Script with Guided Imagery for Mental Control

Take a slow, deep inhale and a complete exhale.

As you begin awareness of your breath, start to notice what thoughts are going through your mind.

What are you thinking about?

Do not get caught up in your thoughts, but just begin to notice them as they travel across your mind. Let them go as they pass, and watch them come and go.

Continue to breathe deeply.

I will begin to describe settings. Allow your mind to jump immediately to those settings. Let your mind be free to travel, and do not become attached to any one setting or image. You are a traveler jumping from place to place in your mind. Now we will begin.


Now take a slow, deep inhale.

Long, complete exhale.

Open your eyes.