



KALEIDOSCOPE

COUNSELING, PLLC

Finding Beauty in the
Fragments of Life

GUIDED IMAGERY EXERCISE

A CALM MIND CAN FIND PEACE ANYWHERE

By Kaleidoscope Counseling, PLLC

Guided imagery is a way to use your imagination to create
a peaceful place in your mind and body.

Find a quiet space, get comfortable, and let's begin.



1. GET COMFORTABLE

Sit or lie down in a comfortable position.
Close your eyes if that feels good.
Take 3 slow, deep breaths in through your nose
and out through your mouth.



2. PICTURE YOUR SAFE PLACE

Imagine a place where you feel completely safe,
calm, and happy. It can be real or make-believe.
Look around in your mind. What do you see?
What colors surround you?



3. ENGAGE YOUR SENSES

What can you hear in your safe place?
What can you feel? Is the sun warm? Is the air cool?
What can you smell? What can you taste?
Notice all the details.



4. SOAK IT IN

Enjoy your safe place for a few minutes.
Breathe and let the peaceful feeling
fill your body and mind.
You can return here anytime you need to.



5. RETURN

When you're ready, take another deep breath.
Gently wiggle your fingers and toes.
Open your eyes and bring this calm
feeling with you.

MY SAFE PLACE

Draw a picture of your safe place.



MY SAFE PLACE FEELS...



I see _____



I hear _____



I feel _____



I smell _____



I taste _____

KALEIDOSCOPE REFLECTION

Right now, I feel:



REMEMBER:

You are safe.
You are enough.
You are in control
of how you feel.
You can return
to this feeling
anytime.

Scan to learn more!



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