

Self Esteem Guided Imagery

Find a comfortable place to sit and close your eyes. Relax your body. Und clinch your jaw, relax your neck, and stretch any parts of your body where you may be holding tension.

Take a deep breath and focus on your breathing.
Breathe in relaxation and breathe out tension.
breathe in calmly and let all the tension go as you exhale.

Continue to breathe slowly, and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Bring your attention to your thoughts and begin to picture a place that creates a sense of calm and safety in your life. This place may be real or imagined. Allow yourself to travel to that place in your mind as you continue to focus on your breathing and deepen your relaxation.

Breathe in relaxation and breathe out tension
breathe in calm and let all the tension go as you exhale.
Allow the sights and sounds to wash over you. As you sit in this relaxation repeat the following positive statements in your mind.

I am at peace with myself.
I am grateful for the body I have.
I value myself as a person and am confident in myself.
I am a valuable human being and have a purpose.
I deserve to feel calm and relaxed.
I deserve to be happy.
I am human and am allowed to make mistakes.
I am learning and growing every day.
I allow my happy feelings to wash over me and work to be content.

Now it is time to leave your special place. Know that you can return here in your imagination any time to relax, feel calm, and be safe. Take with you the feelings of acceptance of yourself, and increased self-esteem. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day.

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Yicheng Fang



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