

# Guided Imagery

1. At this time, we are going to take a short journey...
2. Please feel free to make yourselves comfortable and close your eyes if you choose...
3. Unlike other guided exercises, on this journey we will not be going to a place of tranquility...
4. We will not be going to a place free from stress...
5. We will not be going to your happy place...
6. No...this journey is different...
7. You are about to train the last day of a three-day workshop...
8. There are 30 participants with varying levels of experience...
9. Now, as I count backwards from five, place yourself in the training room...
10. 5...4...3...2...1...
11. As you enter the room, you notice one of the overhead lights is flickering...
12. There is a low clicking sound coming from the air vents...
13. You are a little nervous, because yesterday afternoon ended with one participant becoming very emotional about a topic that evoked personal distress...
14. As participants come into the room, you can tell that everyone is tired from the previous two days...
15. As the day begins, a few restless participants begin fanning themselves with their handouts...
16. One of the back tables has 6 participants....
17. Over the past two days, they have been largely unresponsive to the content...
18. Attempts to bring them into the conversations and activities have been met with minimal results, and at times, total silence...
19. When you ask questions to the large group...few people speak...
20. Sometimes, no one speaks...
21. Even with encouragement...most of the group seems uninterested...
22. A few participants near the front of the room seem to be interested in the content, but are obviously intimidated by the overall negativity of the room, and do not answer even when it seems like they want to...

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23. The day begins with a lecture and you can tell that the group is having trouble focusing...
24. The morning moves forward in this manner and everyone needs a break...badly....
25. You are aware of a small group activity that is to occur right after the break...
26. This activity will inform the content and discussions for the rest of the morning...
27. The activity requires all participants to participate and contribute to the discussion...
28. Now, as I count down from five again, you will leave the training room and rejoin us here and now...
29. 5...4...3...2...1...