

Guided Imagery

Sometimes I feel scared or worry about bad things happening.



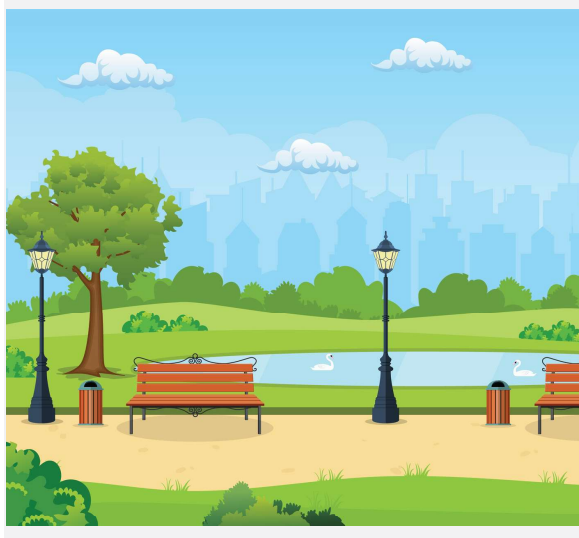
If I think about a favorite place, it may help me feel better.



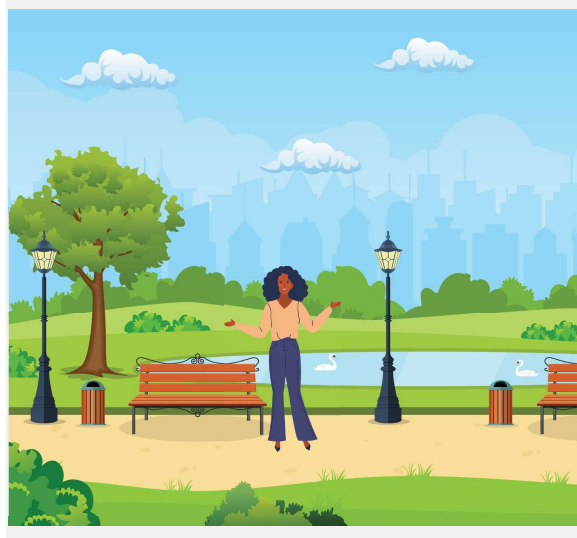
I can close my eyes, take in a deep breath, and let it out slowly.



I can think of a favorite place that makes me feel good and happy.



I can imagine being in my favorite place.



I can think of 3 sounds from my favorite place.



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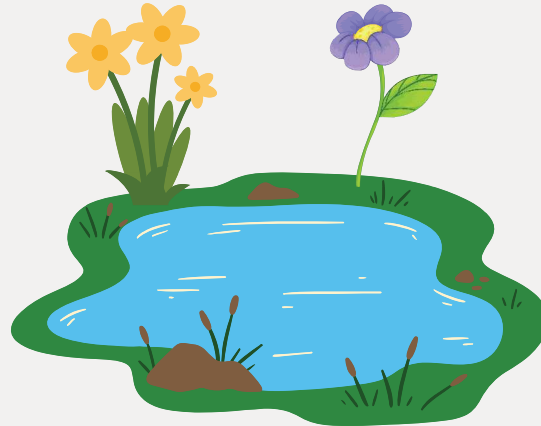
@asert

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I can think of 3 things I can see when I am there.



I can think of smells that are in my favorite place.



I think of how relaxed and happy I feel there.



It makes me smile when I remember my favorite place.



Thinking about my favorite place helps my body feel calm.



I can think about my favorite place until I start to feel better.



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