



Guided Imagery Scripts

Cheat Sheet

Three short read-aloud scripts that settle an anxious mind by giving it somewhere calmer to be. Read them to yourself, or record them on your phone - your own voice works surprisingly well.

1 READ AT HALF SPEED

2 RECORD IT ON YOUR PHONE

3 3 TO 5 MINUTES PER SCRIPT

4 EYES CLOSED OR SOFT GAZE

1

The Safe Place

FOR FEELING EXPOSED, ON
EDGE, OR FAR FROM HOME



Let a place start to gather around you... real or invented, it makes no difference. It only has to feel like yours. Look out toward the edges of it first... what is out there, far away? A line of hills... water... a wall of old books... a garden fence. Let the edges settle.

Now the temperature on your skin... warm sun, or cool shade, or the weight of a blanket. Somewhere close by there is one sound that means safety here... rain on the roof... a kettle... wind moving through leaves. Let it keep playing. And there is a place to sit, as if it had been waiting for you... so sit. Stay as long as you like. *You can come back here; the door is always where you left it.*

2

The Container

FOR RACING THOUGHTS
AND UNFINISHED WORRIES



Picture a container with a good lid... a wooden chest, a jar, a small safe... anything sturdy enough for what needs holding tonight. Notice its color... its weight... the way the lid fits true.

Now take today's unfinished worries, one by one. Pick the first one up... look at it just long enough to know what it is... and set it inside. Then the next... no rush... and the next. When the last one is in, close the lid, and hear it settle. Everything in there keeps. Holding things is the container's whole job. *You are not throwing your worries away... you are choosing when to come back for them. Not now. Later, when you decide.*

3

The Slow Shoreline

FOR WINDING DOWN •
SYNCS WITH YOUR BREATH



You are standing at the edge of a wide, quiet shoreline... the waves have been arriving here forever, and they know their pace. As you breathe in, a wave rolls slowly toward you... as you breathe out, it draws back over the sand. Let your breathing fall in with the water.

In... the wave arrives. Out... it leaves, and as it goes it takes a little of the weight off your shoulders with it. Another wave... another small weight gone. You do not have to do anything here. *The waves do the carrying... in... and out... a little lighter every time.*



CAN'T SEE PICTURES IN YOUR HEAD?

That's real - it's called aphantasia, and these scripts still work. Skip the visuals and lean on the senses that do show up for you: the sound of the wave, the temperature of the air, the weight of the lid in your hands. Imagining a feeling counts just as much as seeing a scene.