

H E A L

Have a positive experience

Enrich it (smells, sounds, sights, and tactile sensations etc.)

Absorb it

Link it to the negative

Relaxation exercise

H: Imagine being in relaxing settings, such as on the beach under a warm sun.

E: Open to relaxation, and feel what it's like. Let it fill you, becoming more intense. Stay with it, help it last. Let go more and more as you relax. Give yourself over to a delicious sense of calm. Notice different aspects of this experience, keeping it fresh for you. Feel a growing tranquillity. Notice how it is in your body that sense of relaxation

A: Sense that relaxation is sinking into you, becoming a part of you. As you become more relaxed, you can feel any tension or resistance falling away.

L: Relaxation is sinking into and easing places inside you that have been tight or contracted. Tension is easing as relaxation settles down into it like a gentle rain. When you want, let go of any negative material and just stay with the sense of relaxation.