

Visualization safe place and goal setting

Take a moment to get comfortable in your seat... set your hands in your lap...and your feet flat on the floor... sit up straight but comfortably...

Take a couple of deep breaths, in... and out... in... and out...notice how you are sitting in your chair. If you need to shift to be more comfortable, do it now. Take another breath...in...and out... take another in... and out... you may wish to close your eyes if they aren't closed already. You are feeling more relaxed and calm and safe.

Take a scan of your body to see if there are any tight or tense places... note these places and gently guide your breath to each of them, in turn, to open and soften any sensation there... Now you are feeling even more relaxed and ready to begin.

Imagine yourself walking down a path... it may be a familiar path... it may be new to you... the path may be outdoors or indoors... the surroundings are pleasant... the sights and sounds are peaceful... there may be birds singing... there may be soft music playing... you may see flowers or trees or something else that pleases you... As you walk along this path... you notice up ahead a room or a gathering place or an open area... again this place may be familiar to you or it may be new... either way it is appealing and inviting... warm and safe...

Look around you as you enter this place and note the shapes and colours of the place. Fill in the details... are there any people or animals there? Watch them do whatever they're doing. If your safe place is inside, notice what the walls and furniture look like... if it is outside, observe the sky, the horizon, the ground and any plants or water... continue to observe until you have a clear, vivid visual impression of your safe place...

Next concentrate on the sounds of the place... can you hear the wind? Waves? People talking? Is there music? Do you hear any birds or animals? Choose something soothing to hear.

Now notice what smells are in your safe place... perhaps it is something that brings good memories from your childhood... like flowers or baked bread... if you are outside, take a moment to notice the smells – of the ocean, the grass, the wind... whatever surrounds you...

Next notice what you can feel around you... are you sitting or standing in your safe place? Is there a breeze against your skin? Is it warm or cool? Take a moment to notice what you can learn about your safe space with touch...

Now see what you can enjoy to taste in your safe place... are there berries you can eat? Does the air have a taste to it? Is there something yummy on a table that you can taste? Take a moment and enjoy how delicious it is...

Make yourself comfortable in your safe place and continue to enjoy the space... breathing slowly and evenly... noticing what you see, hear, smell, feel and taste...

As you are noticing your surroundings... you begin to think about what it is you need or want to achieve today... you may not have anything particular in mind or you may have something specific you are thinking about...and as you consider your goal for today...you become aware of something in front of you... it may be an object... a picture... a person... a screen with an image on it... or something else that looks as though it has meaning for you... you may know what the meaning of this object or person is... or you may not... it doesn't matter... your inner self knows what it means and that is enough to guide you... you may also not be aware of anything significant around you... this is also okay... you are getting what you need... right now...

Taking whatever knowledge you received about your goal from this experience, you once again realize how safe... and relaxed... and content... you feel in this place... this is your private place that you can return to at any time... whenever you feel sad, afraid, angry, or guilty you can come here for a break and feel this same sense of relaxation and security...

Look around you one more time and secure all the details in your mind... the sights... sounds... smells... tastes... and touch... as you take one last look, you turn and head back along the path that brought you here... content with your experience... enjoying the continued sensations you are feeling... As you walk along the path you focus again on your breathing... as you do, you begin to notice this room where you are sitting... starting to hear the noises... feel the seat you are sitting in... notice your body and breath... as you orient yourself back to the room... taking a couple of deep breaths... in... and out... and in... and out... and softly opening your eyes to return to the room as you are ready...