

Guided Imagery: Emotions as Waves

1. Notice how you are feeling. Are you experiencing any emotions at this time?
Feel the emotion.
2. Imagine that the emotional feeling is like the wave of an ocean. It comes toward you, it breaks up, and then it goes back...
3. Imagine that you are on a warm beach; the sun is hitting your face and warms you up. A cool breeze blows past your face, cooling you from the warmth of the sun.
4. Imagine that the emotion is like a wave of the ocean; the cool breeze makes the emotion a little 'cooler' and less intense.
5. Imagine that you are back on the beach, enjoying the sky and the water and noticing each time as the water turns crystal white with every wave approaching shore.
6. Imagine that the emotion is strong and intense, but only if you look at it from a distance – like the ocean. As you get close, your emotions become less intense – much like the waves decrease as they approach the shore.
7. As you imagine your body being warmed by the sun and cooled by the breeze, see your emotions as becoming smaller and less intense.
8. Go back and forth between imagining the ocean, which helps you feel relaxed, and feeling the emotion itself, which can make you feel nervous and afraid.
9. Feel the back-and-forth rhythm of your breathing. Feel the air as you breathe in and breathe out...as you inhale and exhale.
10. Imagine that the rhythm of the ocean and the rhythm of your breathing are one and the same.
11. Pay attention to the emotional feeling and how you are able to both increase and decrease the strength of the emotional feeling. Notice how the emotion goes both in and out, just like the ocean.
12. Pay attention to how you can change and influence your emotions as you simply pay attention and become aware of and recognize the emotion.
13. Go back and forth between imagining the ocean and feeling your emotion until you start to feel a difference between being mindful of the emotional feeling, and being mindful of a more soothing and comforting experience.