

Worksheet 12.2: Practicing Imagery Rehearsal

Thinking about a moderately distressing nightmare...

Write down the dream:

~~I dreamt that I was running and suddenly the ground underneath me started to crumble and then I was falling down into the earth before I woke up.~~

Thinking about a way to change the dream...

Write down the modified dream:

~~I'm running, and the ground starts to crumble under me. But I stop and put my hand to the ground. I can feel power building up inside of me and then suddenly I'm able to pull the earth back together with just my own strength. I seal it closed and I know that I've kept myself and my family safe.~~

Let's rehearse the modified dream...

- Rehearse the dream for 3-5 minutes
- Use first person and present tense
- Close your eyes (or fixate on one point on the floor)
- Create mental images rather than just verbal thoughts

How do you feel about the new dream? Do other things need to be modified?

Nope, feels good.
