

~Create Your Own Guided Imagery~

Memories are a great place to start for creating your own guided imagery. Bring to mind a time when you felt happy, content, safe, or loved. This memory will be the starting point for this guided imagery.

Use the spaces below to write down the specific details you recall about each of your senses in this memory. If you cannot remember, then create some details that would have made the memory even better.

<p><u>See:</u></p>	<p><u>Hear:</u></p>
<p><u>Taste :</u></p>	<p><u>Touch:</u></p>
<p><u>Smell:</u></p>	<p><u>Feel Emotionally:</u></p>

Close your eyes, and use the details you have written to imagine the scene. Congrats, you have made your own guided imagery.