

Guided Imagery (2)

Goodbye Cinderella
Samarkand Manor Youth Development Center

Any sound you hear now will only take you deeper and deeper into total relaxation... See yourself in a room with a large blackboard on the wall... You see words on the board that have been used to describe your past, the labels that slowed you down and did not reflect the good, strong, qualities you now have... Look at each label, take the eraser and erase all these labels off the board... They no longer apply to you and you can forget them... Now you really are C- O- N- F- I- D- E- N- T.... V- A- L- U- A- B- L- E... I-M-P-O-R-T-A-N-T... C-A-P-A-B-L-E.... Now look at these words you have written... write another word that describes you on the board... look at these words... you can stand tall, proud of whom you are... You are fine... the way you look and act and think are fine... More and more... day-by-day... you are becoming the person you want to be. A new healthy energy goes all through your body... you feel so good... You see yourself being a good friend... using your creativity to build friendship... You are confident, very confident... you are certain of your abilities, certain of your talent... You see yourself as a good friend... a hard worker... with many skills and abilities... You are confident, valuable capable of doing those things that are good for you. You can take care of yourself and help others... You can be kind to yourself... Now see your name written on the blackboard... think about what your name means... See yourself looking like you want to look, feeling like you want to feel, doing what you know you can do... This feels so good... You like yourself... You can see your life as a great adventure... You no longer have time for negative thoughts or feelings, you can fill your mind with positive ideas, see yourself looking good, feeling good and doing good... more and more you are becoming who you really are...others see and like what they see... you like what you see... this feels good and you are very comfortable and confident that you can do those things that you need to do to become a loving, trusting, depending person... more and more... you are getting better and better... this feels so good...

Begin to imagine pushing away all the things that would keep you from completing your special goals... You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself... knowing you

will have the power and strength to do those things that are good for you...you feel at peace now... You want to begin right away to do those things you planned...You see an elevator and go in... the door closes and you feel yourself going up, up, up...You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten...Slowly open your eyes, stretch if you wish and now you are ready to meet life and all it's excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANSTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)