



### **Imagination and breathing- exercises to encourage and yourself and calm yourself down**

Sit down, relax, close your eyes, in- and exhale slowly for a few times, feel your breath flowing.

Imagine a nice ray in a pleasant colour which is shining on you.

Feel the silence, energy and relaxation that begins. Imagine how the ray passes regardful over your whole body, if you like more than once. On the parts of your body that have a special need, you can stay with the ray for a longer time.

Feel how silence, energy and relaxation spread.

Finish the exercise with some deep breaths, open and close your hands like you are pumping and stretch and open your eyes slowly.

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Sit or lay down in a comfortable position and close your eyes.

Breathe slowly. Imagine how your breath provides your body with essential oxygen and at the same time releases you from used oxygen. Enjoy this process for several breaths. After that imagine how the oxygen that inhale spreads in your body. Imagine how the air you are breathing gets painted in a pleasant colour. With every breath you bring fresh, healthy air in your body and you refresh your body and soul. With every exhale used air leaves your body (imagine that this air is painted in grey). Imagine how your strain, your stress and your bad thoughts are exhaled with the breathing. Imagine how you inhale relaxation, luck, health, happiness or whatever you need.

Finish the exercise with some deep breaths, open and close your hands like you are pumping and stretch and open your eyes slowly.

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### **The save inner place**

Imagine you are walking on a nice path, you can create the landscape how you like it. With trees, flowers, mountains, grass, whatever you like. Imagine how you walk down this beautiful, self- created path. You feel the ground under your feet and you keep on walking as long as it feels good for you. Until you finally arrive in place full of safety, silence and peace. Take your time with creating this place. Create everything in the way that you feel comfortable and save. Nobody has access to this place unless you permit it. Nobody can find it.

It's your inner save place, you always having access to. Look around and feel what you want to do. Do you want to sit down, lay down or stand up or walk around ? Everything is up to you. Look around, feel how you walk, sit or lay down, what can you smell? What can you hear? What can you see? Is there anything missing in this place? If so, go and take it! You can create everything as you like and need.

Stay there as long as you need it, then say goodbye and say thank you that your inside showed you this place.

### **Imagination exercises for repeating terrifying pictures**

Imagine you have a big solid safe.

Only you have the access code to this safe. It's located in a place of your choice. It's just as safe as you need it. Imagine it very detailed.

Use your imagination and build it as safe and big as you need it.

And now imagine how you put the terrifying pictures and films, that follow you, in a box or stable bag, and how you walk with it to your safe.

On the way there create the fantasy in the way you like it and it feels good for you.

Imagine how you walk towards the safe.

While entering the code you feel how heavy the door is that closes the safe.

This heavy, stable door only opens because you entered the right code.

Now you take the box or the bag, with all the stressful pictures and films inside and put them in the safe.

After you left them there and you made sure that the safe is stable and safe, close the door.

The door of the safe is tightly closed and nobody but you will be able open the safe.

You can return when you need the pictures and films again, for example in a therapeutic meeting with a doctor or psychotherapist.

Until then the pictures and films will be locked in the safe, that can be only opened by you with your own code.

Walk away from the safe on a path of your choice and feel free and released from the pictures and films.