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In Your Mind's Eye, Imagine Walking Down A Path That
Leads To A Beautiful Beach. As You Arrive, Use All Your
Senses And Notice The Colors, The Smells, The Sounds,
The Objects, And The Feel Of This Place. You May Be
All Alone At This Beach Or There Could Be Strangers,
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This Workbook Is Not Intended For The Use Of Trauma Processing, As It Focuses On Creating ... Therefore I Deserve To Heal, I Have The Courage It Will Take To Heal, And Through This Experience Of ... Sound Of Birds Chirping, The Feeling Of The Wind Touching Your Body As You Move Forward, And The Smell Of New Growth In The Air. As You Proceed On ... 6th, 2024

Guided Imagery: The Beach

Finally, You Reach The Water's Edge And You Gladly Invite The Waves To Flow Over Your Toes And Ankles. You Watch The Waves Glide Smoothly Towards You, Gently Sweeping Around Your Feet, And The Trails Of Sea Water That Flow Slowly Back Out Again. The Cool Water Feels Soft And Comforting As You Enjoy A Few Moments Allowing Yourself To Gaze Out On The 9th, 2024

PE2264 Mountain Cabin Scene Guided Imagery

Minutes Pass. You Stop And Take Off Your Glove. You Push Your Hand Into A Snow Bank, Grabbing Some

Snow In Your Fist And Compressing It Into A Ball Of Ice In The Palm Of Your Hand. A Numb Sensation Begins In The Palm Of Your Right Hand. At First, It Is 2th, 2024

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