

A NOTE FROM COUNSELOR Keri



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Happy counseling!

COUNSELOR Keri

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DISCLOSURE STATEMENT

COUNSELOR *Keri*

GUIDED IMAGERY SCRIPT

a day at the beach

Sit comfortably in your space. Close your eyes. Take a moment to push away all of the thoughts in your mind. Breathe in deeply through your mouth, counting to 1, 2, 3, 4, 5. Hold the breath for 1, 2, 3, 4, and blow it out slowly through your nose for 1, 2, 3, 4, 5, 6, 7. Once more: breathe in deeply through your mouth, counting to 1, 2, 3, 4, 5. Hold the breath for 1, 2, 3, 4, and blow it out slowly through your nose for 1, 2, 3, 4, 5, 6, 7. As you blow out your breath, imagine your thoughts floating away in a gentle breeze.

As you sit in your spot, imagine you are sitting at a peaceful beach. Feel the soft, grainy sand under your bottom. Feel the warm sand grains under your fingers. Imagine you pick up a handful of the sand and let it pour slowly through your fingers back to the ground. The soft, warm, white sand flows gently through your fingers.

Notice the gentle breeze blowing in the air. Feel it blow past your face, tickling your hair as it moves past you. Notice the sound of the rustling leaves as the breeze blows through them. Hear the leaves of the tall, sturdy palm trees as the wind blows through them.

Feel the cool shade cast by the tall palm tree as it surrounds you in your comfortable spot in the sand. Notice the warmth from the sun as it peeks out from behind a big fluffy white cloud. Let the warmth of the sun spread across your face and through your body.

Notice the way the sun reflects on the ocean water. See how it shimmers as the gentle waves flow back and forth. Notice the blue, teal, aquamarine, and green colors of the ocean. See the ripples of the water. Notice how the waves gently crash onto the soft sand. See the foam from the waves gently glide across the glassy surface of the sand.

Imagine yourself walking down to the water. Feel the cool water on your toes. Notice how your toes sink into the soft, wet sand. Feel the cool water glide over your feet as your feet sink down, down, down into the sand. Feel the gentle splash of the water as it washes over your feet. Hear the rhythmic flow of the water as the waves glide in and out across the shore.

Imagine yourself walking back to your shady spot in the sand. As you feel the cool breeze blow past you and the warm sun dry your toes, breathe in deeply through your nose, feeling your chest rise. Hold the breath for 4 seconds and slowly blow out your breath mouth, feeling your chest fall. Continue breathing, your chest rising and falling like the rhythmic flow of the ocean waves. Take in the scene around you and notice how your body is feeling. When you are ready, open your eyes.

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