

Worksheet 12.2: Practicing Imagery Rehearsal

Thinking about a moderately distressing nightmare...

Write down the dream:

Thinking about a way to change the dream...

Write down the modified dream:

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?
