

Calming Pictures in your Head

Here are 3 picture strategies you can try. They are good ways to help you feel better. Try them all and choose the one that works best for you.

My Safe Place
The Light Stream
The Spiral

It's a good idea to practice whichever one you choose. The more you do it, the better you will be at it, and the better it will work when you don't feel good.



My Safe Place

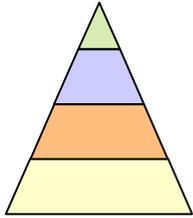


Think of a real or imaginary place that makes you feel completely safe and happy. Get a picture of it in your head. What can you see? What can you hear? What can you smell? What can you taste? What textures can you feel?

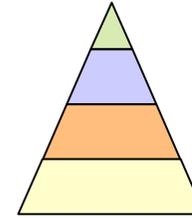
Hold the picture in your head for a few minutes. Notice any good feelings in your body. Keep holding the picture to make the good feelings as strong as possible. If you don't get any good feelings, choose a different place.

Choose one or two words to name your safe place. Practise getting the safe place picture in your head as often as you can. The more you practice, the better you will be at doing this and the stronger the good feelings will be.

When you can do this, try using your safe place when you are upset, sad or angry. You can get the picture by saying its name to yourself. The picture in your head will help you feel better and calmer. You can do this anywhere without anyone noticing.



The Light Stream



Think of a picture in your head that gives you a feeling that doesn't feel good. It might be a picture that makes you feel worried, upset or angry. Think about this feeling in your body.

What shape is it? What size is it? What colour is it? What pattern does it have? Now think about your favourite happy colour. Imagine it is a light stream coming in through the top of your head onto the feeling shape inside you. The more of the light stream you use, the more there is and the stronger it gets.

The light stream flows over the shape, flows into it and surrounds it. What is happening now to the shape? Is its size changing? What is happening to its colour? Keep thinking about the light stream shining powerfully onto the feeling shape inside your body until you notice that the feeling has disappeared or evaporated.

Let the light stream fill your head and flow through your body down to your toes.



The Spiral

Sit in a comfy chair. Close your eyes.

Think about how your body feels. Start at your head and move slowly down to your toes. Notice any part of your body that does not feel good.

Imagine that the feeling that doesn't feel good is shaped like a spiral.

What direction is the spiral turning in? What colour is it?

Now, imagine another spiral in front of your body. Decide what size and colour it is.

Let this good spiral turn in the opposite direction of the first spiral. Watch the good spiral turning.

Imagine the good spiral now coming into your body and covering the first one.

Watch the good spiral turning and covering the first one. It starts to turn the same way as the first one. Watch what happens and notice how your body feels.