or sound, let that play in the background of your minds’ eye.
3. Take a deep breath while imagining the new image you have created, letting the feeling of peace, calm or joy fill the entire empty space where the negative emotion originally resided.

Encountering negative emotions is inevitable, but you have the power to visualize a place that is safe and filled with feelings of peace, calm or joy. Through guided imagery, you have the ability to moderate your feelings and your response to those emotions.