

# 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.

# Guided Imagery Scripts

**Mellisa Dormoy**



## **Guided Imagery Scripts:**

*135 Guided Imagery Scripts* JAIME. WISHSTONE,2025-02-05 Unlock the power of your imagination and lead your clients or audience through profound experiences of self discovery relaxation and healing This comprehensive collection of 135 expertly crafted guided imagery scripts is designed for mindfulness coaches yoga instructors meditation practitioners and holistic wellness professionals seeking to enrich their sessions with meaningful and transformative content Inside this book you ll find scripts tailored to a variety of themes and intentions including Emotional Healing Releasing fear embracing forgiveness and finding inner peace Stress and Relaxation Escaping to serene beaches tranquil forests and calming skies Inner Strength and Empowerment Building confidence overcoming challenges and igniting resilience Spiritual Growth Connecting with your higher self discovering your sacred space and exploring divine energy Personal Growth and Creativity Planting seeds of self confidence unlocking potential and visualizing success Sleep and Rest Drifting into deep sleep with calming imagery of starlit skies and cozy retreats Relationships and Connection Healing bonds strengthening friendships and creating trust and harmony Each script is designed to guide listeners into vivid multi sensory experiences that foster relaxation insight and transformation Whether you re leading a private session hosting a group meditation or creating digital content for courses podcasts or YouTube this book equips you with ready to use material to captivate and inspire your audience Why You ll Love This Book Versatile Themes With 135 topics ranging from stress relief to self love you ll always have the perfect script for any occasion Professionally Written Each script is crafted with care to ensure clarity depth and impact Customizable Easily adapt the scripts to match your style and audience s needs Time Saving Resource Eliminate the stress of writing from scratch these scripts are ready to use 135 Guided Imagery Scripts is your ultimate toolkit for creating unforgettable experiences that inspire relaxation healing and transformation Whether you re a seasoned professional or just starting your journey in mindfulness and wellness this book will become your go to resource for engaging and impactful sessions Take your practice to the next level and help your audience unlock the limitless potential of their minds *The Healing Waterfall* Max Highstein,2017-01-05 Bestselling guided imagery author Max Highstein offers 100 of his best scripts for counselors healers clergy teachers psychology students and others Choose from 100 evocative guided inner journeys that soothe inspire and delight Topics include Finding Peace and Calm Healing and the Mind Body Connection Improving Sleep Emotional Wellbeing and Happiness Visualization for Success Learning to Meditate Higher Guidance and Insight Connecting with Spiritual Figures Kids and Family 12 Step Programs *30 Scripts for Relaxation, Imagery & Inner Healing* Julie T. Lusk,1992 Volume 2 of 30 Scripts for Relaxation Imagery Inner Healing offers a wide variety of guided meditations to help people relax deeply lose weight quite smoking connect with nature manage physical pain and converse with their inner personal guide The scripts were developed by experts in the field of guided imagery Editor Julie Lusk provides clear instructions for group leaders and therapists **Magical Inner Journeys** Anne Marie Bennett,2018-05-24 Anne Marie

weaves a gentle wondrous journey in these scripts I love her imagery and what a powerful set up for SoulCollage I will use these again and again Jennifer Louden Author JenniferLouden.com Wonderfully imaginative Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom Jill Badonsky author Step inside any one of these guided imagery scripts and you will find yourself transported through your imagination to inner landscapes that have long been waiting your exploration Use these with your own inner work or share with any group you lead that is open to spiritual and personal growth Guided imagery is a powerful tool for self growth activating our imagination and intuition to allow us to see ourselves in new ways and to mine our inner worlds for treasure Included are many resources and suggestions for personal use suggestions for Facilitator use as well as tips for how to guide a Magical Inner Journey effectively before during and after the reading of the guided imagery script Guided imagery topics include Inner Voices Archetypes Spirituality Animal Companions Inner Treasures Be Here Now and more *135 GUIDED IMAGERY SCRIPTS* GILBERT. A. GRIVOLS,JAIME.

WISHSTONE, JAKE. MADISON, WILLY. ADAM, 2025 **A Guide for Writing and Recording Guided Imagery**

**Meditations** Glenda Cedarleaf, 2019-01-22 I recommend this thoughtful experienced guidance for use by psychotherapists meditation teachers chaplains and wellness sports or personal coaches in other words anyone who wants to incorporate their own recorded guided meditation audios into their practice to enhance their impact during off hours with the help of these empowering adjuvant tools Belleruth Naparstek ACSW creator of Health Journeys and author of Invisible Heroes Survivors of Trauma and How They Heal Do you want to help those you serve reduce their anxiety cope with pain improve their sleep and learn self care strategies that work In this book you learn from a guided imagery meditation recording artist and therapist with over 26 years of experience in writing and recording meditations Glenda's recordings are featured on several meditation Apps as well as in hospitals and wellness centers This book will inspire you with 70 healing scripts give you helpful tips cover foundational information about imagery and meditation and offer ideas for writing and recording your own guided imagery meditation scripts As you read this guide you will learn how Glenda healed herself with this powerful transformational practice as well as immerse yourself into the realm of imagery where deep change occurs *135 Guided Visualization Scripts* JAIME. WISHSTONE, 2025-03-18 Transform your coaching sessions with the power of guided visualization *135 Guided Visualization Scripts* is the ultimate collection of ready to use scripts designed for coaches therapists meditation teachers and mindfulness practitioners who want to help their clients achieve success confidence emotional healing and personal growth These expertly crafted visualization exercises will help your clients reprogram their subconscious mind align their energy with their goals and manifest profound positive change Whether you work with clients on career success wealth manifestation emotional well being or personal transformation this book provides a structured framework to enhance your sessions and deepen your impact What's Inside **The Guided Imagery Handbook** Katheren Caldwell, 2021-03-08 THE SUBCONSCIOUS MIND SPEAKS THROUGH SYMBOLS LEARN WHAT IT IS TELLING YOU Symbols are the language of the

subconscious mind The Guided Imagery Handbook assists you to uncover the deeper meaning of symbols visualized within the 52 imageries And because symbols bypass the conscious mind they circumvent judgment and denial making them a wonderful therapeutic tool The corresponding questions asked after each imagery assist in understanding the personal meaning A supplemental symbol dictionary is provided at the back of the book which lists the universal qualities of symbols Each imagery script with prepared corresponding questions is designed to enlighten and empower individuals or groups within a one hour period The imageries focus on Acceptance Addiction Childhood Inner Child Issues Clarity Confidence Faith Spirituality Forgiveness Grief Health Inspiration Mindfulness Motivation Relationships and Release The Guided Imagery Handbook is a rich source of therapeutic material for therapists clergy trainers and self healers The imagery scripts and questions asked not only bring insight and awareness within a short span of time they promote discussion and direction toward deeper exploration

**Thirty Scripts for Relaxation, Imagery and Inner Healing** Julie T. Lusk, 2015 In this second collection of relaxation exercises Julie Lusk has gathered 30 more ready to use scripts from experts in the field of guided imagery Volume 2 of 30 Scripts for Relaxation Imagery Inner Healing offers a wide variety of guided meditations to help you relax more deeply lose weight quit smoking connect with nature manage physical pain and converse with your inner personal guide

Guided Meditation Script Barclay J Fisher, 2020-02-12 If you choose to use one or more of these scripts to facilitate a guided meditation journey for others please preface the trip for them by reminding them that no longer all people see matters for the duration of a guided meditation This is very important because our purpose is for them to go a bit closer to their soul during the journey now not to supply them one more cause to consider they've failed In the years that I've been using these guided meditations many human beings have shared experiences with me where they weren't capable of seeing anything but they did hear something Or they felt the environment with imaginary kinesthetic touch Or they just had a deep sense of internal understanding about something all through the internal journey All of this is perfectly okay And as soon as in a while any person doesn't see hear sense or think about anything That's flawlessly okay as well Certain internal journeys simply don't fit with some people And sometimes a guided meditation desires to be listened to and experienced more than once to sufficiently loosen up and open up a person's inner world Also at the cease of facilitating one of these Inner Journeys please allow participants ample time to manner their experience You might favor to supply them several minutes to write in their journals or you may prefer to invite small group voluntary sharing It also may help to make yourself available afterward for a personal conversation about their journey within the meditation It's surely essential that every man or woman has a way to specific and combine the guided meditation experience For some people this capacity verbal sharing with others for others this potential time to absorb it quietly and in solitude into their very own reality Each of these Magical Inner Journeys was given to me as a direct present from Spirit I hope that you revel in experiencing them and facilitating them as a whole lot as I have And A Word About Inner Voices Our internal voices are additionally regarded as our internal parts or persona aspects I

in my view like referring to mine as a Committee I sincerely think of a huge convention desk in an office building and everybody sitting around it are individual parts of ME that have something to say about what I do and who I am You may want to also suppose of it as your inner family and image them sitting around a huge dining room table And of course every family member has something to say an opinion to give

**Magical Inner Journeys** Anne Marie Bennett,2018-05-18 Anne Marie weaves a gentle wondrous journey in these scripts I love her imagery and what a powerful set up for SoulCollage R I will use these again and again Jennifer Louden Author JenniferLouden.com Wonderfully imaginative Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom Jill Badonsky author Step inside any one of these guided imagery scripts and you will find yourself transported through your imagination to inner landscapes that have long been waiting your exploration Use these on your own or share with any group you lead that is open to spiritual and personal growth Included are many resources and suggestions for personal use suggestions for Facilitator use as well as tips for how to guide a Magical Inner Journey effectively before during and after the reading of the script These Magical Inner Journeys were designed with SoulCollagers in mind however they can be adapted and used in many different settings and for a wide variety of purposes Topics include Inner Voices Archetypes Spirituality Animal Companions Inner Treasures Be Here Now and more

**G.E.M. Counseling Treasures** Georgina Mujica Garcia,2024-07-25 G E M Counseling Treasures includes original guided imagery scripts and expressive art prompts Guided imagery scripts can be a counseling tool to promote relaxation empowerment positive thinking mindfulness and the use of grounding techniques using the five senses Expressive art prompts is another fun way to take your counseling journey to the next level It allows the use of our right side of the brain inspires creativity and gives the opportunity for hands on experiences with our clients The guided imagery scripts and expressive art prompts included can be used with clients of all age groups As a bonus the author has included a Counselor's Crisis Kit informational flyer to help school counselors and other mental health professionals prepare for the after care of a school wide crisis Enjoy

Guided Imagery Rubin Battino,2007-03-10 This unique practical and accessible healing manual explores the most powerful methods of healing primarily focusing on guided imagery a healing technique integrating the connection between mind and body Well researched and authoritative Belleruth Naparstek LISW The Guided Imagery Resource Center

Guided Imagery Work with Kids Mellisa Dormoy,2016-02-18 A toolbox of scripts for practicing a popular relaxation technique with child clients Guided imagery is a relaxation technique that uses sensory visualizations to engage the mind and imagination for healing It is a simple versatile therapeutic tool that uses scripts to help clients focus and guide their imagination and has been shown to alleviate a host of common emotional issues in kids from anxiety and insecurity to stress anger and the effects of bullying Easier to practice than meditation or hypnosis guided imagery allows kids to quickly focus integrate their thoughts emotions and feelings and practice self compassion all without the need for extraordinary discipline or time investment This concise book lays out all the essential guidelines for using this helpful healing practice in

therapy counseling and any type of helping work with children The opening chapters present the groundwork explaining what guided imagery is how it differs from mindfulness and hypnosis how it works and how to integrate it into therapy practice The second half of the book offers dozens of detailed ready to use guided imagery scripts for therapists to follow in their work with children This rich collection of scripts is organized around the most common issues children present with in therapy accompanied by helpful notes for working with particular age groups and illustrated in practice through illuminating case vignettes Issues addressed include Anxiety and tension Stress management Low self esteem Emotional health Difficulty showing empathy Social stress Low energy and lack of motivation And much more Readers will learn techniques to treat a range of child problems and encourage inner healing happiness and goal achievement Small in format therapists can consult this guide any time they want to use a script with a child during the therapy hour It s an adaptable tool for novice and experienced therapists alike to achieve maximum benefits in a minimum amount of time even with no prior knowledge of guided imagery Guided imagery scripts can be used in conjunction with any therapeutic approach and are easily adapted to fit particular needs With the scripts skills and essential principles in Guided Imagery Work with Kids professionals will have everything they need to begin applying this effective method in their work with young clients

### **Imagery Script**

**Development Procedures Manual** Rajita Sinha,Keri Tuit,2012-04-04 This script development procedures manual is for investigators interested in using the guided imagery induction method developed by Dr Rajita Sinha Foundations Fund Professor of Psychiatry Neurobiology and Child Study at Yale University This method has been used in various studies by Dr Sinha and colleagues and other research laboratories across the world in exposing individuals to stress appetitive cues and neutral relaxing cues The method involves re living a recent stressful craving related and neutral relaxing personal event through guided imagery and recall The imagery script development procedures are based on Lang s theory of emotional imagery According to Lang emotions are represented as networks in memory and include three kinds of information a information about the specific stimulus content b information about verbal physiological and overt behavioral responses and c interpretive information about the meaning of the stimulus and response elements of the emotional network This manual provides the reader with instruction on all steps of script development including learning how to conduct the script development interview how to write up the final script guidance on the audio recording of scripts and information on research design using imagery scripts in study protocols Information is also provided on attending script development trainings at the Yale Stress Center

**Changing States** Stephanie Bolton,2016-04-27 On the heels of the first book for therapy professionals and group facilitators this book contains 25 new guided imagery scripts to use with your clients and group participants The author a board certified music therapist includes specific music suggestions as well as suggestions for implementing these scripts with your clients Includes an added bonus of creative adaptations for post imagery processing If you ve been looking for ways to deepen your clients experiences and growth this book will provide you with the necessary

tools to accomplish that task     **135+ Guided Meditation Scripts (Volume 1): Empowering Scripts for Instant Relaxation, Self-Discovery, and Growth** Jaime Wishstone, Are you a meditation teacher yoga instructor therapist coach counsellor or healer looking for a comprehensive resource to enhance your practice and support your clients well being Do you struggle with finding engaging and effective guided meditation scripts to address various needs and intentions Are you seeking a versatile collection of meditations that can be easily integrated into your sessions and classes Introducing 135 Empowering Meditation Scripts Guided Meditations for Instant Relaxation Self Discovery and Growth Ideal for Meditation Teachers Yoga Teachers Therapists Coaches Counsellors and Healers Finding the right guided meditation scripts can be challenging but we have the solution you ve been searching for This exceptional collection is designed to empower meditation teachers yoga instructors therapists coaches counselors and healers like you addressing your pain points and providing the tools you need to facilitate transformation and promote well being Imagine having over 135 meticulously crafted meditation scripts at your fingertips each one targeting different themes and intentions Whether you want to guide your clients towards instant relaxation foster self discovery manage stress support healing or help them tap into their highest potential this comprehensive resource has you covered Say goodbye to the frustration of spending hours searching for the right script or struggling to create one from scratch With 135 Empowering Meditation Scripts you ll have a wide range of guided meditations readily available empowering you to lead transformative sessions for individuals or groups confidently This collection serves as your go to toolkit offering versatile tools that can be seamlessly integrated into various settings including meditation classes yoga studios therapy sessions coaching programs and healing practices Each script is thoughtfully crafted to ensure clarity effectiveness and accessibility providing a nurturing space for growth and exploration Imagine the impact these guided meditations will have on your clients lives From instant relaxation to profound self discovery these scripts are carefully designed to inspire growth cultivate mindfulness and nurture holistic well being Don t miss out on this invaluable resource Step into the realm of empowered meditation with 135 Empowering Meditation Scripts Ignite transformation facilitate healing and guide others towards a deeper understanding of themselves Order your copy today and unlock the potential of these guided meditations for yourself and those you serve     [135+ Guided Meditation Scripts \(Volume 2\)](#) Jaime Wishstne, Ideal for Yoga Teachers Meditation Practitioners Life Coaches Consultants and Anyone on a Path to Personal Growth Join us on a transformative voyage that delves into the realms of the mind emotions and spiritual well being Volume 2 of this remarkable collection is meticulously crafted for yoga teachers meditation practitioners life coaches consultants and individuals committed to profound self improvement and inner harmony Inside this volume you ll discover Morning Meditation and Positive Beginnings Start your day with rejuvenating morning meditation scripts Embrace new beginnings set intentions and ground yourself for the day ahead Boost your energy and affirm your unique qualities Cultivating Gratitude and Focus Develop an attitude of gratitude with powerful scripts Focus and concentrate your mind



using visualization mantras and mindful techniques Enhance emotional balance and cultivate positivity Emotional Balance and Self Empowerment Work with reactivity understand the source of happiness and build resilience Embrace positivity manage loneliness and find happiness within Practice forgiveness empathy and emotional awareness Confidence and Self Esteem Boost Trust your path transform troubling thoughts and set meaningful goals Empower yourself quiet your inner critic and be present in the moment Learn the art of letting go and fostering self confidence Compassion and Loving Kindness Reconnect with your inner self and open your heart to compassion Cultivate loving kindness in times of struggle and harbor a sense of love within Grow empathy practice compassionate living and enhance communication Chakra Harmony and Breath Awareness Explore chakra meditation to balance your energy centers Master breath awareness through various breathwork techniques Achieve body awareness and relieve anxiety using breath focused scripts Abundance Prosperity and Wealth Visualize financial success release blocks and develop a prosperity consciousness Manifest money financial freedom and a wealthy mindset Attract abundance with affirmations and gratitude practices No matter where you are on your journey be it yoga teacher meditation practitioner life coach consultant or individual 135 Guided Meditation Scripts Volume 2 empowers you with the tools to lead a more mindful balanced and abundant life Step into a realm of transformation and self discovery today

**The Complete Guide to Facilitation** Thomas Justice, David Jamieson, 1998 This guide includes a wealth of practical information for inexperienced group leaders as well as new tools for seasoned facilitators more than 100 reproducible forms checklists planning aids and guides Selected contents are reproduced in CD ROM format so that you can customize tools to meet your specific needs

[Meditations By Marcus Aurelius: 25 Guided Meditation Scripts Ready To Practice: The Power of Roman Wisdom](#) tounknowndotcom, Marcus Aurelius, 2023-11-17 In the complex tapestry of life the brilliance of Marcus Aurelius serves as a guiding beacon Within the pages of his personal reflections meticulously crafted with profound insight the revered Stoic philosopher emperor imparted timeless wisdom that continues to inspire generations This ebook delves into 25 of Marcus Aurelius most profound meditations in Script format enabling you to directly immerse yourself in these teachings dedicating just 15 minutes daily to their practice Through this engagement you will uncover the essence of his wisdom embarking on a transformative journey toward inner peace resilience and profound wisdom For those eager to commence this guided meditation promptly our Guided Meditation Audiobook awaits your exploration It is accessible on our website [www.tounknown.com](http://www.tounknown.com) and various other platforms throughout the internet

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